

March 2026



Edgewood | Lincolnwood
convalescent home | assisted living
kind · compassionate · care



Celebrating March

**Irish American
Heritage Month**

Mad for Plaid Month

Women's History Month

**Employee Appreciation
Day**
March 6

National Cereal Day
March 7

**Daylight Saving Time
Begins**
March 8

Registered Dietitian Day
March 11

St. Patrick's Day
March 17

National Chip & Dip Day
March 23

Palm Sunday
March 29

National Crayon Day
March 31

News from the Administrator

Understanding Facility Medicaid in Iowa

Medicaid plays an important role in helping individuals access long-term care in Iowa when private funds are no longer sufficient. Unlike Medicare, which covers only short-term skilled care, Medicaid may help cover ongoing nursing facility care for those who meet the medical and financial eligibility requirements set by the State of Iowa.

Because the application process can take time and requires careful planning, we strongly encourage residents and families to contact the facility at least **three months** before private funds are expected to be exhausted. Early communication helps reduce stress and minimizes the risk of any interruption in care. Our administrative team is here to guide families through the process, answer questions, and work alongside you to ensure a smooth transition 🤝. You are not alone—we are here to help ❤️.

*Gisele Carbone Kruger MHA, LNHA
Administrator*

*“Spring is when you feel like whistling,
even with a shoe full of slush.” ~Doug Larson*

Nursing News

March is *Fall Prevention Awareness Month*, an important time to highlight the steps we take every day to protect our residents' safety and well-being. Preventing falls helps residents stay active, confident, and comfortable in their daily routines.

How We Help Prevent Falls

Our nursing and care teams focus on proactive, resident-centered strategies, including:

- Keeping call lights, glasses, and personal items within easy reach
- Assisting residents with transfers and mobility as needed
- Encouraging proper footwear and use of walkers or wheelchairs
- Maintaining clear, clutter-free rooms and hallways
- Regular safety checks and intentional rounding throughout the day

Proactive Care Makes a Difference

Our staff practices intentional rounding, meaning we check on residents regularly to address comfort, positioning, toileting needs, and safety concerns before a fall risk arises. This approach promotes peace of mind for residents and families alike.

How Families Can Help

Families play an important role in fall prevention. You can help by:

- Encouraging residents to ask for assistance when needed

Nursing News Continued.....

- Making sure shoes fit properly and are non-slip
- Sharing changes, you notice in mobility, balance, or behavior

Thank You for Trusting Us

We are honored to care for your loved ones and remain committed to providing a safe, supportive environment where residents can thrive.

Wynn Christen RN
Director of Nursing



Lincolnwood Activities

Hello March! 🌸

With a new month comes the promise of spring—hopefully right around the corner. We have so many fun and exciting activities planned to keep everyone smiling as we wait for warmer days. This month, we'll celebrate St. Patrick's Day with a festive Irish Happy Hour featuring specialty drinks and tasty snacks.

Throughout March, residents can enjoy relaxing pedicures, live music, bingo every Monday and most Fridays, cooking with the Chef, and a delicious brunch gathering. We are also considering starting a weekend euchre group. Those interested can contact Sidney at 563-928-7173 or spritchard@edgewoodconvalescenthome.com for more information. There's truly something for everyone!

We're looking forward to sunshine, fresh air, and warmer weather so we can spend more time outdoors. Until then, we'll be patiently waiting and making the most of every moment! ☀️ 🍀

Sidney Pritchard
Recreation Program Director



News from EVS 🧼

Our Environmental Services team is proud to help create a clean, safe, and welcoming home for your loved ones 🏠. Each day, they carefully clean and disinfect resident rooms and shared spaces, paying close attention to high-touch areas that help protect everyone's health. Their behind-the-scenes work supports the comfort and well-being of our residents, and families can feel confident knowing their loved ones are cared for in a thoughtfully maintained environment ❤️.



Misty Grover
Environmental Services Supervisor

Maintenance News 🛠️

Travis in Maintenance has been busy behind the scenes helping keep ECH and Lincolnwood a safe, comfortable, and welcoming place to call home. He has completed routine safety checks, made repairs throughout the buildings, and continued seasonal maintenance to ensure everything runs smoothly for our residents, tenants, and staff.



Activities in Action

Welcome to March! 🌸

We'll soon be *springing ahead* as daylight saving time begins. Don't forget to move your clocks forward on **March 8** 🕒.

We have lots of fun activities planned this month! Join us for special socials celebrating **National Oreo Day** and **National Chip and Dip Day**—yum!

😊 St. Patrick's Day will be here before we know it, and we're getting ready for a festive **Hooligan Hootinanny** 🍀 🎵. Chef Jacob will also be back, sharing his culinary expertise and delicious creations.

March 8–14 is **Long-Term Care Administrator's Week**—a big thank you to **Gisele** for all you do! ❤️

March 11 is Registered Dietitian Day—thank you, **Karen**, for taking such great care of our residents' and tenants' nutritional needs 🥗.

We are always looking for volunteers to help during activities. If you're interested, please contact **Destiny** at **563-928-6461**.

Let's see if March comes in like a lion and goes out like a lamb! 🦁 🐑

Destiny Ortman
Recreation Program Director

HAPPY MARCH ANNIVERSARY!

03/02 - Kayla Lake – 4 years
03/05 - Barbara Stone – 2 years
03/08 - Susan Peterson – 2 years
03/16 - Kari Necker – 8 years
03/15 - Margaret Lincoln - 7 years
03/25 - Faith Wills – 1 year
03/27 - Ashley Osborn – 1 year
03/31 - Amy Jo Connolly – 1 year


in loving
MEMORY



PATRICIA LORRAINE (FRANKS) SANDS
MAY 19, 1940 - FEBRUARY 9, 2026



🍀 St. Patrick's Day Recipe: Creamy Pistachio Fluff

Ingredients:

- 1 (3.4 oz) box instant pistachio pudding mix
- 1 cup milk
- 1 (8 oz) container whipped topping
- 1 cup mini marshmallows
- ½ cup crushed pineapple, drained

Directions:

1. Whisk pudding mix and milk until smooth.
2. Gently fold in whipped topping.
3. Stir in marshmallows and pineapple.
4. Chill for 30 minutes before serving.

Why we love it:

Festive green, light and fluffy, and easy to adapt for texture-modified diets 🍀 ❤️



03/01 - Carol Worsham
03/03 - Morgan Thomas
03/07 - Jessica Osterkamp
03/11 - Audrey Payne
03/12 - Douglas Carns
03/13 - Donna Wall
03/18 - Mervin "Jean" Ogren
03/20 - LaTosha Raber
03/26 - Frederick Clark
03/28 - Emmale Schnell
03/31 - Ronald Hubler

Thank You

*We are so grateful for our families.
Your trust, support, and thoughtful
gestures bring comfort, joy, and
smiles to our residents each and
every day*

