



## The Weight of Change & the Strength of Partnership

There is a moment in every transition when everything feels heavier than you expected. Even when the decision is thoroughly thought out. Even when it's the right decision. Even when you trust the people around you.

I've helped over a thousand families navigate transitions. I understand the systems. I know the services, and yet, when I became a family member, instead of the "professional," I found myself holding my breath, hoping everything would be okay. Please understand, I trust this team. In fact, I love this team. And still, I worried.

For years, I believed that I could reduce the stress of the decision, so people could focus on one another and I meant it. What I understand now is the emotional weight doesn't disappear just because someone removes extra tasks and reassures you.

You carry it. You carry the worry that you made the right choice. You carry the worry of being the bridge between someone you love and the care team, or the bridge between your own family and the team chosen.

On a campus like ours, there is another truth worth saying out loud:

Often, the first service we provide is the beginning of a relationship, not the end of decision-making. As needs change, services adjust. You or your loved one may move from one level of care to another, and that can stir up the same emotions you felt the first time you chose to come to our campus.

Remember, the first time we experience something new is rarely without discourse. We want reassurance. We want someone nearby. We want permission to wobble. Transitions in care and living arrangements can be hard.

If you find yourself needing reassurance, as I do sometimes, or simply need someone to say, "It's okay," please reach out.

We are here to answer questions, even the ones you think we've already answered. We are here to advocate for you. We are here to learn the nuances that make you who you are.

Across Independent Living, Assisted Living, Long-Term Care, Memory Care, and Rehab to Home, our campus is connected. Our team is connected. At the center of everything we do is love, dignity, and autonomy. We do not take lightly the trust you place in us.

As a professional, I believe in our partnership, as a family member, I feel it. Just know, you will never have to navigate change alone.



**Jessie Tibbott**  
Community  
Development

# Good Neighbor Society

Compassionate Christian Care

The Meadows Assisted Living

## The Meadows March Birthdays

- 3 Carrie Farmer
- 12 Katie Edgington
- 18 Susie Dierksen
- 20 Yvonne Brandt
- 27 Celeste Heims

## MEADOWS MARCH EMPLOYMENT ANNIVERSARY

23 Brady Tubandt | 3 years

## Welcome



Elmer Feldmann

Elmer said "Yes" to the address!

Please join us on wishing our newest neighbor, a warm welcome to The Meadows Community!

## Daylight Saving Time Starts

March 8, 2026

Remember to set your clocks **ahead** one hour Saturday night or Sunday morning the weekend of March 9.

## - AN IRISH PRAYER -

May God give you...For every storm a rainbow, for every tear a smile, for every care a promise, and a blessing in each trial. For every problem life sends, a faithful friend to share, for every sigh a sweet song, and an answer for each prayer.

## Meadows 2026 Mardi Gras King & Queen!



Don & Bev Preussner

## The Meadows 2026 VALENTINE'S King & Queen



RICHARD BELDEN & JACKIE MOREHOUSE

# The Magic Touch

## The Meadows February Highlights

**Below:** Enjoying fellowship & fun at our monthly Community Euchre Tournament. All are welcome to join us the 2nd Friday of each month!



**Below:** We shared some Mardi Gras fun, traditional treats and royal festivities.



**Below:** With the assistance of our wonderful volunteers Nanci & Karen, we made essential oil room fresheners.



**Below:** Tenants shared a little friendly competition with our Meadows Olympics...Lot's of fun & laughter!!





March is full of meaningful awareness days that give us opportunities to learn, reflect, and support one another. As we transition from winter toward spring, it's a wonderful time to grow not only in the sunshine, but in understanding and compassion as well.

Early in the month, **National Nutrition Month®**, led by the Academy of Nutrition and Dietetics, reminds us of the importance of making informed food choices and developing healthy eating habits. It's a great time to celebrate balanced meals, hydration, and the role good nutrition plays in healing and overall wellbeing.

March is also home to **Developmental Disabilities Awareness Month**, established by the The Arc of the United States. This month encourages inclusion, respect, and opportunities for individuals of all abilities to live full and engaged lives in their communities.

Another important observance is **National Social Work Month**, recognizing the dedication of social workers who advocate, support, and uplift individuals and families every day. Their compassion and commitment make a lasting difference in healthcare settings and beyond.

We also observe **National Kidney Month**, raising awareness about kidney health and the importance of prevention, early detection, and proper management of kidney disease. Simple habits like staying hydrated, managing blood pressure, and routine check-ups can go a long way.

Mid-March brings **World Sleep Day**, organized by the World Sleep Society, reminding us that quality sleep is essential for physical health, emotional wellbeing, and overall quality of life. A consistent bedtime routine and a calm sleep environment can make all the difference.

And of course, we celebrate **St. Patrick's Day**, honoring the legacy of Saint Patrick and enjoying a bit of green, laughter, and Irish cheer along the way.

Awareness days are more than dates on a calendar – they are reminders to care a little more, learn a little more, and support one another in meaningful ways. As spring approaches, let's continue to build a community rooted in kindness, health, and understanding.

Good Neighbor Home  
& Neighborhood Villas  
563-927-3907

Marietta's Place  
563-927-1490

The Meadows  
563-927-6467

### Board Members

Terry Rauch, President  
Charlie Button, Vice President  
Linda Bessey, Secretary  
Diane Hammell, Treasurer  
Randy Mahoney  
Teresa Greve  
Milt Kramer  
Marvin Waterhouse  
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*Providing compassionate Christian  
care to those we serve since 1963.*



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