



BRINGING **QUALITY HEALTHCARE** TO YOU  
SERVING SOUTHERN WISCONSIN



## March is National Nutrition Month: *Using Nutrition to Look and Feel Your Very Best*

Proper nutrition is important for everyone. Without proper nutrition, people may not be able to properly function and perform day-to-day activities. Most people do not realize that healthy carbs are generally good for you. While you may not need to eat in excess, low-carb diets can actually hinder you. Carbohydrates are needed by the body to produce energy, and they also keep you feeling full longer.

A colorful plate is a healthy plate. Fill at least half of your dinner plate with red, orange, and dark green vegetables, and you are on your way to a well-balanced meal packed with vitamins and other nutrients. Add a side dish of fruit to your meal whenever possible. Start your day off with easy-to-digest foods. Adding some healthy, dark, leafy greens to a smoothie can make all the difference. If you use plenty of fruits, such as strawberries or bananas, you probably will not even be able to taste the difference.

You may have heard a lot lately about the cruciferous vegetables: broccoli, cabbage, cauliflower and brussels sprouts. Studies show they reduce toxins in the intestinal tract and may help prevent cancer—especially colon cancer. Their only downside is their high sulfur content, which can disagree with digestion.

Be sure to eat a good, healthy breakfast every morning. Your body hasn't had any fuel all night, so it will be ready for a good dose of energy first thing in the morning. Give it a breakfast with plenty of carbohydrates, protein, and healthy fats to keep yourself going all day.

Keeping a food journal may help you meet your nutrition goals. Online food diaries can track the foods you eat, creating a record of your intake as well as showing the nutritional value of those foods. By keeping a record over time, you can tweak your diet as needed so you consume better nutrition.



## TRANSITIONS AT HOME

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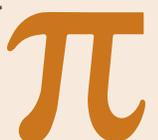
Transitions At Health is a non-profit 501c3 Wisconsin Illinois Senior Housing Inc. agency. Tax deductible financial and item donations are always appreciated and can be placed by calling our administrator. Thank you for supporting our mission and community.

[www.TransitionsHealth.org](http://www.TransitionsHealth.org)

Transitions At Home accepts  
Medicare, Medicaid, and private pay.

## Pi Day: March 14

The popularity of Pi Day (3.14) has taken off in recent years. This symbol, the Greek letter  $\pi$ , is used to represent a constant numerical figure in mathematics. The ratio of the circumference of a circle to its diameter — which is approximately 3.14159. Pi has been calculated to over a trillion digits as it is said to repeat infinitely without repetition or pattern. Many people now celebrate this quirky numeric day by baking their favorite flavor pie, hosting pie-eating contests, and doing basic math equations.



# Facts You Might Not Know About St. Patrick's Day

Dress in your best green and impress your friends with these fun St. Patrick's Day facts:

- March 17th, the day of celebration, is the day of Patrick's death. 
- St. Patrick, the patron saint of the Irish, was not from Ireland. 
- Patrick was a missionary in Ireland during the 4th century. 
- The Shamrock, symbol of St. Patrick's Day, was a plant with three leaves that Patrick used to demonstrate to the pagans the trinity of God. 
- Maewyn is the name St. Patrick was born with. His name was changed by the Bishop in a monastery in France, after he escaped his captivity. He was not religious at all when he was a child. 
- The first St. Paddy's day parade in America was in 1737, 40 years before the Revolutionary War.
- Irish dishes include corned beef and cabbage, Irish stew, Irish cream pie, Irish soda bread, scones, and Irish cheese bread. 



## Meals On Wheels

The Meals on Wheels program serves persons who are aged 60 and older and are homebound. Volunteer drivers deliver a hot, nutritious meal Monday through Friday. The meals help maintain good nutrition, which plays an essential role in promoting health and preventing disease. Find your counties contact information below to learn more.



### Counties & Phone #

<b>Walworth: 262-741-3333</b>	<b>Jefferson: 920-674-8134</b>
<b>Dane: 608-276-7598</b>	<b>Dodge: 920-386-3580</b>
<b>Waukesha: 262-548-7848</b>	<b>Racine: 262-833-8766</b>
<b>Kenosha: 262-358-5779</b>	<b>Rock: 608-757-5474</b>
<b>Milwaukee: 414-289-6874</b>	<b>Washington: 262-335-4717</b>

## St. Patrick's Day— Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

The word search grid is a large shamrock shape filled with letters. The letters are arranged in a grid that follows the outline of the shamrock. The words to be found are: CLOVER, GREEN, HORSESHOE, IRELAND, IRISH, LEPRECHAUN, LUCK, MARCH, PARADE, PARTY, PATRICK SAINT, SEVENTEENTH, SHAMROCK, and SNAKES.

CLOVER  
GREEN  
HORSESHOE  
IRELAND  
IRISH

LEPRECHAUN  
LUCK  
MARCH  
PARADE  
PARTY

PATRICK  
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SNAKES