

MARCH 2026 NEWSLETTER

Dear Friends of Community Partners in Caring,

March brings spring renewal and two wonderful observances: National Reading Month and National Nutrition Month.

National Reading Month celebrates the joy and lifelong benefits of reading. Books open doors to new ideas, spark imagination, and keep our minds active and engaged. For older adults, reading can help maintain cognitive health, reduce stress, and provide meaningful entertainment. Whether it's revisiting a favorite novel or exploring something new, each chapter offers an opportunity to learn and grow. Taking time to read each day is a simple way to nurture the mind and spirit.

Community idea: Consider sharing book recommendations with friends or starting a small reading circle to connect through stories.



There is something comforting about a good book and a quiet moment. Reading helps keep the mind active, improves memory, and reduces stress.

Just like books nourish the mind, healthy foods nourish the body. Colorful fruits and vegetables, whole grains, and lean proteins provide the energy and strength we need each day

National Nutrition Month is a reminder that healthy choices can support independence and overall well-being at every age. Good nutrition helps maintain energy, strengthen immunity, and support heart and bone health. On the next page we provide 5 simple nutrition tips. Read on!

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5 Simple Nutrition Tips:

1. Fill half your plate with fruits and vegetables.
2. Aim for consistent water intake throughout the day.
3. Include lean proteins like beans, fish, poultry, or eggs.
4. Choose whole grains over refined options when possible.
5. Plan balanced meals to avoid skipping meals or relying on convenience foods.

Small, consistent changes can have a big impact. Nourishing our bodies helps ensure we have the strength and vitality to stay active and engaged in our community.



EDUCATION ON AGING

3 Practical Ways to Support Brain Health This Spring

Keeping the mind sharp doesn't require drastic changes. Small, consistent habits can make a meaningful difference in memory, focus, and overall well-being.

1. Read for 20 Minutes a Day Reading stimulates multiple areas of the brain at once. It supports memory, concentration, and mental flexibility.

Try this: Set aside 20 minutes in the morning or before bed. Choose large-print books for easier reading. Alternate between fiction and nonfiction to challenge different thinking skills. Join a discussion group to add a social benefit. Even listening to audiobooks can help keep the mind engaged.

2. Add Brain-Friendly Foods to Your Plate. Certain foods provide nutrients that support cognitive health and circulation.

Focus on adding:

- Leafy greens (spinach, kale)
- Berries (rich in antioxidants)
- Nuts and seeds
- Fatty fish like salmon
- Whole grains

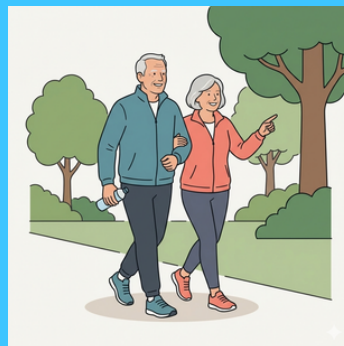


Start simple: add one extra vegetable to your lunch or a handful of berries to your breakfast.

3. Move Your Body, Boost Your Brain. Light physical activity increases blood flow to the brain and supports memory.

Simple options:

- A 10–15 minute walk
- Gentle stretching Chair exercises
- Gardening



Consistency matters more than intensity

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STORIES THAT MATTER

Weekend Kindness: Brooke's Commitment to Connection

Brooke became a volunteer in June 2024 and was inactive for half a year until December 2024. Since then She's been providing a friendly visit to Olga almost every week without fail. Her work schedule does not allow her to volunteer during the week but she' still able to give back on weekends. In 2025 She visited Olga 43 times. This year Brooke has already done 3 friendly visits with Olga.

Mike, David, and Judy: 3 Champions of the Past 3 Months

We are proud to recognize three outstanding volunteers whose dedication over the past three months has made an extraordinary difference in the lives of our neighbors.



Mike completed 73 ride requests, drove an incredible 3,563 miles, and gave nearly 145 hours of his time to help neighbors reach medical care and essential appointments.



David completed an amazing 222 ride requests, drove nearly 2,000 miles, and contributed more than 206 hours to ensure neighbors arrived safely and on time to critical appointments.



Judy completed 111 ride requests, drove over 1,100 miles, and generously gave 136 hours helping neighbors reach medical appointments and essential services.

Because of volunteers like Mike, David, and Judy, our community members can maintain their health, independence, and peace of mind. We are deeply grateful for their commitment, compassion, and service.

SPRING FORWARD

Daylight Savings time begins on March 8 this year. So don't forget to Spring forward your clocks before going to bed on Saturday March 7.

That means we'll be getting an extra hour of sunlight in the evenings which means more time for fun! Like completing this crossword puzzle and word search.

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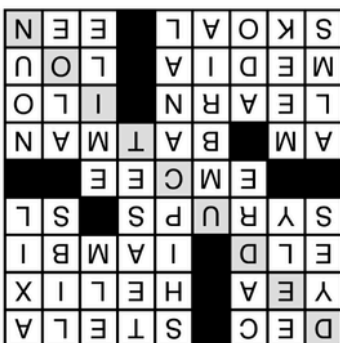
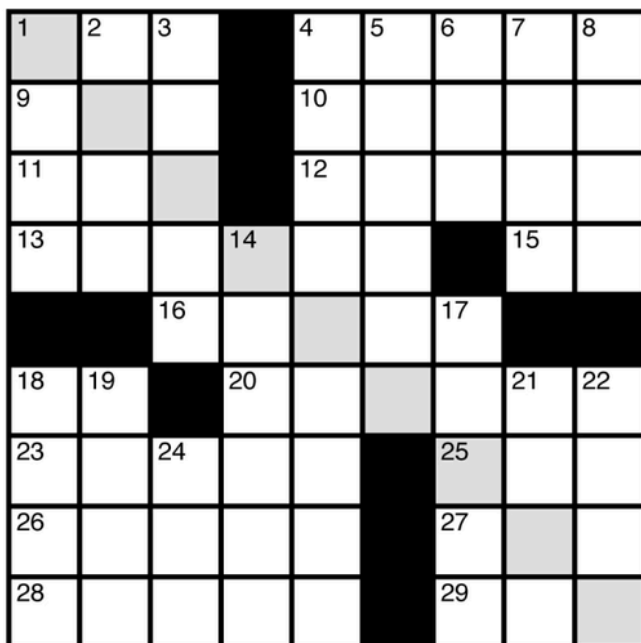
Tax Reducers

Across

1. Holiday mo.
4. Grave marker
9. Formal vote
10. Coil
11. Antiquity, in antiquity
12. Poets' feet
13. Mrs. Butterworth's and maple
15. Peruvian terrorist group in the 60s, for short
16. Host
18. Part of 'to be'
20. Robin's partner
23. Gain knowledge
25. U.N. workers' grp.
26. TV, radio, etc.
27. Mary's boss on "The Mary Tyler Moore Show"
28. Cheers
29. Dusk, to Donne

Down

1. Salon supplies
2. Hard to grasp
3. Close-knit group
4. Suez, for one
5. Afternoon service
6. "A Nightmare on ___ Street"
7. Ad __
8. Branch angle
14. Central Italian region
17. "South Pacific" hero
18. Charity
19. Docile
21. Balm ingredient
22. It may be proper
24. Big fuss



The headline is a clue to the answer in the diagonal.

Kitchen Gadgets

P O P C O R N M A K E R C
 C U T T I N G B O A R D A
 P A S T A M A K E R V L N
 C O F F E E M A K E R W O
 Y E R E Z V E N L A L C P
 R V I L F E L D D I R G E
 S A C T P D A O D R E D N
 S W E T J W C I X F K T E
 R O C E U B S C S R O O R
 O R O K I E L U R Y O A K
 S C O I C Q L E G E C S F
 S I K R E W P R N R G T N
 I M E L R D A H V D G E I
 C M R H A N D M I X E R N
 S T O P T N A T S N I R J
 S L O W C O O K E R Q W A

- | | |
|---------------|---------------|
| AIR FRYER | KETTLE |
| BLENDER | MICROWAVE |
| CAN OPENER | NINJA |
| COFFEE MAKER | PASTA MAKER |
| CUTTING BOARD | POPCORN MAKER |
| EGG COOKER | RICE COOKER |
| GRIDDLE | SCALE |
| HAND MIXER | SCISSORS |
| INSTANT POT | SLOW COOKER |
| JUICER | TOASTER |

[**CLICK HERE IF YOU'RE FEELING GENEROUS**](#)

Numbers Prove the Importance of Helmets

Since at least 2000, helmet use in cycling has increased thanks to better education, laws, and stylish options, but many cyclists, especially adults, still ride without one.

In fact, some sources say about half of adults do not wear a helmet.



Not wearing a helmet is a bad choice. In fact, the numbers are all against riding without a helmet. Proportion of non-fatal bicycle injuries treated in emergency rooms involving head injuries: About one-third. The Consumer Product Safety Commission (CPSC) notes that a majority of the roughly 80,000 annual cycling-related head injuries seen in ERs are brain injuries, and head trauma accounts for around one-third of non-fatal bicyclist injuries overall. Proportion of fatal bicycle crashes involving head injuries: About three-quarters (around 75 percent). Head injury remains the leading cause of death in bicycle crashes, with recent

analyses (including NHTSA and advocacy reports) confirming that about 75 percent of bicyclist fatalities are due to head trauma. In 2022, there were 1,105 pedal cyclist fatalities in the U.S., many preventable. 60-85 percent of head injuries could be prevented by helmets. Modern meta-analyses and studies show bicycle helmets reduce the risk of head injury by about 60 percent and serious brain injuries by similar amounts.

Helmets are proven to save lives and reduce injury severity, particularly for brain trauma. Always choose a properly fitted, CPSC-certified helmet, replace it after any crash, and encourage everyone in the family to wear one every ride. Safe cycling starts with simple protection.

The Revival of Full-Fat Dairy

In a groundbreaking shift, the U.S. Department of Health and Human Services (HHS) and the Department of Agriculture (USDA) released the dietary guidelines that mark a significant reset in federal nutrition policy, prioritizing full-fat options, including whole milk, yogurt, and cheese, recommending three servings per day for a 2,000-calorie diet, adjusted for individual needs.

This departure from decades of low-fat advocacy reflects evolving science that suggests not all fats are equal, and promoting dairy as a cornerstone of healthy eating patterns. Whole milk is prioritized because it provides essential healthy fats without added sugars. Unlike low-fat versions, which often compensate with sugars or processing, full-fat dairy retains its natural composition, making it more satiating and beneficial for long-term health. Nutritionally, whole milk and full-fat dairy offer high-quality protein for muscle maintenance, vitamins like A and D for immune and bone health, and minerals such as calcium and potassium for heart and skeletal function. Research links full-fat dairy to reduced weight gain, neutral or lower risk of heart disease. However, moderation is key. The guidelines recommend saturated fat limit of 10 percent of calories.



MONTHLY HOROSCOPE

Aries (March 21 - April 19): Relationships may heat up with passionate conversations, but remember to listen as much as you lead. Lucky date: March 15.

Taurus (April 20 - May 20): A cozy renovation or family gathering could strengthen bonds. Watch for overindulgence in treats/balance is key. Lucky number: 20.

Gemini (May 21 - June 20): Social invites abound, but don't spread yourself too thin. Lucky date: March 22.

Cancer (June 21 - July 22): Work might feel demanding, but your intuition guides smart decisions. Expect a heartfelt connection. Lucky number: 4.

Leo (July 23 - August 22): A fun adventure awaits, but carefully plan spending. Romance roars with grand gestures. Lucky date: March 8.

Virgo (August 23 - September 22): A wellness kick could boost energy. Relationships deepen with honest talks. Lucky number: 11.

Libra (September 23 - October 22): You mediate conflicts this month. Redecorating gives you a boost. Lucky date: March 19.

Scorpio (October 23 - November 21): Deep insights could lead to personal growth or a career pivot. Trust your instincts on investments. Lucky number: 8.

Sagittarius (November 22 - December 21): Work feels expansive, but stay grounded. Romantic adventures await. Lucky date: March 5.

Capricorn (December 22 - January 19): Networking pays off professionally. At home, budget wisely for long-term gains. Lucky number: 22.

Aquarius (January 20 - February 18): Friendships strengthen, and unexpected collaborations arise. Embrace change. Lucky date: March 27.

Pisces (February 19 - March 20): Finances may improve through choices you make this month. Rest to avoid burnout. Lucky number: 2.

HILDA'S CORNER

BUILDING CARING COMMUNITIES



A caring community is built on simple acts of kindness, connection, and support. Whether it's a friendly phone call, a ride to an appointment, or a few minutes spent listening, small gestures can make a big difference in someone's day. When neighbors look out for one another, we reduce isolation, strengthen trust, and create a sense of belonging for everyone. This is especially true for older adults who wish to age independently. This March, let's continue building a community where compassion is not the exception, but the norm.

Hilda

MARCH 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Red Cross Month	2	3 Worm Moon	4	5	6	7 Iditarod Sled Dog Race
	9	10	11	12	13	14 PI Day Pecan Day
15 Brain Awareness	16 Panda Day		18	19	20 Cherry Blossom Fest-Spring	21
22 Day of the Seal	23	24	25 Manatee Day	26	27	28
29	30	31				



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