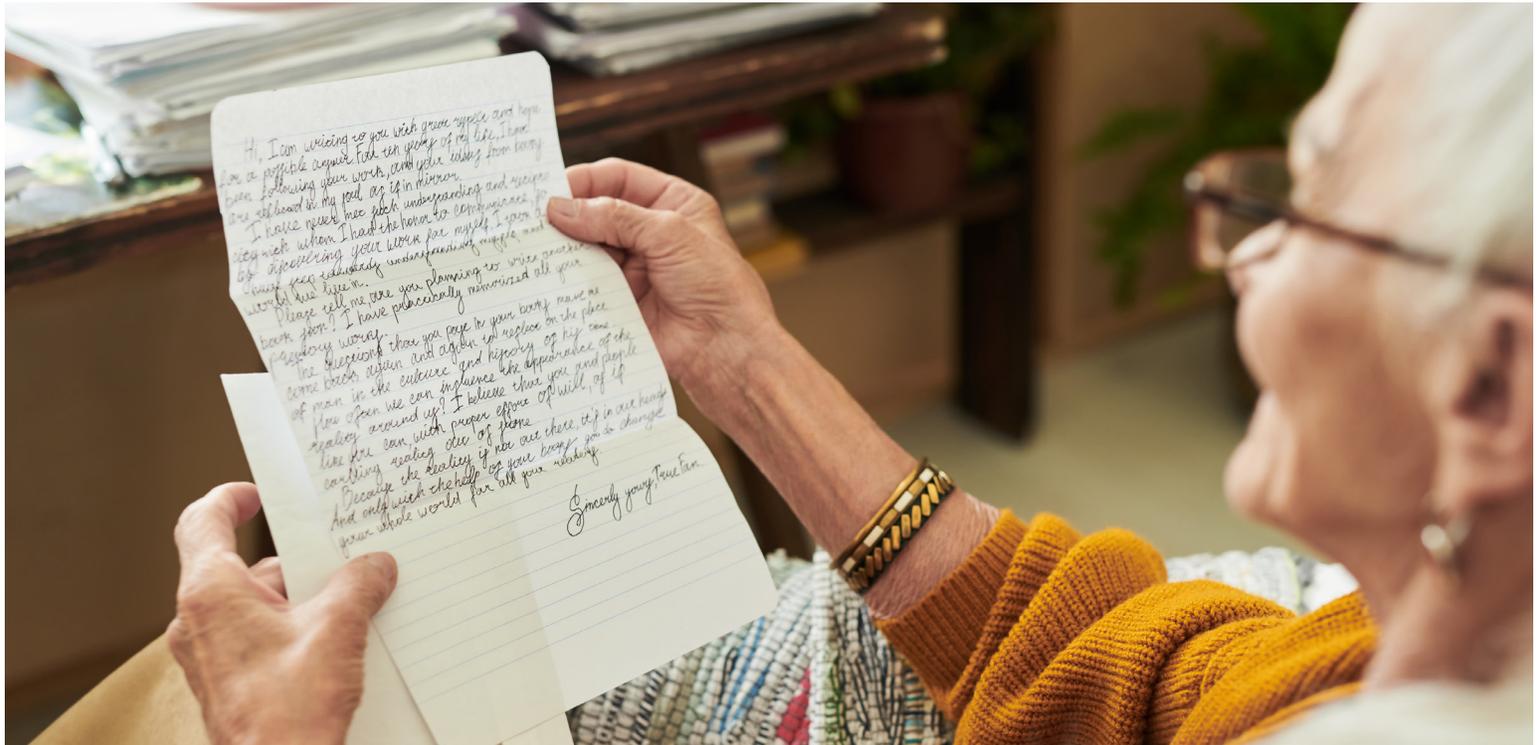


# SMOKY HILL



## Making Everyday Moments Awesome

**March 10 is National Day of Awesomeness, a day to notice the little things that make life enjoyable and to share them with others.** It's the perfect excuse to celebrate simple joys and connect with the people around you, no matter your age.

### Notice the little things

Take a few minutes today to spot moments that make you smile. Maybe it's a favorite song, a sunny spot by the window, or the smell of fresh coffee. Keep a small notepad handy and jot down

anything that sparks a happy memory or makes you chuckle.

### Reach out to someone special

Call a friend, share a funny story with a grandchild, or send a note to someone you haven't seen in a while. Even a quick chat or a shared laugh can brighten both your days. Try sending one message or making one call today to lift someone's spirits.

### Share the fun

Do something enjoyable with someone else. Read a favorite story together, play a simple game, or swap memories from the past. Ask a child or grandchild to share their favorite silly joke or story with you.

### Treat yourself

Take a moment to enjoy something that feels special to you. Indulge in a favorite treat, savor a comforting drink, listen to a song you love, or spend a few quiet minutes relaxing. Choosing a small pleasure just for yourself can lift your mood and make the day feel a little more awesome.

This National Day of Awesomeness, celebrate the everyday joys and connections that make life brighter for you and everyone around you. Small actions, shared laughs, and simple moments of fun can turn an ordinary day into something truly awesome.



# Uplift. Defend. Transform: Celebrating our Social Workers!

This year's Social Work Month theme is "Uplift. Defend. Transform." and it reflects the many ways social workers support individuals and families through compassion, advocacy, and meaningful guidance. Their work centers on strengthening well-being, protecting dignity, and helping people navigate life's changes with confidence and care.



Social workers collaborate closely with care teams to address emotional and social challenges, offering reassurance, resources, and steady support when it matters most. Through listening, problem-solving, and advocacy, they help ensure each person feels seen, heard, and valued.

During Social Work Month, we extend our sincere appreciation to the social workers who bring empathy, dedication, and heart to their work each day. Their commitment uplifts others, defends what matters most, and helps create positive, lasting change.

## DO YOU FEEL LUCKY? Test Your St. Patrick's Day Knowledge with True or False Trivia!



There's no pot of gold at the end, but hopefully fun and maybe a few surprises along the way! See how much you really know about shamrocks, leprechauns, and all things green. When finished, flip the page upside down to reveal the answers below.

1. St. Patrick was actually Irish.
2. The color originally associated with St. Patrick was blue, not green.
3. Shamrocks are said to have been used by St. Patrick to explain the Holy Trinity.
4. Leprechauns are a modern invention with no roots in Irish folklore.
5. The first St. Patrick's Day parade was held in Dublin, Ireland.
6. Corned beef and cabbage is a traditional Irish St. Patrick's Day meal.
7. St. Patrick is credited with driving all the snakes out of Ireland.
8. Wearing green on St. Patrick's Day is said to make you invisible to leprechauns.
9. The shamrock has three leaves because four-leaf clovers are extremely rare.
10. St. Patrick's Day is celebrated on the same date every year, March 17.



- ANSWERS:**
- 1 False – St. Patrick roots in Irish folklore.
  - 2 True – The color originally associated with St. Patrick was blue, not green.
  - 3 True – Shamrocks are said to have been used by St. Patrick to explain the Holy Trinity.
  - 4 False – Leprechauns are not a modern invention; they do have all the snakes out of Ireland.
  - 5 False – The first St. Patrick's Day parade was held in St. Augustine, Florida.
  - 6 False – Corned beef and cabbage is not a traditional Irish St. Patrick's Day meal.
  - 7 True – St. Patrick is credited with driving all the snakes out of Ireland.
  - 8 True – Wearing green on St. Patrick's Day is said to make you invisible to leprechauns.
  - 9 True – The shamrock has three leaves because four-leaf clovers are extremely rare.
  - 10 True – St. Patrick's Day is celebrated on the same date every year, March 17.

## Get Crafty during Craft Month!

Whether you already paint, knit, quilt, woodwork, or crochet, try some of these other creative projects throughout the month. Ask family and friends to join you for arts and crafts.

- Painted Rocks
- Handmade Greeting Cards
- Paper Plate Crafts
- Easy Origami
- Button Magnets
- Decorative Paper Flowers





## RECOGNIZING HEARING LOSS

World Hearing Day, observed annually on March 3, promotes ear and hearing care across the world and raises awareness of how to prevent deafness and hearing loss. If you have any of these signs or symptoms, you may have hearing loss caused by noise:

- **Speech and other sounds seem muffled**
- **Trouble hearing high-pitched sounds (e.g., birds, doorbell, telephone)**
- **Trouble understanding conversations when you are in a noisy place, such as a restaurant**
- **Trouble understanding speech over the phone**
- **Trouble hearing speech consonants (e.g., trouble hearing the difference between s and f, between p and t, or between sh and th in speech)**

- **Asking others to speak more slowly and clearly**
- **Asking someone to speak more loudly or repeat what they said**
- **Turning up the volume of the television or radio**
- **Ringing in the ears**

Untreated hearing loss, especially in older adults, can lead to:

- **social isolation**
- **depression**
- **dementia**
- **falls (leading to injury)**
- **inability to work or travel**
- **reduced physical activity**

Don't wait until you show signs of hearing loss. Have your hearing examined by your doctor during your regular checkup. If you have any signs of hearing loss, get tested by a qualified healthcare provider.

Source: [cdc.gov](https://www.cdc.gov)

## DIABETES ALERT DAY: MARCH 25

According to the CDC, over 1 in 3 Americans have prediabetes, increasing the risk of stroke, heart disease, and Type 2 diabetes. Frequent blood sugar testing is crucial when first diagnosed, helping to track how food, activity, stress, and illness affect glucose levels. Although patterns become more predictable over time, yet lesser-known factors can still cause blood sugar spikes.

Here are six surprising things that can spike blood sugar:

**Sunburn:** The pain causes stress, which can raise blood sugar levels.

**Artificial Sweeteners:** Though more research is needed, some studies suggest they may increase blood sugar.

**Coffee:** Caffeine can make some people's blood sugar more sensitive, even without sweeteners.

**Lack of Sleep:** One night of insufficient sleep can impair insulin usage.

**Skipping Breakfast:** Missing the morning meal can raise blood sugar later in the day.

**Dehydration:** Less water can concentrate blood sugar levels.

Source: [cdc.gov](https://www.cdc.gov)





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**WORD SEARCH** Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



### WORD LIST

ART  
AWESOME  
BOOK  
CRAFT  
DIABETES  
GREEN  
HEAR  
LISTEN  
MOMENTS  
READ  
SAINT  
SHAMROCK  
SOCIAL  
UPLIFT  
WORKER