

March 2023

The Hearth On James

830 James Street | Syracuse, NY | (P) 315-422-2173 | (F) 315-426-7583



Celebrating March

Daylight Savings
March 12th

March Madness Begins
March 14th

St. Patrick's Day
March 17th

First Day Of Spring
March 20th

**Greek Independence
Day**
March 25th

Meet Your New Neighbors!

Bernie Georges
Apt. 113

Garnita & Jill Light
Apt. 215

A Note From Our Executive Director

Dear Residents,

Goodbye February, Hello March!

I do not know about you, but I am looking forward to spring, sun, and warm weather. The sun and warm breezes just hit you different. There are so many vital benefits of sun exposure. From bone and immune health to depression and seasonal affective disorder, sunlight offers powerful restorative, protective and healing effects. Spring is upon us! Fingers crossed, we will be able to trade our boots and blues for sandals and sunshine!!

March is full of fantastic events; one of them being March Madness! For some people, it's the most wonderful time of the year. During the first two rounds, college basketball is on almost 24 hours a day. For those die-hard fans, that's still not enough! One reason why people love March Madness; it's something everyone can get involved in. "seemingly every person on earth fills out a bracket!"

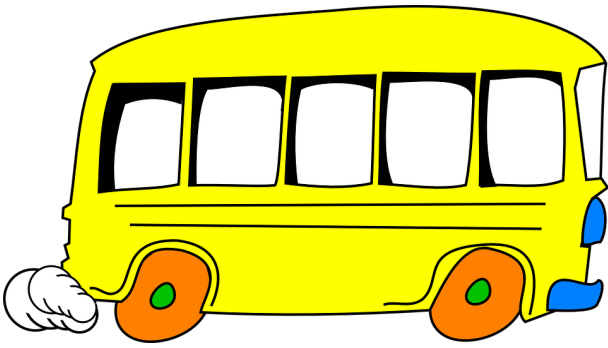
GO **SU**!

There are many special days to celebrate in March: Spring ahead on March 12th as daylight savings time begins, don't forget to put your clocks ahead and enjoy a little more sunshine in your day! March 20th first day of Spring and we can't forget the celebration of St. Patrick's Day! Irish Step dancers will perform in the dining room on March 16th at 2pm and St. Pattie's Day social on March 17th at 1:30pm. Wear your **GREEN**, everyone is Irish on St. Patrick's Day! Reminder, Education Series- Alzheimer's Association presents- on March 15th at 4pm in the parlor.

As the warmer weather approaches and we spend more time outdoors please be aware that our landscapers will take advantage of the nicer weather and begin spring cleaning in March/April, please, if you are going outdoors for a walk, remain on the sidewalks.

Slainte!

Jennifer Hoffmier
Executive Director



Transportation

Please contact the Nursing Department or Front Desk to arrange. Appointments are limited to eight per day.

Monday 8:30-3:30

East

Manlius, Fayetteville, Dewitt, Wide waters, Brittonfield

North & West

Community Hospital, Camillus, Liverpool, North Medical, Route 11 Baldwinsville

Wednesday 9:30-3:30

Downtown

James Street, East Genesee Street, VA Hospital, Irving Avenue, Erie Boulevard, St. Joseph's Hospital

Fridays are Reserved for Wegmans trips and other outings as noted on the monthly calendar.

Directors

Executive Director/SLA

Jennifer Hoffmier

Business Office Manager/SLA

Errin Chilson

Wellness Director

Crystal Blakeman

Environmental Services Director

Angel Santana

Food & Beverage Director

Shnika Carter

Live More Director

Maria Marzullo

Senior Life Advisor

Fred Goldby

Happy Birthday To You!

March 3rd Christine R.! & Frank D.!

March 9th Dorothy V.!

March 12th Sharon & Shelia!

March 17th Corinne C.!

March 22nd James E.!



Highlights



3/1 @ 2:30pm Music With Jilissa

3/23 @ 2:45pm Happy Hour With Mike
Romano

Check Your Calendar For Our
Getting To Know You/ Life Stories Group!

3/14 @ 10:30am Top O' The Mornin To Ya-
Irish Coffee & Danishes

3/15 @ 4:00pm Alzheimer's Association
Presents Understanding & Responding to
Dementia Related Behaviors

3/16 @ 2:00pm Irish Step Dance Performance

3/17 @ 1:30pm St. Patrick's Day Social

3/20 @ 1:30pm Spring Fling Social

Join Us In Kicking Off Spring With A
Week Full of Crafts & Socials!

CHECK YOUR CALENDAR FOR MORE FUN
ACTIVITIES LIKE COOKING CLUBS/ GAME
CLUBS/ EXERCISE CLASS AND MUCH MORE!



March Outings!

8:30 Every Friday
Wegmans/Post Office

8:30 Every Wednesday
Different Store Trip

3/3 @ 11am Twin Trees
Restaurant

3/10 @ 10am The MOST-
Backyard Wilderness
Showing

3/17 @ 10am Kohls Store

3/24 @ 1pm Sweet Frog

3/31 @ 11am Panera
Bread

What Happens At Bingo Stays At Bingo
Join Our Bingo Group Weekly On
Wednesday, Friday, and Sundays



Staff Birthdays

March 9th Sherry Riker

March 19th Cathy Cook

**March 28th Crystal
Blakeman**

**March 29th Jennifer
Hoffmier**

**Join Our Getting To Know You/ Life
Stories Group!**



Do you know someone who could benefit from moving to The Hearth On James? If so, you could earn up to \$1,000 through our referral program! Contact us at 315-422-2173 to learn more!