



NUTRITION BITES

Eating food in the order of **fiber (vegetables)**, then **protein and fats**, and **finally carbohydrates** significantly lowers post-meal blood sugar and insulin spikes. Consuming fiber and protein first acts as a buffer, slowing down the digestion of carbohydrates, which can reduce glucose levels by over 25% compared to eating carbs first.



Grand Center Staff

Director of operations:

Yordy the “accordion” Eastwood
(435) 259-4102

Kitchen Manager:

“Shamrock shaker” Brooklynne Brox. (435)
259-4999

Facility Coordinator:

“Kiss me, I’m Irish” Kris Pogue
(435) 259-6623/8553

Kitchen Saints:

“End of the rainbow” Tiffany Hester

“Soda bread elf” James Leech

Leprechaun Maintenance Team:

Blarney stone Joe Thurman, Tech

Mischievous charmer, Dayana Chaires.

Limerick leader Jill Card aka our bus driver

Hooligan heartbreaker Jenny McDougall,
home delivery driver



March Birthdays

1st Kris Pogue

2nd Leisa Morris

3rd Jill Card

4th Norma Larabee

10th James Leech

12th Jenny McDougall

14th Jennie Massey

15th Kathy Rapacz

21st Charlotte Mates

21st LaVona Groff

26th Albert Green

27th Troy Scoville

31st Solange Roussin

31st Marsha Marshall





Daylight savings time spring forward an hour early Sunday 8th early morning from 2am to 3am

Congregate meals are served weekly, excluding Thursdays and week-ends. Lunch is served promptly at noon. Meals are a suggested donation of \$2.50 unless you are under 60 years, then cost is \$6. Please call if you would like to join us. (+35) 259-6623.

Coloring contest. Color the picture and return by March 23rd. Winner will be announced Monday, March 30th.

Quilt show will be held at the center March 6, 7, 8. Come look at all the beautiful quilts.

The 13th of March is good Samaritan Day. Please do something kind for a neighbor or friend today (and everyday)!

The first day of Spring is March 20th.

Jeep safari starts Saturday 3/28 and ends April 5th. Get your shopping done before.

News and other tidbits

