



3/1	Janice Smith
3/16	Mike McVay
3/27	Jack Spratlen
3/31	Barbara Hahn

## Monthly Highlights

- 3/3 Leprechaun Floats in Front Lobby
- 3/5 Ash Wednesday; Movie “Poms”
- 3/6 30th Birthday Bash
- 3/7 Trip to Ollies/ Nuway
- 3/8 Ruby The Chocolate Lab
- 3/12 Movie “Moondance Alexander”
- 3/13 Therapy Dog; Stroot Locker Trip
- 3/14 Pi Day Lunch; St Patrick’s Day Mixer
- 3/19 Christopher & Banks Shopping; Book Club
- 3/21 Craft; Mixer “North Of 50”
- 3/22 Bonus Bingo
- 2/25 Goddard High School Madrigals Recital
- 2/26 Movie “Spiderman”
- 3/27 Charlotte’s Breads & Fudge Shop
- 3/28 Rock N’ Rose DJ Sing-A-Long
- 3/29 Art Show



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“Where life never gets old.”



DOVE ESTATES SENIOR LIVING

March 2025

# NEWSLETTER

## Plant a Flower Day

Spring is just around the corner, and March 12th is the day to participate in National Plant a Flower Day. Each year this day is dedicated to the planting of flowers and looking forward to the spring season. Flower gardening has become a hobby for many, young and old, and National Plant a Flower Day is a start to the new season each year.

In honor of National Plant a Flower Day join us in the Game Room on Wednesday, March 12th at one o’ clock for a special flower powered craft.



## Leadership Team

- Executive Director.....Kevin Frymire
- Director of Nursing..... Leigh Anne Powell
- Assistant Director of Nursing.....Sheena Sobba
- Business Office Director.....Jody Little
- Director of Fitness.....Lisa Bickel
- Director of Marketing .....Renee Sanderholm
- Life Enrichment Director.....Sydney Strotkamp
- Dining Services Director.....Nathan Pollina
- Environmental Services Director....Chris Larkin
- Director of Administrative Services... Deanna Highfill



# RED LIGHT THERAPY

## What is Red Light Therapy?

Red and near infrared (NIR) light therapy, often simply referred to as “red light therapy”, is a type of therapy that uses specific wavelengths of light to bring about positive health benefits. This form of phototherapy uses wavelengths of light that are considered bioactive in humans. The reaction in the body allows the cells to have more energy at their disposal and as a result they function better.

## Why do we use both Red and Near-infrared (NIR) light?

**Red light:** Visible to the human eye, red light has wavelengths between 600–700 nanometers (nm) and is most effective on the skin’s surface. Red light can improve skin health, collagen production, as well as help with hair growth.

**Near-infrared Light:** Invisible to the human eye, near-infrared light has wavelengths between 700–1200 nm and can penetrate deeper into the body, acting on the muscles, joints and bone.

## General Uses:

People use red light therapy to improve skin quality, speed wound healing, stimulate hair growth, reduce chronic pain, and improve workout recovery times. Studies indicate that red light therapy’s effects occur due to the stimulative effect that red and NIR wavelengths of light have on mitochondria, the energy center of the cells.

**Stimulates wound healing** and tissue repair

**Reduces aging** effects by supporting collagen production

**Reduces pain** by decreasing nerve pain, temporary relief from arthritis, inflammation, swelling

**Improves joint health**

**Improves physical performance** through improved muscle recovery and energy levels

**Improves sleep** quality and duration

## Treatment length:

The amount of time spent under the light should be between 10 – 20 minutes for 3 to 5 sessions a week. The number of sessions depends on the reason for the treatment. The body can only absorb so much light. Overuse indications could be irritated spots on the skin, overall fatigue, or a sluggish feeling.

## Cost :

Sessions

Two 20 minute session \$40



Congratulations to Sheena Sobba on her 10 year anniversary at Dove Estates! Sheena began her journey at Dove Estates as a certified nurse aide (CNA). In May of 2026, she received her certification as a Licensed Practical Nurse (LPN) and was promoted to Charge Nurse. Sheena was a key player in the design and staffing of Memory Haven in 2019 and took on the position as Nurse Manager for that building for two years. She accepted a new role as Admissions Nurse/ADON in 2022 as she continues to be an essential part of our leadership team.

Thank you, Sheena, for your excellence in care you give to our residents and for being a steadfast employee for the last ten years.







We enjoyed a Valentine lunch with our family and staff. It was wonderful celebrating all the love within these walls.

Everyone gathered around to watch the Superbowl. It didn't end with a Chiefs win but it was still nice to watch with all of our friends.



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**DOVE ESTATES**  
Senior Living Community



DOVE ESTATES MEMORY HAVEN

March 2025

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## Healthy Eating Is Important For Older Adults



Eating healthy foods is obviously a key factor in the development of children’s strong bones, muscles and teeth. However, those nutritional needs are still present for older adults.

“Eating right doesn’t have to be complicated, even though older adults may face some issues that make meal planning even more important,” said Janice Hermann, [Oklahoma State University Extension](#) nutrition specialist. “Older adults can have health challenges such as difficulty swallowing, or they possibly have lost some of their teeth, which makes chewing a challenge. No matter what challenges they face, the nutritional requirements still are important.”

For needed nutrients, build a healthy plate with vegetables, fruits, whole grains, low-fat dairy and lean proteins. Try to fill about half the plate with fruits and vegetables, including foods that are dark green, red and orange. Beans, peas and lentils also are good choices. Look for labels that indicate foods are reduced sodium or no salt added.

Hermann said when choosing foods from the grains food group, make at least half of them whole grains. Choose breads, cereals, crackers and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains.

Older adults need more calcium and vitamin D to keep their bones healthy. Daily dietary requirements include three servings of fat-free or low-fat milk, yogurt or cheese each day. Lactose-free milk or a calcium-fortified soy beverage is a good choice for those who are lactose intolerant, she said.

When choosing protein, eat from a variety of sources, including seafood, nuts, beans, peas, lean meat, poultry and eggs. Hermann said to spread protein intake throughout the day by including a lean source with meals and snacks. Protein foods are a good source of vitamin B12, which is a nutrient that decreases in absorption as people age or due to some medications.

Try to limit sodium, saturated fat and added sugars. Read the labels on foods. It can be surprising what foods contain added sugar and sodium. Avoid desserts, fried foods and processed meat such as sausages and hotdogs. This doesn’t mean a person must give up these foods entirely, but limit how often these foods are consumed.

“Be sure to watch portion sizes, too. People routinely underestimate the size of food servings. It’s even harder when eating out because restaurants serve large portions,” Hermann said. “Your best bet is to either split the meal with your spouse or a friend, or ask for a to-go container when your food is served. Split the meal in half and package it right away. Don’t be tempted to overindulge.”

Being healthy in later years isn’t just about diet. Physical activity remains as important as it was as a child. Hermann said to pick enjoyable activities such as gardening, bowling or simply a daily walk after lunch.

“No one expects you to run a 4-minute mile, but start by doing what you can. Every bit adds up and health benefits will increase as you spend more time being active,” she said.

March is National Nutrition Month and was initiated in 1973 by the Academy of Nutrition and Dietetics as a week-long observance. It became a month-long observance in 1980 in response to the growing interest in nutrition.

MEDIA CONTACT: Trisha Gedon | Agricultural Communications Services



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