

# Marching to a Healthy Beat

March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Perhaps it's no coincidence that March is also Quinoa Month (pronounced KEEN-wah). This ancient seed, harvested high in the Andes Mountains, is one of nature's most perfect foods. In 1955, researcher Philip White wrote, "While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom."

That's high praise for an often-overlooked food. Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the "mother of all grains" and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It's a nutritive powerhouse.

In addition to quinoa, having fresh fruit and vegetables in your home is an easy way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best.



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## Desert Hills Memory Care Center

The Difference Between Living and Living Well



# Desert Hills Memory Care

25818 Columbia street Hemet CA 92544 | (951)652-1837

"The difference between living and living well."

### Celebrating March

Sing A Long with  
Barbara Every  
Wednesday at 1030am

Mardi Gras Social  
3/4 at 1:30pm

3/7 Exercise with Sue  
at 10:00 am

3/7 National Cereal  
Day

Garden club

3/14 National Potato  
Chip Day

3/17 St. Patrick's Day  
Party at 1:00 pm

3/21 Exercise with Sue  
at 10:30 am

3/31 Birthday Bash  
Celebration at 2:00pm

Outings  
3/7 Scenic Drive  
3/13 Frozen Yogurt  
Run  
3/18 Park Hill animal  
park



# Cooking Club

I am thrilled to report that our cooking class was a huge success! Everyone had a fantastic time bonding over delicious treats and sharing their love for cooking. Our residents enjoyed themselves and it was heartwarming to see them socialize and connect with one another. Looking forward to more fun sessions in the future!

- Izamary Lopez  
Life Enrichment Director



# Resident Spotlight



Ruth Hamm

Ruth brings endless joy, and hugs, to Desert Hills! She has a heart for helping others, a love for singing, and enjoys going on walks.

# March Birthdays

## Residents

Georgia L 3/5

## Team Members

Lonamie Z 3/12

Rebecca R 3/23

Rachel J 3/3

# Leadership Team

Shannon Moore  
Executive Director

Lupe Lopez  
Wellness Director, LVN

Jesus Lizarraga  
Dining Service Director

Kelly Linn  
Plant Operation Director

Izamary Lopez  
Life Enrichment Director

Shelby Walker  
Business Office Manager

Darci Marquette  
Community Relations Director

# Associate Spotlight



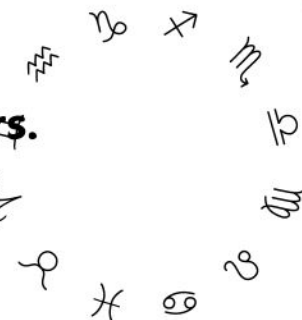
Rachel Jones  
Care Associate

Rachel is passionate about her work and excels in providing exceptional care and love to the residents. Her dedication is truly remarkable. In her free time, she also enjoys painting.

# March Horoscope

Those born from March 1-20 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easy going manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional. If you were born between March 21-31, you are Aries, the Ram.

These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence mean they have big and outgoing personalities.



# Barbie Beyond The Box

On March 9, 1959, the Mattel toy company unveiled the first Barbie doll at the American Toy Fair. Ruth Handler, cofounder of Mattel, received her inspiration for the doll after watching her daughter ignore baby dolls in favor of paper dolls of adult women. Barbie became the first adult doll for kids—and star of the first TV ad to target children.

While Barbie has faced criticism for promoting gender stereotypes and unrealistic body proportions, the toy has generated over \$1.5 billion in sales.

In 2023, Barbie's cultural impact reached new heights with the release of the Barbie movie, directed by Greta Gerwig. The film's vibrant visuals, sharp humor, and exploration of identity captivated audiences worldwide, cementing Barbie's status as both a toy and a cultural icon.

