



# 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.

## 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*

## 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 12<sup>th</sup> – Day Light Saving Time – SPRING AHEAD

Friday, March 17<sup>th</sup> – Saint Patrick's Day - Celebrations all around

Monday, March 20<sup>th</sup> – 1<sup>st</sup> DAY OF SPRING

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# March 2023

## Warde Assisted Living

<p>5</p> <p>8:30 Daily Chronicle 10:00 Independent Walk 11:00 Rosary - Chapel 2:00 BINGO- 2nd Floor Dining Room</p>	<p>6</p> <p>8:30 Daily Chronicle 10:00 Coffee Social-Foyer 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G</p> <p>Purim Begins</p>	<p>7</p> <p>8:30 Daily Chronicle 10:00 Chair Yoga 11:00 Rosary - Chapel 2:00 Music w/ Bill- G</p>	<p>8</p> <p>8:30 Daily Chronicle 10:00 Coffee Social-Foyer 11:00 Mass - Chapel 2:00 Outing- Walmart</p>	<p>9</p> <p>8:30 Daily Chronicle 10:30 Sisters of Mercy Lenten Prayer Gatherings 10:00 Yoga w/ Sandy-Foyer 11:00 Rosary - Chapel 2:00 Popcorn Cart-Room to Room</p>	<p>10</p> <p>8:30 Daily Chronicle 10:00 Wii Bowling 11:00 Rosary - Chapel 2:00 Movie Matinee-Foyer</p>	<p>11</p> <p>8:30 Daily Chronicle 10:00 Indoor Walk 11:00 Rosary - Chapel 2:00 Café Activities 4:00 Mass- Chapel</p>
<p>12</p> <p>8:30 Daily Chronicle 10:00 Independent Walk 11:00 Rosary - Chapel 2:00 Movie Matinee</p> <p>Daylight Saving Time Begins</p>	<p>13</p> <p>8:30 Daily Chronicle 10:00 Antique Field Trip 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G</p>	<p>14</p> <p>8:30 Daily Chronicle 11:00 Rosary - Chapel</p> <p>Spring Crafts all day in the Café</p>	<p>15</p> <p>8:30 Daily Chronicle 10:00 Irish Music- G 11:00 Mass - Chapel</p>	<p>16</p> <p>8:30 Daily Chronicle 9:15 Outing: Walk at Salem Mall 10:30 Sisters of Mercy Lenten Prayer Gatherings 11:00 Rosary - Chapel 2:00 Uno- Café</p>	<p>17</p> <p>8:30 Daily Chronicle 10:00 St. Paddy's Games 11:00 Rosary - Chapel 2:00 St. Patrick's Day Party- 1</p> <p>St. Patrick's Day</p>	<p>18</p> <p>8:30 Daily Chronicle 10:00 Indoor Walk 11:00 Rosary - Chapel 2:00 Saturday Social Hour- 2nd Floor Dining 4:00 Mass- Chapel</p>
<p>19</p> <p>8:30 Daily Chronicle 10:00 Independent Walk 11:00 Rosary - Chapel 2:00 St. Patrick's Day Performance from Joyful Rhythm- G</p>	<p>20</p> <p>8:30 Daily Chronicle 10:00 Coffee Social-Foyer 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G</p> <p>Spring Begins</p>	<p>21</p> <p>8:30 Daily Chronicle 10:00 Chair Yoga 11:00 Rosary - Chapel 2:00 Birthday Party w/ Chris- 1</p>	<p>22</p> <p>8:30 Daily Chronicle 10:00 Morning Stroll 11:00 Mass - Chapel 2:00 Outing- Dollar Tree</p> <p>Ramadan Begins</p>	<p>23</p> <p>8:30 Daily Chronicle 10:00 Yoga w/ Sandy- G 11:00 Rosary - Chapel 2:00 Crafts- Café</p>	<p>24</p> <p>8:30 Daily Chronicle 10:00 Coffee Social 10:30 Sisters of Mercy Lenten Prayer Gatherings 11:00 Rosary - Chapel 2:00 Movie Matinee-Foyer</p>	<p>25</p> <p>8:30 Daily Chronicle 10:00 Indoor Walk 11:00 Rosary - Chapel 2:00 Café Activities 4:00 Mass- Chapel</p>
<p>26</p> <p>8:30 Daily Chronicle 10:00 Independent Walk 11:00 Rosary - Chapel 2:00 BINGO- 2nd Floor Dining Room</p>	<p>27</p> <p>8:30 Daily Chronicle 10:00 Coffee Social-Foyer 11:00 Rosary - Chapel 2:00 Music w/ Mark- G</p>	<p>28</p> <p>8:30 Daily Chronicle 10:00 Chair Yoga 11:00 Rosary - Chapel 2:00 Movie Matinee-Foyer</p>	<p>29</p> <p>8:30 Daily Chronicle 11:00 Mass - Chapel</p> <p>Painting all day in the Café</p>	<p>30</p> <p>8:30 Daily Chronicle 9:00 Outing: Coffee Factory then Shopping 10:30 Sisters of Mercy Lenten Prayer Gatherings 11:00 Rosary - Chapel</p>	<p>31</p> <p>8:30 Daily Chronicle 10:00 Morning Stroll 11:00 Rosary - Chapel 2:00 Movie Matinee-Foyer</p>	<p>Key: 1= 1st Floor Dining Room G= Gathering Room Café= Catherine's Café</p>

Activities subject to change; see daily chronicle.