

March Newsletter

Warde Senior Living | 21 Searles RD Windham, NH 03087 | 603.890.1290



March Greeting Continued:

March brings many events that our Life Enrichment Associates have planned. Please be sure to refer to the Life Enrichment March calendar. This monthly calendar will be emailed to each of our families for assisted living and long-term care. Please feel free to join in on a life enrichment program with your loved one.

As always, we, the Associates, at Warde Senior Living, thank you for giving us the privilege of caring for your loved one. We are happy that you have placed your trust in us.

With March Blessings,
Shari L. LaRoche, MS LNHA
Administrator



Donations Welcome:

Bingo Prizes:

- St. Patrick's Day Décor
- Candy Bars
- Snack sized chip bags
- Stationary

Giftshop Items:

- Costume Jewelry
- Toiletries
- Spring Decorations
- Greeting Cards/ Stationary

The Great Escape



On March 24, 1944, the British bomber pilot Leslie "Johnny" Bull poked his head out of the ground and took his first breath of freedom after suffering as a prisoner of war in the Nazi-controlled Stalag Luft III camp.

The so-called "Great Escape" had begun, one of the most daring mass breakouts ever attempted during wartime. The camp housed over 10,000 Allied service members. The location of the camp was chosen in part due to its sandy soil, which made any attempts to tunnel out extremely difficult. This did not deter Royal Air Force Squadron Leader Roger Bushell from devising a grand tunneling scheme. He also procured civilian clothes for escapees and forged travel documents and equipment for the 600 digging inmates. On the moonless night of March 24, 76 men tunneled to freedom. Seventy-three were captured, but the dramatic "Great Escape" became the stuff of legend and a Hollywood blockbuster.

The Time Has Come

On March 12, people will turn their clocks one hour forward for the start of daylight saving time (DST). In 1784, Ben Franklin published a satirical essay in Paris suggesting that clocks move forward an hour in spring and fall back again in the fall, but the notion was not taken seriously in America until World War I when the first clock adjustment was made to conserve energy.

Each year, opponents of DST argue that the time change has serious negative impacts on health. Sleep deprivation and "circadian misalignment," the mismatch between our biological rhythms and the natural light cycle, may increase levels of the stress hormone cortisol in our bodies, leading to a slew of health problems like strokes, heart attacks, obesity, diabetes, and seasonal depression. One year ago, the U.S. Senate passed the Sunshine Protection Act, making DST permanent. The House of Representatives has yet to vote on the matter.

March Greeting to all our Friends & Family:

I hope this newsletter finds you all happy, healthy and full of luck this St. Patrick's Month of March.

COVID 19- update: We still continue to fight the ongoing battle of COVID-19. Some of our residents and associates throughout the campus have tested positive in the month of February. We are hoping for a better month of March as it relates to COVID-19. We continue to be vigilant in ensuring we are doing everything we can to keep COVID-19 out of our community!! We appreciate all that you are doing as well to keep your loved ones safe and wearing your masks when you are visiting!!

We hope that you have noticed, we have set aside 4 tables in our assisted living dining room for our residents to invite in 1-2 visitors to join them for a meal. For your long-term care residents, we invite 1-2 visitors in, as well, to join their loved one for a meal in our long-term care dining room. You may purchase your meal ticket at the front desk and enjoy a meal with your loved one in one of the main dining areas. We are happy that we may have family and friends in our main dining areas again.

We also have our new Housekeeping company, Property Shield, in full swing now! We are happy they are here and making our center clean and sparkling. We appreciate all that they are doing. Should you have any questions, please reach out.

Special Days in March:

Sunday, March 12th – Day Light Saving Time – SPRING AHEAD

Friday, March 17th – Saint Patrick's Day - Celebrations all around

Monday, March 20th – 1st DAY OF SPRING

Celebrating March

Women's History Month

Dr. Seuss Day
March 2

Music with Bill
March 7 at 2 PM

95th Academy Awards
March 12

Irish Music by Kevin
March 15 at 10 AM

St. Patrick's Day Party
March 17 at 2 PM

Irish Music by Joyful Rhythm
March 19 at 2 PM

First Day of Spring
March 20

March Birthday Party
March 21 at 2 PM

Music with Mark Stanzler
March 27 at 2 PM

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

							1	2	3	4
			<p>9:00 Room Visits 10:15 Marching and Drumming into March 11:00 Mass - Chapel 2:00 Sip and Paint 3:00 Ron Howard's Birthday-Andy Griffith Hour</p>	<p>9:00 Room Visits 10:15 ABC's Ball Toss 11:00 Rosary - Chapel 2:00 Soccer 3:00 Desi Arnaz's Birthday - I Love Lucy Hour</p>	<p>9:00 Room Visits 10:15 Chair Exercises 11:00 Rosary - Chapel 2:00 Balloon Volleyball 3:00 Sunshine State Day - Florida Video 6:15 Making Door Décor</p>	<p>9:00 Room Visits 10:15 Ball Games 11:00 Rosary - Chapel 2:00 Saturday Social Hour 4:00 Mass - Chapel</p>				
<p>9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 BINGO</p>	<p>9:00 Room Visits 10:15 Morning Sit and Stretch 11:00 Rosary - Chapel 2:00 Reminisce Group - All Things March 3:00 Magazines 6:15 Movie</p>	<p>9:00 Room Visits 10:15 Balloon Tennis 11:00 Rosary - Chapel 2:00 Music with Bill - Gathering Room 3:00 Puzzle Hour 6:15 BINGO</p>	<p>9:00 Room Visits 10:15 Current Events 11:00 Mass - Chapel 2:00 Scrapbooking 3:00 The Best of Riverdance - Video 6:15 Make and Take - Lucky Charms Trail Mix</p>	<p>9:00 Room Visits 10:15 Coffee, Chats, and Coloring 11:00 Rosary - Chapel 2:00 Balloon Volleyball</p>	<p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Baking In A Bag - St. Patrick's Day Cake Cookies</p>	<p>9:00 Room Visits 10:15 Crafts and Conversations 11:00 Rosary - Chapel 2:00 Movie Matinee 4:00 Mass - Chapel</p>				
<p>9:00 Room Visits 10:15 Leprechaun Races 11:00 Rosary - Chapel 2:00 BINGO</p> <p>Daylight Saving Time Begins</p>	<p>9:00 Room Visits 10:15 Morning Sit and Stretch 11:00 Rosary - Chapel 2:00 Manicures, Massages, and Musicals 3:00 Magazines 6:15 Evening Activity</p>	<p>9:00 Room Visits 10:15 Ring Toss 11:00 Rosary - Chapel 2:00 Creative Crafts 3:00 Puzzle Hour 6:15 BINGO</p>	<p>9:00 Room Visits 10:00 Irish Music with Kevin - Gathering Room 11:00 Mass - Chapel 2:00 All About Ireland 3:00 Arm Chair Travel - Ireland - Video 6:15 Shamrock Shakes</p>	<p>9:00 Room Visits 10:15 Move to Music - Irish Songs 11:00 Rosary - Chapel 2:00 Leprechaun Bowling 3:00 Resident Council</p>	<p>9:00 Room Visits 10:15 Top O' The Morning To You Social 11:00 Rosary - Chapel 2:00 St. Patrick's Day Celebration - 1st Floor Dining Room</p> <p>St. Patrick's Day</p>	<p>9:00 Room Visits 10:15 Ball Games 11:00 Rosary - Chapel 2:00 Saturday Social Hour 4:00 Mass - Chapel</p>				
<p>9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 St. Patrick's Day Performance from Joyful Rhythm - Gathering Room</p>	<p>9:00 Room Visits 10:15 Spring Ring Toss 11:00 Rosary - Chapel 2:00 Celebrate The First Day Of Spring 3:00 Spring - The Return Of Life - Video 6:15 Evening Activity</p>	<p>9:00 Room Visits 10:15 Balloon Tennis 11:00 Rosary - Chapel 2:00 Birthday Party with Chris - 1st Floor Dining Room 3:00 Puzzle Hour 6:15 BINGO</p>	<p>9:00 Room Visits 10:15 Twister 11:00 Mass - Chapel 2:00 Magazine Hour 3:00 Irish Music with Lawrence Welk - Video 6:15 Tissue Paper Flowers</p> <p>Ramadan Begins</p>	<p>9:00 Room Visits 10:15 Coffee, Chats and Coloring 11:00 Rosary - Chapel 2:00 Balloon Volleyball 3:00 National Puppy Day - Puppy Bloopers Video</p>	<p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Happy Hour</p>	<p>9:00 Room Visits 10:15 Ball Toss 11:00 Rosary - Chapel 2:00 Guess The Object Game 4:00 Mass- Chapel</p>				
<p>9:00 Room Visits 10:15 Chair Exercises 11:00 Rosary - Chapel 2:00 BINGO</p>	<p>9:00 Room Visits 10:15 Morning Sit and Stretch 11:00 Rosary - Chapel 2:00 Music with Mark - Gathering Room 3:00 Magazines 6:15 Evening Activity</p>	<p>9:00 Room Visits 10:15 Musical Ball 11:00 Rosary - Chapel 2:00 Manicures, Massages, and Musicals 3:00 Puzzle Hour 6:15 BINGO</p>	<p>9:00 Room Visits 10:15 Sing Along 11:00 Mass - Chapel 2:00 Floor Game 3:00 Beverly Hillbillies Hour 6:15 Making Door Décor</p>	<p>9:00 Room Visits 10:15 Baseball 11:00 Rosary - Chapel 2:00 Celebrate Baseball Opening Day 3:00 America's Classic Ballpark- Fenway Park Video</p>	<p>9:00 Room Visits 10:15 Chair Exercises 11:00 Rosary - Chapel 2:00 Balloon Volleyball</p>					

Activities subject to change; see daily chronicle.