

# MARCH NEWSLETTER 2019

## **March 5**

Mardi Gras

Fat Tuesday/Mardi Gras Party

## **March 6**

Ash Wednesday

## **March 8**

International Women's Day

## **March 10**

Daylight Saving Time Begins

## **March 15**

St. Patrick's Day Party

## **March 17**

Saint Patrick's Day

## **March 20**

Start of Spring



### ***Hello Residents,***

It is now March; time to 'Spring forward' this month on the 10th.

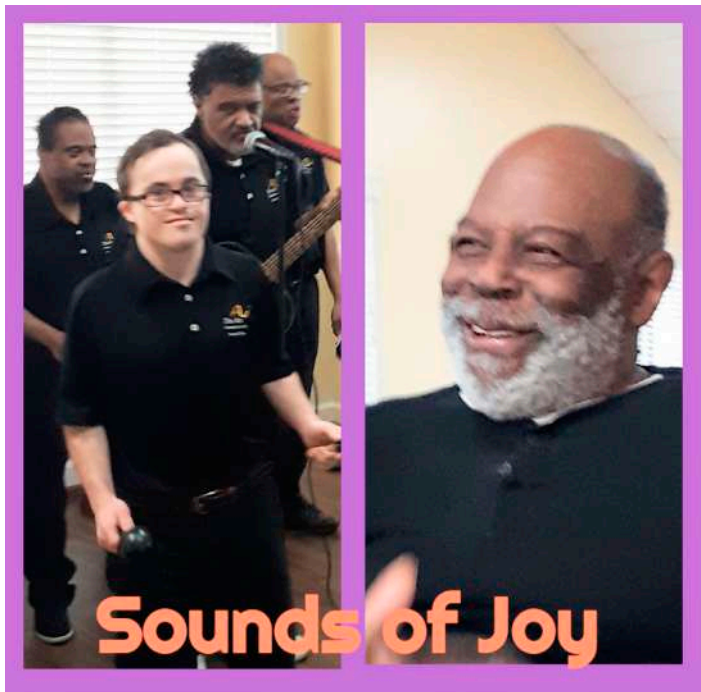
It is time the flowers bloom and the birds sing. There are many holidays this month as well, such as National Pig Day — yes, ladies and gents. Charles Dickens said, "It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." We haven't completely let go of winter and summer is right around the corner.

We still need to be mindful of the flu bug and take precautions: watch the weather and wear the right clothes for the constant weather change.

Fat Tuesday is March 5th and St. Patrick's Day is the 17th. Get ready to let the good times roll, and drink green beer if you are a Savannah native.

I hope everyone finds their pot of gold at the end of the rainbow.

***Sonja Edwards,***  
*Executive Director*



## ***Sounds of Joy – February 1st***

Thanks so much for your uplifting, inspirational, and creative music shared with our residents.



## ***Crafts: Valentine's Committee – February 4th , 8th, 13th, and 14th***

Thank you, ladies on the Valentine's Crafts Committee, for the wonderful heart garlands and flowers for our Valentine's Party. They really enhanced the occasion. Committee members include: Mrs. Riley, Bonnie, Mrs. New, Rose Nail, and others. Your efforts were highly appreciated!



### ***Cain Family – February 11th***

The Cain Family musical talents and Valentine's cards were so welcomed by our residents. We look forward to your visits in March.



### ***Valentine's Party – February 14th***

Love was in the air for our Valentine King and Queen: Mr. and Mrs. White. What a heartfelt day, beginning with a wonderful lunch, featuring prime rib and asparagus, followed by our Valentine's Party with delicious desserts.



## ***Veterans Luncheon***

*March 21st — Every third Thursday of the month*

Each month, Veterans enjoy each other's company while having lunch in our Dining Room. It is always an honor to spend time with each of them.



## ***Clubs for Everyone***

*March 6th, 13th, 20th and 27th*

This month, we will begin clubs based on our residents' preferences. For the book lovers among us, we invite you to join the Reading Club. Do you find enjoyment from plants? Join the Garden Club. Love the tastes and smells of cooking? Join our Recipe Club. We have Music Club for those with musical insight. And for our exercise enthusiast, we invite you to join the Walking Club.



## ***Fat Tuesday Mardi Gras Party***

*March 5th at 2:00 pm*

We will celebrate Mardi Gras on Fat Tuesday. Come enjoy music by Rose & Friends, the traditional celebratory King Cake, and refreshments at 2 o'clock on March 5th.



***St. Patrick's Day Party***  
*March 15th*

We are going green to celebrate St. Patrick's Day with Irish delights... Who's looking for the pot of gold?!



***Getting to Know You!***  
*March 6th, 13th, 20th, and 26th*

We are sharing our life stories and learning more about each other. Topics range from family, jobs, hobbies, and funny anecdotes that have been a part of our journey. Join us any Wednesday in March to learn about your neighbors and share your story!



***Bible Study***  
*March 5th, 12th, 19th, and 26th*

Every Tuesday, our residents enjoy dedicated volunteers uplifting them with scripture. Join us any Tuesday in May to receive the Lord's word.



***Crafts***  
*March 12th, 19th and 20th*

March is a month of various crafting opportunities. From Mardi Gras, St. Patrick's Day and Ready for Spring, our residents will have the chance to show their creative side as they feel the holiday inspirations brought by spring.

***SAVE  
THE  
DATE***

***April 5th — FUNtastic Friday***



### Judy Lowery

Ms. Lowery claims Tuscaloosa, Alabama as her hometown. She retired from a long career at Tuscaloosa News. She has three daughters and eight grandchildren whom she loves dearly. Judy enjoys baking and crocheting. Judy’s outgoing personality, quick-wit and big heart is admired by all staff and residents. Thanks for being a part of our Regency family, Ms. Judy Lowery.

### FUN FACTS



- This year, the Spring Equinox falls on Wednesday, March 20th at 5:58 pm EDT.
- March was named for the Roman god of war, Mars. Traditionally, this was the time of year to resume military campaigns that had been interrupted by winter.
- St. Patrick’s “banishing of the snakes” from Ireland was really a metaphor for the eradication of pagan ideology from Ireland.
- There are 34.7 million U.S. residents with Irish ancestry. This number is more than seven times the population of Ireland itself.
- According to Irish lore, the last three days of March were dangerous days, fraught with taboos and the specter of bad weather.
- International Women’s Day was honored the first time in Austria, Denmark, Germany, and Switzerland on March 19th, 1911.

### HAPPY BIRTHDAY!



#### Resident

Archie Willingham Mar. 6  
 Richard Ware Mar. 12

#### Employee

Haley Trull Mar. 9



WORD FIND

N N J Y K X I U F Y G M F S N N M B O U I P F B Y  
 E W H L C G U J D N S A P W M U D A N S L K Q L L  
 E P W N O H E J C P L A N O I T A N R E T N I I V  
 R E F I R V U V R A L A W T D R Y H Q S M J D O C  
 G H O U M D F I A D B B L H C M R T C A L O L V Z  
 J Q W G A M N R A I N B O W L S O V M E F A W X G  
 D Q T U H G K E M R R R A V O C M J T F R R A I F  
 H I C C S C K X R I M H C G V X A S A E B P X G G  
 G O L D U C B Y Q S G N Z T E B E D A R A P E W X  
 F H J L Z L P Y A H G Q M V R E I B C J X X F L M

WOMEN

CLOVER

GOLD

DAFFODIL

PARADE

SHAMROCK

GREEN

LEPRECHAUN

INTERNATIONAL

MARS

LUCK

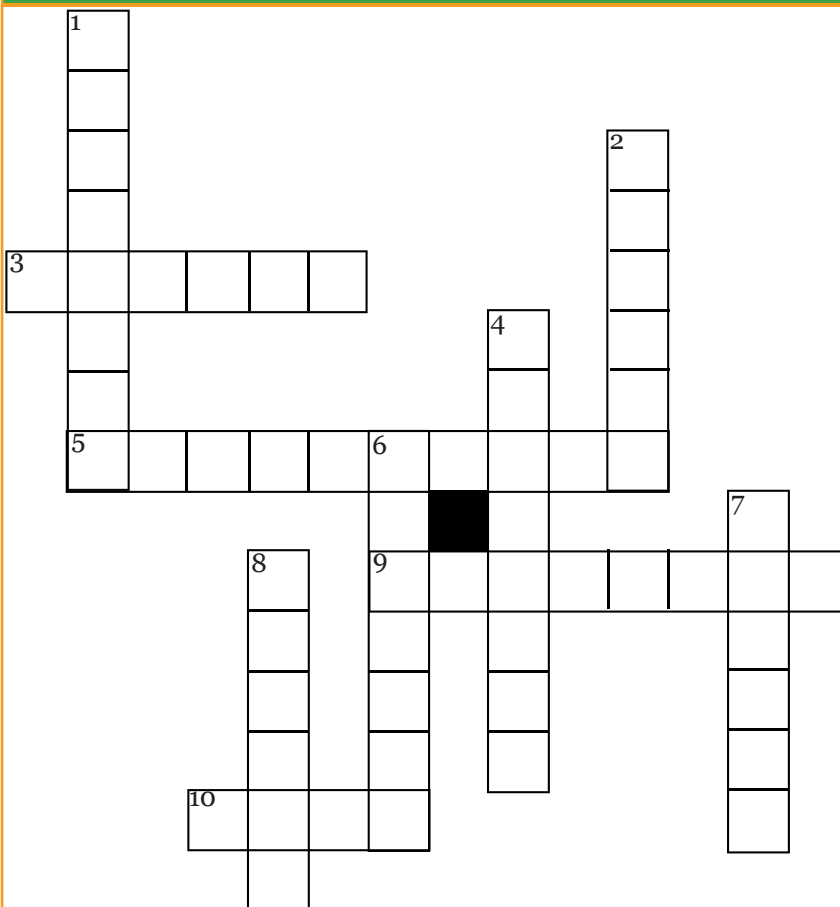
RAINBOW

SPRING

IRISH

CABBAGE

CROSS-WORD



Across

- 3. Mash, boil, or bake it.
- 5. Small-bodied fellow.
- 9. Days in March that have a reputation for being stormy.
- 10. Color originally associated with St. Patrick's Day.

Down

- 1. March birth flower.
- 2. \_\_\_ and New York City are home to the largest St. Patrick's Day celebrations.
- 4. Symbolizes rebirth of spring.
- 6. Important food staple during the Great Potato Famine.
- 7. \_\_\_ equinox also known as the spring equinox.
- 8. Color that symbolizes women.

**EMPLOYEE OF THE YEAR**

**Mattie Underwood**



Mattie is truly one of a kind. She's humble, caring, dedicated, and compassionate. She has made an impact on the lives of the residents in which she serves as well as her fellow coworkers. She provides exceptional care and often goes beyond the call of duty to enrich the lives of others. Mattie is the blue-print of a great caregiver. Thank you, Mattie, for your hard work and pure heart.

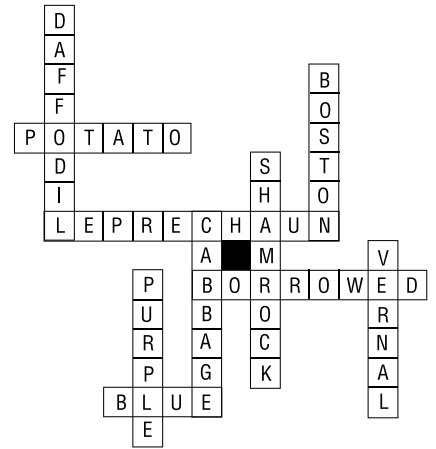
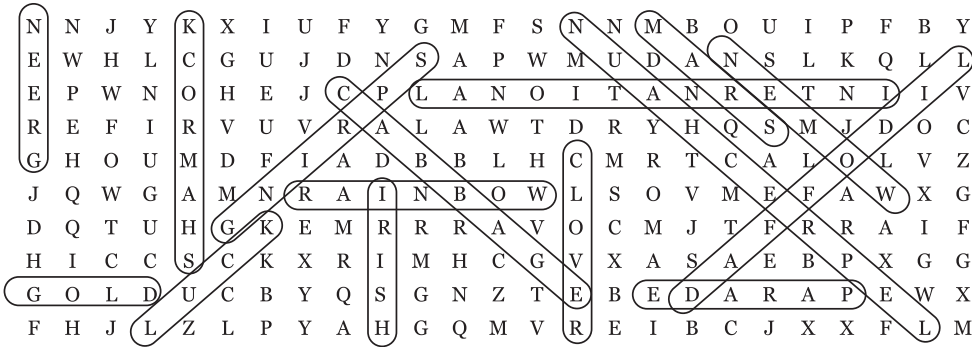
**EMPLOYEE OF THE MONTH**

**Alexis Prewitt**



Alexis greets residents and staff each day with a smile and helping hand. She has three sisters and one brother. Alexis' hobbies include babysitting and being with her grandmother, whom she adores. Her outgoing personality, compassion, and work ethic are valued and appreciated here at Regency. Thank you for your contributions to our Regency family, Alexis.

**ANSWER KEY:**



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