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Tall Oaks

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Coordinated Services Management, Inc. Professional Management of Retirement Communities since 1981.



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- At Tall Oaks Assisted Living, we are committed to providing the best care and service possible. Feel free to reach out to any of our dedicated team members for assistance or with questions.
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March 2026



Welcoming Spring

The vernal equinox, which marks the beginning of spring in the Northern Hemisphere, occurs on March 20. On this day, the sun is directly over the equator, so day and night are of equal length.

Simple Pleasures

"Some old-fashioned things like fresh air and sunshine are hard to beat." —Laura Ingalls Wilder

Lots of Luck

No luck picking a one-in-10,000 four-leaf clover? Fortunately, there are plenty of other good luck charms around the world that are easier to find:

Acorn. This small seed packs the promise of a mighty oak. English soldiers used to pocket them for protection.

Maneki-neko. Meaning "beckoning cat" in Japanese, this waving feline statue's upright paw symbolizes good fortune.

Horseshoe. Early European settlers brought this lucky charm across the pond, and it has since evolved into a cowboy culture icon.

Wit & Wisdom

"Diligence is the mother of good luck."

—Benjamin Franklin

"If one is lucky, a solitary fantasy can totally transform one million realities."

—Maya Angelou

"Good luck beats early rising."

—Irish proverb

"I think we consider too much the good luck of the early bird and not enough the bad luck of the early worm."

—Franklin D. Roosevelt

"Luck is believing you're lucky."

—Tennessee Williams

"Luck is not chance; it's toil. Fortune's expensive smile is earned."

—Emily Dickinson

"Nothing is as obnoxious as other people's luck."

—F. Scott Fitzgerald

"People always call it luck when you've acted more sensibly than they have."

—Anne Tyler

"The day you decide to do it is your lucky day."

—Japanese proverb

"I busted a mirror and got seven years' bad luck, but my lawyer thinks he can get me five."

—Steven Wright



A Rainbow of Natural Wonders

Chase the rainbow to these far-flung destinations, where you'll find colorful natural treasures.

Rainbow spring. In Yellowstone National Park, Old Faithful may get a lot of the credit, but Grand Prismatic Spring is a rainbow-colored pool that draws plenty of the park's visitors. About the size of a football field, the thermal pool is deep blue in the center and ringed by bands of green, yellow and orange. The spring is colored by bacteria that crave its hot water.

Rainbow trees. Take a drive down Hana Highway in Maui, and you can find rainbows in the trees. Along the roadside, rainbow eucalyptus trees catch eyes with their otherworldly bark, which looks like it's been painted with shades of neon pink, yellow and green.

Rainbow mountain. Vinicunca, also known as Rainbow Mountain, in Cusco, Peru, bears colorful stripes of red, yellow-green and teal, thanks to 14 different minerals. Prior to 2015 or so, the bright peak looked like any other mountain because its colors were covered by ice and snow.

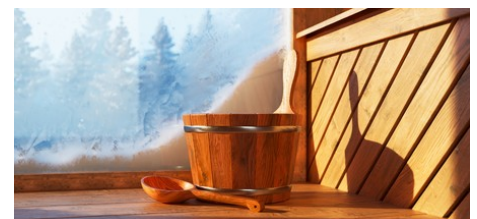
The Happiest Place on Planet Earth

Picture your happy place in honor of the International Day of Happiness on March 20. Now, picture the eight-time winner of happiest country in the world: a nation partly located in the Arctic Circle where neighborhoods go days without sunlight. So, what is Finland doing right?

Sisu. Finns value "sisu," a cultural concept that embodies perseverance and competence in the face of adversity. Of course, while the word "sisu" is Finnish, the underlying concept transcends national boundaries, and anyone can benefit from values of grit and resilience.

Sauna. There are 5.6 million people and 3.3 million saunas in Finland. Most Finns use the sauna at least once a week, making sure to shower before entering, and staying inside the sauna for multiple short periods of about 10 minutes, punctuated by cooling breaks with a cold shower or even a roll in the snow!

Scenery. Snow or shine, Finns prioritize being outside. During winter months, many people still bike to work, and some parents even trade strollers for sleds to take their kids to school.





Blood Pressure: Know Your Numbers

Seven in 10 adults age 65 and older have hypertension, also known as high blood pressure, and many don't even realize they have it. Hypertension increases the risk of major health complications such as stroke, heart attack, dementia and kidney disease. Fortunately, checking your blood pressure—for free—can be pretty straightforward.

Routine medical visits, which

are covered by Medicare, include high blood pressure checks. Be prepared to discuss with your doctor any family history or lifestyle factors that may affect your risk factors for hypertension.

Many health insurance providers offer at-home monitors with no out-of-pocket cost. Charitable organizations may also provide at-home monitors to qualifying individuals.

The American Heart Association (AHA) often provides blood pressure kiosks around the country, which provide free readings and recommendations. Visit heart.org to learn more.

Coping With Chronic Conditions

According to recent research, more than 90% of adults age 65 and older have at least one chronic health condition, and nearly 80% have multiple chronic conditions. Here are some of the most common chronic health conditions, according to the Centers for Disease Control and Prevention (CDC), along with lifestyle changes recommended by the National Council on Aging (NCOA) that can help reduce the risk for developing these diseases and improve management of already diagnosed conditions. As always, all health choices should be

discussed with your individual health care provider.

High cholesterol. Reduce consumption of alcoholic beverages and food with saturated and trans fats, like red meat, deep-fried foods and baked desserts.

Arthritis. Exercise for 30 minutes five times per week to improve mobility, circulation, strength and flexibility.

Hypertension. Small changes like reducing the amount of salt you consume, exercising regularly and maintaining a healthy weight are all helpful in lowering blood pressure.



Health
& Wellness



Poetry Puzzlers

Readers around the world celebrate World Poetry Day on March 21 each year. Roses are red, violets are blue, can you match these verses to writers and poems, too?

1. "Two roads diverged in a wood, and I—I took the one less traveled by, and that has made all the difference."

2. "But still, like air, I'll rise."

3. "What's in a name? That which we call a rose by any other name would smell as sweet."

4. "This being human is a guest house. Every morning a new arrival."

5. "Hope is the thing with feathers that perches in the soul ..."

6. "I love you without knowing how, or when, or from where ..."

7. "O Captain! my Captain! our fearful trip is done ..."

Answers:

1. Robert Frost, "The Road Not Taken"

2. Maya Angelou, "Still I Rise"

3. William Shakespeare, "Romeo and Juliet"

4. Jalaluddin Rumi, "The Guest House," translated by Coleman Barks

5. Emily Dickinson, "'Hope' is the thing with feathers"

6. Pablo Neruda, "Sonnet XVII"

7. Walt Whitman, "O Captain! My Captain"



Mail Milestones

The nation's postal service has come a long way since the first mail station was set up in Boston in 1639. Here are more mail milestones that put their stamp on history.

<u>Year</u>	<u>Milestone</u>
1847	The first U.S. postage stamps are issued.
1860	The Pony Express mail service begins.
1918	Airmail service between New York and Washington, D.C., takes off.
1942	Victory Mail, or V-Mail, delivers letters to soldiers serving overseas.
1963	ZIP codes are assigned.
1971	The Post Office Department is renamed the U.S. Postal Service.
1993	A stamp featuring Elvis Presley becomes the bestselling commemorative stamp.
2007	The "forever" stamp debuts.

"Then & Now"

"This Month In History" MARCH

1918: Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

1941: The pioneering squadron of African American military aviators known as the Tuskegee Army is activated for service in World War II.

1959: Barbie makes her debut at the American International Toy Fair in New York City.

1962: In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points

playing against the New York Knicks. It's still the record for most points scored in a single game.

1974: People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

1987: To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

2006: Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.