

# THE Lake Wylie *Lifestyle*



LAKE WYLIE  
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY  
4878 Charlotte Highway · Lake Wylie, SC 29710 · (803) 831-9900

## Department Heads

Jessica Nolan - Executive Director  
Amber Passmore - Business Office Manager  
Roger Dishman - Director Plant Operations  
Drew Baskett - Sales and Marketing Director  
Sandy Brown - Residents' Program Director  
Anna Self - Memory Care Director  
Shawn Latta - Dining Services Director  
Kay Hobbs-LPN Charge Nurse  
Tamicka Sanders-RCC

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## Important Numbers

Front Desk - 803-831-9900

## From the Desk of...



### Jessica Nolan

March is already here and spring is around the corner. Please help me welcome our new charger nurse Kay Hobbs and our RCC Tamicka Sanders. As the season continues to change, I would like to extend our gratitude for all of our residents and families who have allowed us to be a part of their lives and continue to learn, grow, and live together.

## MARCH 2023

### The World of Windmills

The blustery breezes of March create the perfect conditions for one of the earliest machines, the windmill. Hold on—these facts about the amazing structures may blow you away!

- Built to harness the power of the wind, windmills have been around for over a thousand years, and most likely originated in Iran and China.
- Their main jobs were to pump water and grind grain into flour. Most modern windmills, called turbines, convert wind energy to electricity.
- The large, spinning blades on a windmill are called sails.
- You've probably seen photos of the iconic stone windmills in the Netherlands. They're celebrated as symbols of Dutch culture and are popular tourist attractions throughout the country.
- During the Dutch Golden Age in the 1600s, windmills cropped up in many paintings as a symbol of strength.
- A classic sight in parts of rural America is a style of windmill called a wind pump or wind engine, used to pump water from wells. These spindly metal or wooden towers, topped with a wheel of blades, were common on farms in the late 1800s.
- Because of their moving parts and charming look, windmills are often a featured obstacle on miniature golf courses.
- Paris' famous cabaret the Moulin Rouge, which is French for "red mill," is known for the giant windmill that sits on the building's roof.

### Spring Cleaning Tip

When organizing a closet, consider using clear plastic bins or boxes for storage. You'll be able to see what's inside without having to open the lid.

**MARCH 2023**

**Pet Precautions for St. Paddy's Day**

It's time once again for the wearing o' the green, and there are a few things to keep in mind so your festivities are safe for your furry best mate.

**Food and drink.** The traditional foods associated with St. Patrick's Day tend to be rich, fatty and salty and should be kept for human consumption only.

Remember, never give alcohol to your pet.

**Attire.** If your pet enjoys going green, choose to do so with clothing, costumes and collars instead of dyes, which can be toxic if ingested or licked off fur.

**Celebrations.** Your pet may become overwhelmed by the noise and revelry of the holiday. Know your pet's temperament and leave him home if partying St. Paddy's style will be more than he bargained for.

**Shamrocks.** These traditional symbols of the holiday can be toxic if consumed. Keep them out of reach of your pet.

**"Magic is believing in yourself. If you can do that, you can make anything happen."  
—Johann Wolfgang von Goethe**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## Self-Care Corner: Dose of Daylight

Did you know sunlight is a natural mood booster? As spring starts, take advantage of longer daylight hours and schedule time for sunshine, whether it's eating lunch outdoors or going for a walk after dinner. Research shows that letting sunlight hit your eyes can raise levels of serotonin, which helps keep you calm, and regulate your sleep cycle.



**EMPLOYEE OF THE MONTH**  
Crystal has been with Lake Wylie for several years. She is a joy to work with and is always willing to lend a helping hand. She has a husband of 13 years with two boys. Crystal loves doing crafts, building Legos, and singing gospel music in church. We are happy to have her as a part of our team.

## Residents' Birthdays

3/12 Theresa Healey  
3/28 Hazel Dunn

## Eat Green on March 17

This year on St. Patrick's Day, add in a dose of fun by challenging yourself to eat mostly green foods for the day. Some examples of dishes or drinks to try are green smoothies, green tea, broccoli nuggets, guacamole, spinach or zucchini noodles, matcha popcorn or green velvet cupcakes. The possibilities are truly endless and probably yummiest than you expect.

