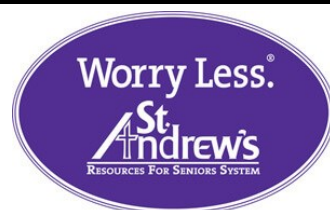


Brooking Park and the Willows
211 South Woods Mill Road
Chesterfield, MO 63017

Phone: 314-576-0800
Fax: 314-576-9940



We are on the web
www.newwillows.com



March Massage

Walk-ins Welcome

Wednesday, March 21st-10am to 2pm

In your home or in the spa

\$1.00 per minute chair massage

\$35.00 for 30minutes massage

\$70.00 for full body massage

Please call Barb Endicott, LMT, CPMT, BCTMB
at 314-378-0514 for appointments



Brooking Park & The Willows

Vol. 16, Issue 3 Gazette March, 2018

Mardi Gras 2018





Sunday, March 4th, 2018 2:00 PM-
Galapagos: Land of the Giant Sharks-This extraordinary production follows a group of researchers to the remote reaches of the Galapagos archipelago. Their goal is to understand one of the most sensational migrations on Planet Earth: the passage of hundreds of giant pregnant female whale sharks along a narrow reef. Find out what the scientists learn from these dinosaurs of the sea as they brave dangerous currents off Darwin Island.
(52 minutes)

Sunday, March 18th, 2018 2:00 PM-
Johnny Carson: King of Late Night-Explore the life and career of "The Tonight Show" host -- seen by more people than anyone else in U.S. history -- through unprecedented access to Carson's personal and professional archives. (1 hour 53 minutes)

Sunday, March 25th, 2018-2:00 PM-Henry VII: The Winter King-Famed British author Thomas Penn takes an extraordinary journey into the dark and chilling world of the first Tudor King, Henry VII. From his victory over Richard III at the Battle of Bosworth, to his secret death and the succession of his son Henry VIII, the film reveals the ruthless tactics Henry VII, and how he used them to win and hold onto the ultimate prize, the Royal Throne of England.
(59 minutes)



Help us connect the dots! Have you ever been talking to someone and they mentioned something to you about themselves and you could relate because you worked, grew up, or went to the same school or church as them. As we tour prospective residents we would love to know this information to help ease their transition of moving into the Willows. If a new resident told **Andrew** or **Jill** that they worked at McDonnell Douglas, and you did too then **Andrew** could tell them about you and help ease the transition. **Andrew** and **Jill** would love to hear from you, so stop by their office anytime.



Town Hall Meeting
Wednesday,
March 28th, 2018
4:30 PM in the Theatre

Sue Palmer-3rd
Dolores Clark-10th
Rosemary Boyd-24th

March Birthdays



Saturday, March 3rd, 2018-7:00 PM-Goodbye, Christopher Robin-Get a rare glimpse into the relationship between author A.A. Milne, creator of the beloved Winnie-the-Pooh stories, and his son, in this moving story about success and family. **Rated-PG,**
Running Time-123 minutes.

Saturday, March 10th, 2018-7:00 PM-Julie & Julia-A culinary legend provides a frustrated office worker with a new recipe for life in Julie & Julia, the true stories of how Julia Child's (Meryl Streep) life and cookbook inspired fledgling writer Julie Powell (Amy Adams) to whip up 524 recipes in 365 days. **Starring:** Meryl Streep, Amy Adams, Stanley Tucci, **Rated-PG-13, Running Time-123 Minutes**

Saturday, March 17th, 2018-7:00 PM-Wonder-Julia Roberts, Owen Wilson, and Jacob Tremblay star in an inspiring story of a loving family whose son, born with facial differences, enters a mainstream school for the first time. **Starring:** Julia Roberts, Owen Wilson, Jacob Tremblay, **Rated PG, Running Time: 113 minutes**

Saturday, March 24th., 2018-7:00 PM-Moonstruck-A widowed Brooklyn book-keeper is torn between her fiancé and his brother. **Starring:** Cher, Vincent Gardenia, Nicholas Cage, **Rated: PG, Running Time: 101 minutes**

Saturday, March 31st, 2018-7:00 PM-Murder on the Orient Express-Kenneth Branagh directs and leads an all-star cast, including Johnny Depp, in this stylish, suspenseful and thrilling mystery based on the best-selling novel by Agatha Christie. **Starring:** Tom Bateman, Kenneth Branagh, Penelope Cruse, **Rated: PG-13**

FROM THE DESK OF THE *Executive Director*

One of my favorite days will occur at the end of this month. Not St. Patrick's Day on the 17th. Not the first day of Spring or Extraterrestrial Abductions Day, both on the 20th. Not National Goof Off Day on the 22nd, although I think I need to honor that day this year. Mark your calendars for **Thursday, March 29th...Opening Day for Major League Baseball**. This is the earliest opening day in history.

Opening Day was a holiday at the Altobella home when I was a kid. The Cubs typically played day games, thus it was the one day of the school year that my parents would let me play hooky. My three brothers and I would join my Dad in watching the game. Mom was a White Sox fan, but wouldn't admit it to the room of Cubs fans. I grew up listening to all-time great game callers; Jack Brickhouse and then Harry Caray. There was so much excitement on Opening Day as we had so much hope that it was finally the year the Cubs would win the World Series. When I graduated college, I decided I was going to go to Wrigley Field for each home opener. After a few years of doing that in the cold, I decided I was more comfortable watching Opening Day from the warmth of my house...and the food was cheaper and the bathroom line shorter!

When I became a father, I carried on my Dad's tradition of watching the games with my kids. In the year 2000, my Dad began watching the games from some great seats in Heaven rather than with his family. Not an Opening Day goes by without me thinking fondly of watching those games as a child with my family. I'm so grateful for those days. What I wouldn't do for the opportunity to watch another Opening Day with my Dad.

I'm sure many of you have the same fond memories of baseball. You were able to watch Stan Musial, Bob Gibson, and Ozzie Smith. I was able to watch Ron Santo, Fergie Jenkins and Ryne Sandberg. You were able to also listen to Harry Caray, as well as the legendary Jack Buck.

Baseball, like most things, has evolved through the years. Not long ago I was a little boy with a mop of Italian hair watching a magical game on a 19 inch black and white TV with tin foil on the antenna. Now I can watch the game from a cell phone...and you all know what happened to my hair. Kids went from sharing baseball equipment, but now youth sports equipment is a big business. Specialty bats run three and four hundred dollars. Kids used to play with their buddies on local little league or legion teams coached by parents; now there are expensive select teams that practice all year and are coached by retired professional and college level players. Regardless, the game is still magical to me and many others.

My message this month is quite simple. Please take the time to watch Opening Day or any game this year with your family and friends. If you can make it out to Busch Stadium or a grandchild's game, do it. Baseball is more than just a game, it's a part of our history, a part our family, a part of us.

Now the controversial part...Here's to a Cubs World Series title this year! Let's Go Cubbies!

As always, thank you for the opportunity to serve you.

Tony



St. Andrew's
SENIOR SOLUTIONS

*The Choices you want and
the Solutions you Need*

National Nutrition Month is an annual campaign designed by the Academy of Nutrition and Dietetics, created to focus attention on making informed food choices and developing sound eating and physical activity habits.

Nutrition plays a very important role in our overall health and wellness. Unfortunately, many of us do not get adequate nutrition to meet our needs. As we age, there are many barriers to maintaining a well-balanced diet. Things such as health related changes that can lead to a poor appetite, and decreased sensation of taste and smells. Poor oral health can cause difficulty with eating, and dietary restrictions making meals less appealing.

Signs of poor nutrition may be masked by other health issues so may go unaddressed. Signs of malnourishment can be confused with side effects of medications or symptoms of a chronic health problem. It is important to be aware of these signs which include lethargy, weight loss, lack of energy, tiring easily, and confusion. As individuals age they often do not have adequate fluid intake. Dry mouth, dry skin, headaches, and constipation can be signs a person needs to drink more water and fluids. For information about healthy eating options, visit the National Nutrition Month website at www.eatright.org.

Whether you need an hour or 24/7 care. St. Andrew's Senior Solutions is here to assist. Please call our office to schedule a consultation with **LeAnn McMurry at 314-726-5766**. Our phones are answered 24 hours a day 7 days a week.

Understanding the Calendar

**Anything typed in Red is an
Activity that you must sign up
for through Activities on Sign
up Day, or in the Activity
Office**

Room Key:

APDR-Andrés Private Dining
Room

AR=Art room

CR=Classroom

FC=Fitness Center

G=Gallery

GR=Game Room

GPDR=Grille Private Dining
Room

GGR-Grille Green Room

GGrR-Grille Granite Room
L=Lobby

MPR=Multipurpose Room
(Building A)

P=Pool

T=Theatre

March Out Trips



Tuesday, March 6th, 2018-*Inside the Economy Museum*-The economy. We hear about it every day, but how much do we actually know about it? The award-winning *Inside the Economy*® Museum inside the historic Federal Reserve Bank of St. Louis will immerse you in a one-of-a-kind experience that explains the economy, and your role in it, in a fun and interactive way. Engage in a hands-on journey through nearly 100 exhibits that are brought to life through interactive displays, games, sculptures and videos. We will Leave from the lobby at 9:15 AM. The cost of the museum is **FREE**.



Tuesday, March 13th, 2018-*The Scott Joplin House Museum*-Lit by gaslight, the home is furnished as it would have been in 1902 when Joplin was composing songs that would make him a national phenomenon. *Scott Joplin House* State Historic Site, which stands as a testimony to his talent and hard work, also includes *museum* exhibits that interpret Joplin's life. We will leave from the Lobby at 9:15 AM. The cost for the museum is **\$5.00/person**. We will be having lunch at the *Fountain*.

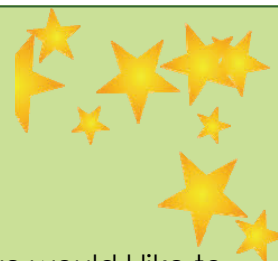


Tuesday, March 20th, 2018-*World War I Exhibit, PART II*-This is the second installment of the World War II exhibit we attend last year. Join us as we continue our tour through World War II. We will be leaving the lobby at 9:45. The cost for the tour is **\$3.00/person**. We will also be having lunch at *Café Telegraph*.

Tuesday, March 27th, 2018-*Lunch and a Movie*-We will again head to the Galaxy 14 movie theatre in the Valley and have lunch at one of the spectacular restaurants in the area. We will let you know the week before what movie we will be seeing.

A friendly reminder....make sure you are signing up for events **early**. We are trying make sure we get accurate counts for food and/or transportation for each event in a timely manner. Cut offs for sign ups will be one week before each event. Your help in this is greatly appreciated.

The Star Treatment



As a part of our recognition program and honoring an employee, we would I like to share with you a new program called **The STAR Treatment**. These 4X 6 cards are located at the 211 Main Lobby front desk, activities department office and The Grille, server will get you one by request. We have inserted one of these cards into your *January Gazette* so you may see what they look like and may use the one you have just received. At the top, you will write the employee's name, then mark the category you felt they showed and write a short explanation of how they displayed great customer service. We ask you sign your name, but they may be anonymous as well. Please return the card to **Heather Finkelston**, Director's Office, located near the main lobby at the 211 entrance. These cards are then collected and once a month management selects an employee of the month after reading through all of the cards and voting. They employees not chosen are also praised for going the extra mile. We are happy to bring this program to you as we know you also want to be sure the staff is recognized for all they do for our residents every day.



Come hear the amazing, Elizabeth "Bunny" Herring talk about her life as a trapeze artist in the circus, and promote her autobiography, ***Still Swinging in Wonderland***.

There will be copies of the autobiography for sale at the time of her talk.

Elizabeth "Bunny" Herring
Thursday, March 29th, 2018
2:00 PM
In the Willows Theatre



Book Review

**March 8th,
2018**

**10:30 AM in the
Theatre**
**Join our Book
Reviewer,
Clare Sanford,**

as she reviews the book -

Wonder
By
R.J. Palacio