

CONTACTS

- Executive Director**  
Yoly Ostertag
- Assistant Executive Director**  
Ann Scott
- Outreach Director**  
Donna Brannon
- Business Office Manager**  
Jennifer Ritchie
- Life Enrichment Director**  
Memorie Hamrick

- Dining Director**  
Jarod Lloyd
- Maintenance Director**  
Mike Davis
- Housekeeping Director**  
Vicky Zagaruyka

- National Suicide Hotline  
988
- Alzheimers Association  
1-800-272-3900
- Institute of Aging Friendship Line  
1-800-971-0016

**American House**  
**Bluewater Bay Senior Living**  
4595 Highway 20 East  
Niceville | FL | 32578  
850.460.3602  
**AmericanHouse.com**



We're **MAD** about MARCH!

DAYS TO NOTE AND LOOK FORWARD TO THIS MONTH

**DAYLIGHT**  
SAVING TIME

**SPRING FORWARD MARCH 10, 2:00 AM**

**CELEBRATE NATIONAL PI DAY!**

**THURSDAY, MARCH 14**

**SUNDAY, MARCH 17**

*St. Patrick's day*

**TUESDAY, MARCH 19**

*Spring BEGINS*

**MARCH BASKETBALL MADNESS**

**MARCH 17 – APRIL 8**

**HAPPY Easter**

**SUNDAY, MARCH 31**

Quote of the Month

“ **DON'T BE AFRAID TO BE A FOOL.** ”  
~ **STEPHEN COLBERT**

NEVER BELIEVE THE MYTHS ABOUT AGING

A few months before his fiftieth birthday in 1907, the psychologist Sigmund Freud wrote that anyone over fifty was beyond their sell-by-date. But nothing could be farther from the truth. Freud himself wrote his most important books in his fifties and sixties. While our mental and physical skills decline over time, it turns out that most and possibly all are use-it-or-lose-it skills. This means, if we never stop using these skills, we get to hang onto them, and even advance them, far later in life than anyone thought possible.

Take VO2 Max, or maximal oxygen consumption. It refers to the amount of oxygen a person can utilize while exercising. VO2 Max starts to sag in our twenties and falls off a cliff after fifty. For years, scientists believed there was nothing that could be done about this. Then marathoners and triathletes and ultra-runners—in their sixties, seventies and eighties—began to post times that shouldn't have been possible. Researchers took a closer look at elite octogenarian athletes and found that training could erase fifty years of decline. They also found the same to hold true for strength and cognitive skills. The conclusion? Never believe the myths about aging.

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# LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

BLUEWATER BAY SENIOR LIVING

MARCH 2024

FLIRTING IN THE DIGITAL AGE

No one forgets their first date. No matter how long ago that may have been, first dates tend to bring smiles to the people who're telling their side of the story. Today, online dating is becoming increasingly popular for older adults to meet new people and develop meaningful relationships. It allows seniors to increase their social circle and get to know others from the comfort of home. With so many potential benefits, it's no surprise that more and more seniors are joining online dating sites and apps.

For many older adults, dating can be a rewarding yet daunting experience. The fear of meeting a new person and starting from scratch can be overwhelming. But with an open heart and a willingness to explore new possibilities, seniors can still find meaningful connections.

For seniors, the dating scene has changed drastically over the years. But the prevalence of dating apps and websites makes it easier than ever to find potential partners. Age is just a number, and everyone has something to offer. Residents should focus on their positive qualities and what they can bring to a relationship rather than dwelling on their age or perceived shortcomings.

MARCH 2024 EVENTS!

- Resident Birthday Lunch 5th
- Brunch Bunch 12th
- Alice & Wonderland Tea Party
- Irish Dancers 16th
- Wonderland Trivia
- Dining Out 19th
- New Resident Welcome
- Art Class with Corina 21st
- Wonderland Cooking Demo
- Resident Town Hall

NATIONAL WOMEN'S HISTORY MONTH

Educators in Santa Rosa, California, first celebrated Women's History Week in March 1978 to increase awareness of women's contributions to society. In 1980, U.S. President Jimmy Carter declared the week of March 8 National Women's History Week, with these words: "The achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well." The week-long event officially became a month-long one in 1987 when Congress passed a resolution designating March as Women's History Month.

