

The Impact of the Pandemic on the Community's Mental Health

Tuesday, March 16
7:00 PM - 8:00 PM

Join us as we explore the unique mental health challenges impacting older adults in our community and approaches that can be considered to meet those difficult challenges.

This special program will be presented by:

- **Florence Schachter, MSW, Crown Center for Senior Living**
- Dr. Miriam Shapiro, Atlanta Comprehensive Neuropsychology
- Dr. George Grossberg, Professor, SLU School of Medicine



To register, and get Zoom information please go to www.baisabe.com/copingwithcovid

Client Services Happenings

There are a limited number of large print calendars available. Please call the Crown Center Office at 314-991-2055 to check availability.

WOMEN INSPIRING WOMEN

We all have our role models who inspire us to take risks. But who plays that role in the lives of some of American's most successful women?



Tuesday, March 2 at 10:30 am

Join this program as we hear from Debbie Wasserman Schultz, the first Jewish female to be elected to the US Congress from Florida.



Thursday, March 11 at 10:30 am

This program features Hillary Rodham Clinton, the first female senator from New York, the US Secretary of State and the first female major party candidate for the presidency.

Register with Temple Emanu-El Streicker Center at <https://streicker.nyc/events>

March is National Nutrition Month



Genevieve Atkins, Crown Center’s Social Services Manager, and nutrition champion is sharing valuable self-care tips. Self-care encourages you to maintain a healthy relationship with yourself so that you can transmit the good feelings to others.



1. Get Moving

- It’s tempting to spend all day inside, but physical activity is extremely important. Take small breaks each day to allow your body to move.
- Try Crown Center’s exercise room. Just call 991-2055 to make a reservation.

2. Create A Sleep Schedule

- Sleep plays a vital role in your emotional and physical well-being. Aim to sleep a total of 8 hours each night.
- Create a nightly routine and allow your body to rest.



3. Create A Morning Routine

- Waking up each morning to a meaningful routine can really make a difference.
- Think about starting your day with a walk outside, writing in a gratitude journal, meditating, showering, or cooking a healthy meal.

4. Eat Right

- The food we put into our bodies plays a major role in our overall well-being. Eating the right foods can help prevent short-term memory loss and inflammation.
- Stock up on healthy snacks. Take the time to plan meals.





Passover, Step by Step Save the Date Wednesday, March 24, 2:00 pm



On Passover we relive the Jewish people's journey from slavery to freedom through a special meal known simply as a "Seder" or "order." During chaotic times, it is important to "reorder" our lives, and the Seder provides a model.

Rabbi Josef Davidson will help imagine first steps towards envisioning your Passover holiday and will sing traditional songs.

- RSVP to Crown Center at 314-991-2055.
- You'll be sent the Zoom link for this virtual event.
- You can also attend the program by phone. Note: If participating by telephone you must be able to dial long distance.

Unscramble the Words: PASSOVER

1. raphhao _____
2. aulpeg _____
3. ffsat _____
4. azhmta _____
5. ersed _____
6. emamcoetmro _____
7. eannvludee _____
8. hsrkoe _____
9. ebhr _____
10. svpearos _____

March, 2021

Call 314-991-2055 to make reservations

Menus are subject to change without notice.

Crown Center Dining Program Menu

Funding for program provided by Aging Ahead, Jewish Federation of St. Louis and Friends of Crown Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Classic Beef Burger Lettuce & Tomato Potato Salad Mixed Fresh Fruit Meal delivery</p>	<p>2</p> <p>Vegetable Pizza Side Salad Fresh Fruit</p>	<p>3</p> <p>Salisbury Steak Mashed Potatoes Green Beans</p>	<p>4</p> <p>Chicken Shawarma Lentil Soup Roasted Carrots Meal delivery</p>	<p>5</p> <p>Egg Salad Sandwich Side Deli Salad Soup du Jour Fresh Fruit</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>Spaghetti w/ Meat Sauce Italian Salad Roasted Green Beans Meal delivery</p>	<p>9</p> <p>Loaded Baked Potato Vegetarian Chili Tossed Salad</p>	<p>10</p> <p>Herbed Grilled Salmon Potato Soup Fresh Fruit</p>	<p>11</p> <p>Chicken Paprikash Split Pea Soup Roasted Mixed Vegetables Meal delivery</p>	<p>12</p> <p>Tuna Salad Sandwich Side Deli Salad Soup du Jour Fresh Fruit</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>Homemade Sloppy Joes Sweet Corn Baby New Potatoes Meal delivery</p>	<p>16</p> <p>Vegetable Lasagna Soup Du Jour Broccoli & Cheese Salad</p>	<p>17</p> <p>Lemon-Garlic Salmon Mushroom Barley Soup Roasted Zucchini</p>	<p>18</p> <p>Hearty Beef Stew Sesame Green Beans Corn Bread Meal delivery</p>	<p>19</p> <p>Egg Salad Sandwich Side Deli Salad Soup du Jour Fresh Fruit</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>Breaded Fish Baked Potato Vegetable Soup Italian Green beans Meal delivery</p>	<p>23</p> <p>Chef Salad Soup Du Jour Fresh Fruit</p>	<p>24</p> <p>Savory Meatloaf Mashed Potatoes Glazed Carrots</p>	<p>25</p> <p>Beef Tips w/ Noodles Sautéed Green Beans Roasted Peppers Meal delivery</p>	<p>26</p> <p>Tuna Salad Sandwich Side Deli Salad Soup Du Jour Fresh Fruit</p>	<p>27</p> <p>Passover Begins</p>
<p>28</p> <p>Program participants will be contacted regarding meals for 3/29 - 4/2.</p>	<p>29</p> <p>Meal Program & Circle@Crown Cafe Closed for Passover</p>	<p>30</p> <p>Meal Program & Circle@Crown Cafe Closed for Passover</p>	<p>31</p> <p>Meal Program & Circle@Crown Cafe Closed for Passover</p>	<p>April 1</p> <p>Meal Program & Circle@Crown Cafe Closed for Passover</p>	<p>April 2</p> <p>Meal Program & Circle@Crown Cafe Closed for Passover</p>	