



**March**

**Social Events**



**Movie Night:**

**Agatha Christie's  
Murder on the  
Orient Express**

**Thursday, March 15  
6:00 PM**



**Reading Buddies**

**Thursday, March 22  
1:00 PM**



**Your Hit Parade**

**Saturday, March 31  
3:30 PM**

# Northcrest Community

## Health Center &

## Heartwood House News



**MARCH  
2018**

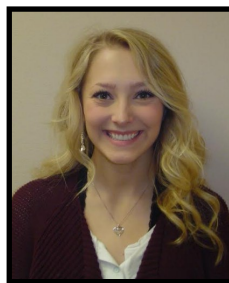


### **Friday, March 3 = Employee Appreciation Day!!**

We're not exactly sure who in the world decides these days . . . but we would never want to miss an opportunity to celebrate our beloved team members! Join us in expressing gratitude to the variety of team members that Northcrest employs. We are served 24/7/365 by a gifted group of talented and compassionate workers. We adore them *every* day and night of the year! We hope that by taking good care of our team they can concentrate on doing a spectacular job taking good care of you! *THANK YOU* to our clinical team, housekeepers, the dietary team, our maintenance guys and our administrative office personnel!

*We treasure each one of you!*

### **We welcome Amanda Larson as our new Activity Aide!**



*Hi everyone! My name is Amanda Larson and I am so excited to be here at Northcrest! I'm currently a sophomore at Iowa State University and my major is Child, Adult and Family Services. I'm from Forest City, a small town in north central Iowa. I enjoy spending time with family and friends, crafting, traveling, and meeting new people! I can't wait to get to know everyone here at Northcrest!*

We have a great group of HC residents that have been enjoying Sunday Afternoon Movies at 2pm in our Mulberry Den. We have decided to add some documentaries to the movie line up to add some variety. March's movie schedule is as follows:

- March 4 *PBS Documentary: Cracking Your Genetic Code*
- March 11 *Barrymore*, Starring Christopher Plummer as iconic stage and screen idol John Barrymore, 2012
- March 18 *PBS Documentary: Dogs Decoded - Understanding the Human-Dog Relationship*
- March 25 *Mr. Holmes*, See the world's most famous detective as you've never seen him before! 2014, Starring Ian McKellen



## Farewell to NC Activity Aide Maggie

Maggie Blackford has been an activity aide at Northcrest since January of 2016. She will be graduating from ISU in May with her Bachelors in Kinesiology. This summer she will begin the Physical Therapy Program at The University of Iowa. We have truly enjoyed having Maggie being part of our Northcrest Team over the past two years. Join us as we celebrate during her final scheduled shift. Friday, March 9 at 3:30pm in Mulberry.



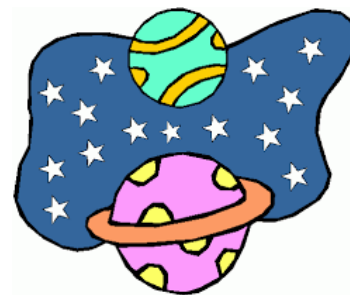
## <sup>3.1415926</sup> π Pi Day Social

**Pi Day!**

To celebrate "Pi" day - March 14 we will be baking pies! Of course we will eat them too! Pie baking will be at 10:00am and our official Pi Day Social will be at 2:30pm. Both activities will be held in Mulberry.

## ISU Astronomy & Physics Club

The ISU student Astronomy & Physics Club will visit on Wednesday, March 28 at 3:00pm in Mulberry. Their topic is *Planets & Comets* and they plan on having some interesting demonstrations to share as well. Join us for this fun & educational session!



## Reading with Johnie

NC Resident Johnie Hammond has been leading a reading group in the HC for the past several years. Johnie took the month of February off from reading. The group will be starting up again on Friday, March 2 at 11:00am in the Mulberry Den.

## Spring Tea Party!

Multiple Health Center residents have requested to have more tea parties! We are having a spring tea party! Pianist Susan Lee will be joining us and we will be sampling Girl Scout Cookies! Join us Tuesday, March 27 at 2:00pm in Mulberry.



*Happy  
St. Patrick's  
Day*

## St. Patrick's Day!

On Saturday, March 17 at 1:30pm we will have a special baking club to make Irish Soda Bread. We will serve the fresh baked bread and have Irish Trivia at 3:30pm. Both activities will be held in Mulberry.

# March Birthday Party

Wednesday, March 21

2:30 PM, Mulberry Place

## March Honorees:

Mary Jo Brearley

Thamon Hazen

Betty Dahm

Mary Carter

Elsa Thompson



Happy Birthday!

*Everyone is invited to attend our monthly birthday party. We'll serve birthday cake and ice cream, present carnations from Mary Kay's Flowers, and enjoy a sing-a-long. Special thanks to Steven's Memorial Chapel for helping us host the party.*

*Thank you to all who help us make this special event a success!!!*

## Spiritual Opportunities

### Vespers Services

Thursdays at 3:45 PM, Mulberry Place

Mar 1 First United Methodist Church

Mar 8 Rev. Farr (Methodist)

Mar 15 Rev. Farr (Methodist)

Mar 22 TBA

Mar 29 First Christian Church

### Sunday Morning Worship

11:00 AM

Mulberry Place



## Musical Entertainment



Thursday, Mar 1	10:30 AM	Gospel Vocalist Jim Quales
Friday, Mar 16	3:00 PM	Irish Fiddle Music with David Swenson
Sunday, Mar 18	3:30 PM	Pianist Marcy Chaussee - HWH
Tuesday, Mar 27	2:00 PM	Pianist Susan Lee
Saturday, Mar 31	3:30 PM	Your Hit Parade

**Northcrest Community**  
**“Uniquely Yours, Uniquely Home”**  
1801 20th St  
Ames, Iowa 50010  
[www.northcrestcommunity.org](http://www.northcrestcommunity.org)

**Northcrest Health Center News**  
**Jessica Kvach, Activity Director**  
**Maggie Blackford, Activity Assistant**  
**Morgan Ames, Activity Assistant**  
**Amanda Larson, Activity Assistant**  
**(515) 232-6760**

The *Northcrest Health Center News* is created by the Health Center Activity Department for Northcrest residents and their families. It's purpose is to highlight events and activities important in the lives of Northcrest residents.

### **Help Northcrest Go Green!**

If you would like to receive this newsletter via email, please contact Jessica at [jkvach@northcrestcommunity.org](mailto:jkvach@northcrestcommunity.org)



## Mystery Photo

Who might our March Northcrester be?

←  
Can you guess?



↑  
Our February Northcrester . . .  
Is Carolyn Kern, daughter of  
HC Resident Pat Wright