

The Wellington News

MARCH
2026

Assisted Living • Respite Care Services

DO YOU FEEL LUCKY? Test Your St. Patrick's Day Knowledge with True or False Trivia

There's no pot of gold at the end, but hopefully fun and maybe a few surprises along the way! See how much you really know about shamrocks, leprechauns, and all things green. When finished, flip the page upside down to reveal the answers below.

1. St. Patrick was actually Irish.
2. The color originally associated with St. Patrick was blue, not green.
3. Shamrocks are said to have been used by St. Patrick to explain the Holy Trinity.
4. Leprechauns are a modern invention with no roots in Irish folklore.
5. The first St. Patrick's Day parade was held in Dublin, Ireland.
6. Corned beef and cabbage is a traditional Irish St. Patrick's Day meal.
7. St. Patrick is credited with driving all the snakes out of Ireland.
8. Wearing green on St. Patrick's Day is said to make you invisible to leprechauns.
9. The shamrock has three leaves because four-leaf clovers are extremely rare.
10. St. Patrick's Day is celebrated on the same date every year, March 17.



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- ANSWERS:**
- 1 False – St. Patrick was actually British.
 - 2 True – The color originally associated with St. Patrick was blue, not green.
 - 3 True – Shamrocks are said to have been used by St. Patrick to explain the Holy Trinity.
 - 4 False – Leprechauns are not a modern invention; they do have roots in Irish folklore.
 - 5 False – The first St. Patrick's Day parade was held in St. Augustine, Florida.
 - 6 False – Corned beef and cabbage is not a traditional Irish St. Patrick's Day meal.
 - 7 True – St. Patrick is credited with driving all the snakes out of Ireland.
 - 8 True – Wearing green on St. Patrick's Day is said to make you invisible to leprechauns.
 - 9 True – The shamrock has three leaves because four-leaf clovers are extremely rare.
 - 10 True – St. Patrick's Day is celebrated on the same date every year, March 17.

Uplift. Defend. Transform. Celebrating Social Workers.

This year's Social Work Month theme, **Uplift. Defend. Transform.**, reflects the many ways social workers support individuals and families through compassion, advocacy, and thoughtful guidance. Their work focuses on strengthening well-being, protecting dignity, and helping people navigate life's changes with confidence and care. By working closely with care teams, social workers address emotional and social challenges, offering reassurance, resources, and steady support when it matters most. **During Social Work Month, we extend our sincere appreciation to the social workers who bring empathy, dedication, and heart to their work each day. Their commitment uplifts others, defends what matters most, and helps create positive, lasting change.**

Recognizing Hearing Loss



World Hearing Day, observed annually on March 3, promotes ear and hearing care across the world and raises awareness of how to prevent deafness and hearing loss. If you have any of these signs or symptoms, you may have hearing loss caused by noise:

- Speech and other sounds seem muffled
- Trouble hearing high-pitched sounds (e.g., birds, doorbell, telephone)
- Trouble understanding conversations when you are in a noisy place, such as a restaurant
- Trouble understanding speech over the phone
- Trouble hearing speech consonants (e.g., trouble hearing the difference between s and f, between p and t, or between sh and th in speech)
- Asking others to speak more slowly and clearly
- Asking someone to speak more loudly or repeat what they said
- Turning up the volume of the television or radio
- Ringing in the ears

Untreated hearing loss, especially in older adults, can lead to:

- social isolation
- depression
- dementia
- falls (leading to injury)
- inability to work or travel
- reduced physical activity

Don't wait until you show signs of hearing loss. Have your hearing examined by your doctor during your regular checkup. If you have any signs of hearing loss, get tested by a qualified healthcare provider.

Source: cdc.gov

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ST. PATRICK'S DAY

Word Search

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

Find and circle the 16 words listed. Find words straight across, up and down, and diagonally. All words are forwards reading only.

CABBAGE	GOLD	LEPRECHAUN	RAINBOW
CLOVER	GREEN	LUCKY	SHAMROCK
CORNED BEEF	HORSESHOE	MINT	SPARKLE
EMERALD	IRISH	POT	SPRING