

March 2020 Newsletter

Whispering Oak Place * 903 Calverly Court Ellendale MN * 507-684-3026



Celebrating March

**Irish-American Heritage
Month**

Women's History Month

**International Black Women
in Jazz and the Arts Month**

World Compliment Day
March 1

International Women's Day
March 8

Wellderly Week
March 16-22

St. Patrick's Day
March 17

Tuskegee Airmen Day
March 22

**Make Up Your Own Holiday
Day**
March 26

St. Patrick's Day- What is it?

St Patrick's Day is celebrated in many parts of the world, especially by Irish communities and organizations. Many people wear an item of green clothing on the day. Parties featuring Irish food and drinks that are dyed in green food color are part of this celebration. It is a time when children can indulge in sweets and adults can enjoy a "pint" of beer at a local pub.

St Patrick is one of the patron saints of Ireland. According to popular legend, St Patrick rid Ireland of snakes. However, it is thought that there have been no snakes in Ireland since the last ice age. The "snakes" that St Patrick banished from Ireland, may refer to the druids or pagan worshipers of snake or serpent gods. He is said to be buried under Down Cathedral in Downpatrick, Ireland. Ireland's other patron saints are St Brigid and St Columba.

Resident Spotlight!



Cathy Solberg

Age:76

Advice to the younger generation:

"Just grow up!"

What are you most proud of:

The family that I have, there is a lot of them!

Favorite thing about Whispering Oak Place:

The food and all the new friends I have made!

February Excitement

February was exciting for us at Whispering Oak Place as we had tons of fun decorating the building, reminiscing of Valentine's Day traditions we used to celebrate, and looking forward to making new traditions with everyone here.

February was just a busy month; we had kindergarten classes come sing us some love songs, and an after-school group come play games with us! On February 14th we had a big Valentine's Day party including balloon popping, sweets, and wonderful music!



Upcoming Events

- 3/3- Paddy's Day Make a Puzzle
 - 3/4- Out to lunch @ Perkins
 - 3/11- Lucky Bag O' Kisses craft
 - 3/16- Tea Tasting
 - 3/17- St. Paddy's Party
 - 3/19- Out shopping
 - 3/24- Water Bead air freshener
 - 3/26- Decorating cards
 - 3/31- Tickled & Pickled Music Show
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- Bingo every Tuesday & Thursday
 - Live 2 Be Healthy every M, W, F @ 1pm
 - Church Service @ 10am every Friday with Fellowship to follow

March Birthdays!

3/10- Sue C.-Culinary Coordinator

3/29- Ardus Nimz



Family and Friends welcome



From the Nurse's Desk

March 1st is National Self-Injury Awareness day. It focuses on increasing education and support on a misunderstood problem.

HOW TO OBSERVE

- *Spread the word about Self-Injury Awareness Day.
- *Wear orange to show your support.
- *Help remove the stigma associated with this and other mental health concerns.
- *Open a dialogue by starting the conversation.

Volunteers Unite!

We are looking for individuals to come and spend one on one time with residents, help with activities, play cards or other games, entertainment, companionship or just bringing new ideas and activities to our residents. Come talk about What's Happening in the world today. Have coffee or Tea, walk the halls. Our Residents would love to spend some time with you! Contact us if you would like to lend a helping hand!

Phone: 507-684-3026

Email:

LifeEnrichment@whisperingoakplace.com



Manager's Corner

NATIONAL HOSPITALIST DAY- March 5th

Hospital medicine is one of the fastest growing specialties in modern medicine, and those who practice it are known as hospitalists. National Hospitalist Day recognizes the contributions of more than 60,000 hospitalists nationwide on the first Thursday in March annually. Hospitalists manage patient care throughout their inpatient stay and have been proven to reduce readmissions while also serving as leaders in quality improvement and patient safety. Drs. Lee Goldman and Bob Wachter first coined the term "hospitalist" in a New England Journal of Medicine article in 1996.

We want to say a big Thank You! to all the hospitalist's that we have worked with or have had the pleasure to work with when things become tough. We appreciate everything they do to make a hospital stay a little bit brighter.