



RESIDENT BIRTHDAYS March

- Bettie Hoos 7th
- Wayne Wayenberg 13th
- Roscoe Coomer 17th
- Margaret Billings 31st



FRIENDS & FAMILY REFERRAL PROGRAM!

WOMANS HISTORY MONTH

March is **Women's History Month** – commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

Women's History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the Sonoma County (California) Commission on the Status of Women planned and executed a "Women's History Week" celebration in 1978. The organizers selected the week of March 8 to correspond with International Women's Day. The movement spread across the country as other communities initiated their own Women's History Week celebrations the following year.

In 1980, a consortium of women's groups and historians—led by the National Women's History Project (now the National Women's History Alliance)—successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women's History Week.

Subsequent Presidents continued to proclaim a National Women's History Week in March until 1987 when Congress passed Public Law 100-9, designating March as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, each president has issued an annual proclamation designating the month of March as "Women's History Month."

Each year The National Women's History Alliance selects and publishes a yearly theme. The 2024 Women's History Month theme established by The National Women's History Alliance is titled: "Women Who Advocate for Equity, Diversity and Inclusion." The theme recognizes women throughout the country who understand that, for a positive future, we need to eliminate bias and discrimination entirely from our lives and institutions.

\$3,500 RESIDENT REFERRAL BONUS

Have you shared your love for Waltonwood lately? When you refer someone to a Waltonwood community, they'll thank you for it - and then we'll thank you for it too! Ask for details!

CARRIAGE PARK CONNECT

MARCH 2024



MARCH HAPPENINGS

Let's give a big warm welcome to March. At least that's what we're hoping for. Punxsutawney Phil did not see his shadow, so an early spring is expected (even if his accuracy is only about 39%). This March is a month where we celebrate Woman's History Month, St. Patrick's Day, daylight savings time, March Madness, the first day of spring and Easter. It's a month of new beginnings and lots of happenings at Carriage Park. A much-anticipated event, our Family Easter dinner, will be held on March 23rd. Be sure to make your reservations now. Mid-month some of our residents will be going to an elementary school for Read Across America to read to the children. On St. Patrick's Day we will be celebrating with a traditional Irish meal prepared by our new chef, Chef Nicholas. Our March birthdays will be celebrated on March 26th, which is also the first day of Spring. There will be entertainment and a delicious cake made by our in-house pastry chef, Chef Katherine. The month ends with Our annual Easter Egg Hunt on March 30th at 1:00pm. This egg hunt is open to all the grandchildren and great grandchildren of our residents and employees. It is a much-anticipated event enjoyed by everyone. Peter Cottontail will be here for photo ops, as well as plenty of games for the kids to play.



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Manager

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Resident Care Manager

Annette Blackwell
Wellness Coordinator

Kenneth McCormack
Move-in coordinator

EMPLOYEE OF THE MONTH - DEANNA

Deanna is new to our Carriage Park family but has made a great impression on the staff and residents. She is very dependable, no snow storm has kept her from being on time. She is hard working, friendly to all, and goes above and beyond every day.

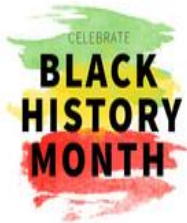
Deanna has four children, one grandchild and one on the way! She enjoys spending her free time with her siblings and family. Her go to stress reducer is Paint by Numbers.

Thank you Deanna for all you do!



FEBRUARY RECAP

01 Black History Month



07 Mardi Gras mask making



11 Super Bowl Party



14 February Birthday Party
Valentines Party



FOREVER FIT / Chris Grabowski, MS

Rest and Recharge

We know how important diet and exercise can be on our overall health, but did you know there’s a third factor just as crucial. The rest we get, in particular the sleep we get, lays the foundation for how our bodies recharge and repair. Aiming for 7-9 hours of nighttime shut-eye can improve your immune system, help lower the risk of heart attack and stroke, reduce the risk of dementia and promote healthy weight management. This March aim for better bedtime habits. Put down the book, unplug from your phone and TV and make sleep a top priority to help improve your overall health and wellbeing.

SAINT PATRICKS DAY - MARCH 17TH

Shamrocks, saint and shillelaghs

St. Patrick's Day, celebrated on March 17, honors Ireland's patron saint who died on that day in 461. Icons of the Irish holiday and the history of St. Patrick:

Shamrock

- Small, three-leaved herb appears on United Kingdom's coat of arms with English rose, Scottish thistle

Irish flag

- Green stands for Catholics; orange for Protestants; white for wish for harmony

Leprechauns

- Fairies who work day and night mending shoes of other fairies

Shillelagh (shi-lay'-lee)

- Walking stick; word is Irish for stout oak club or cudgel; also name of a forest that once stood in County Wicklow

Patrick: Saint and legend

387: Born in Britain to a Roman family; his father served as a magistrate; his original name was Maewyn

Early 400s: Taken to Ireland as a slave; after six years, he escaped to France where he studied for priesthood

432: Sent to Ireland as a Christian missionary by Pope Celestine I, who named him Patricius, which means noble in Latin; he introduced Roman alphabet, Latin literature; Christianized land

Familiar legend
He drove the snakes from Ireland by beating a drum

Source: "Shamrocks, Harps and Shillelaghs" by Edna Barth, "All About American Holidays," World Book

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EXECUTIVE DIRECTOR CORNER

I would like to thank everyone who participated in the resident survey. We were in the top 2 of Waltonwood communities that had the highest responses!! We look forward to hearing your feedback which will be coming to us on March 8th. Covid Booster consents have been turned in to Encore Geriatrics and the clinic date for March will be provided shortly. We will send out notifications as soon as a date and time are scheduled for our community. March will be bringing warmer. I hope everyone takes some time to get outside and enjoy some fresh air and sunlight!

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