



Newsletter

March 2024

Issue 70

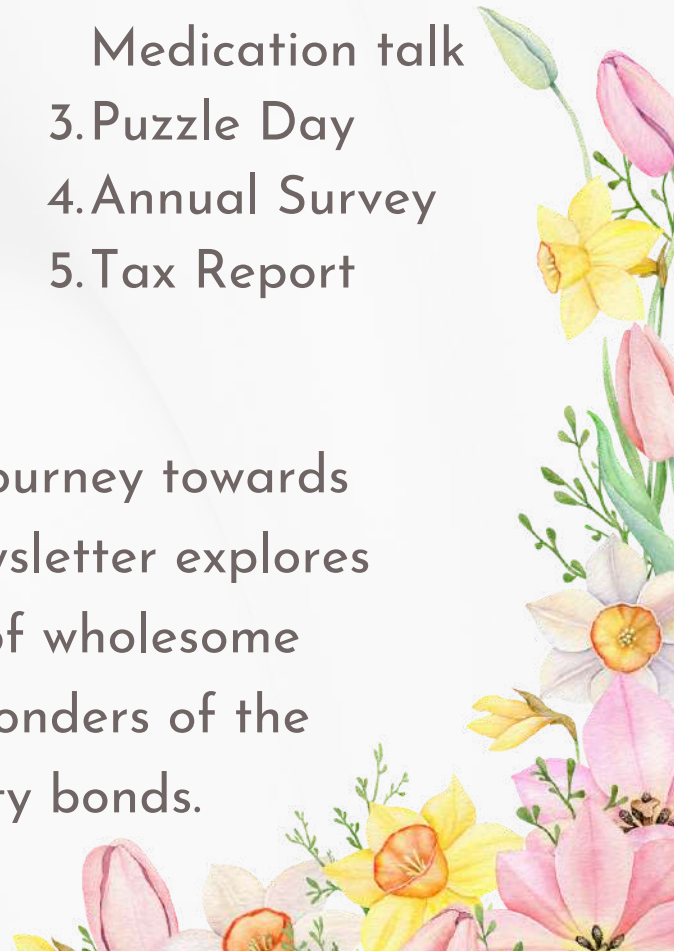
Welcome to our March newsletter! With the arrival of spring, we feel a sense of renewal and warmth that touches our hearts. Each day brings the gentle awakening of nature, filling us with hope for the vibrant days ahead.

In this transformative season, we celebrate the beauty of spring and the gift of health. March is special as we recognize Brain Health Awareness Month, Liver Health Month, and Nutrition Month, highlighting the importance of caring for our bodies and minds.

With kindness and friendship, let's journey towards a brighter, healthier future. This newsletter explores the joys of spring and the benefits of wholesome nutrition. Here's to embracing the wonders of the season and cherishing our community bonds.

Spotlights

1. Nutrition Tips
2. Traditional Medication talk
3. Puzzle Day
4. Annual Survey
5. Tax Report



Diet & Nutrition Tips for Seniors

As you age, maintaining a healthy diet can enhance mental sharpness, boost energy levels, and bolster your resistance to illness. These diet and nutrition tips for seniors can:

- Provide essential energy and nutrients to support overall health.
- Help prevent or slow the progression of chronic illnesses.
- Reduce the risk of falls or fractures by preventing muscle and bone loss.



Healthy Eating for Healthy Aging

- Lots of veggies, fruits, and protein.
- Stay hydrated with fluids.
- Fiber is essential.
- Don't skip meals.
- Socialize while eating.

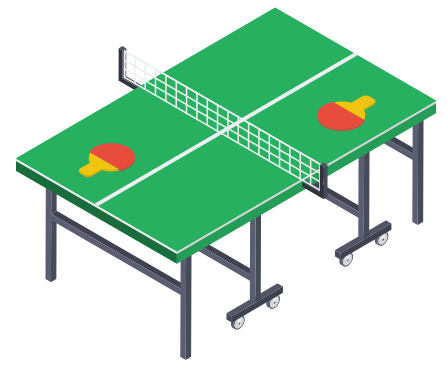


Traditional Medicine Talk

Discover the secrets of liver health in Chinese medicine! Join our talk on March 25th to learn practical tips and ancient wisdom for a healthier liver.

Ping Pong Resume

To promote an active lifestyle, we're excited to restart Ping Pong sessions in the basement most Monday afternoons. Join us for a lively time with neighbors. Remember, safety comes first while playing.



Annual Survey

It's time once again to gather your thoughts on our management and how we can enhance our work performance. We greatly value your feedback and suggestions. Please take a moment to complete our questionnaire or make yourself available for a phone/in-person discussion. Your response is vital to our continued motivation and improvement.



Tax Report

Tax season is approaching! Our Free Tax Clinic is exclusively for low-income earners. CCECA tax volunteers are ready to assist with filing your taxes. Please register with May or at the Front Desk by March 15th.



Puzzle Day

March is Brain Health Awareness Month! Join us on March 13th for a fun challenge. Puzzles of various sizes will be available in the conference room starting at 9:15 am. Prizes will be awarded at the end of the day.



Happy Birthday

Yuete King, Paul, Muoi,
Alice, Michael, Lai Fong



