

**Resident's Birthdays!**

**Carolyn G.** 3/2  
**Scott O.** 3/6  
**Beverly L.** 3/7  
**Orville H.** 3/7  
**Phillip G.** 3/13  
**Phyllis H.** 3/18  
**Lu W.** 3/18  
**Ray P.** 3/19

**Staff Birthdays!**

**Andre Whitmore** 3/2  
**Michelle Hollman** 3/6  
**Kiosha Burton** 3/11  
**Logan Kubista** 3/14  
**Patawg Vang** 3/26  
**Lori Rodman** 3/27  
**Marie Padmore** 3/28

***Happy Birthday to all!***



**March Birthdays**

In astrology, those born between March 1–20 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others. Those born between March 21–31 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into even the most challenging situations.

Theodor Seuss Geisel (writer) – March 2, 1904  
 Lou Costello (comedian) – March 6, 1906  
 Mickey Dolenz (Monkee) – March 8, 1945  
 Liza Minnelli (actress) – March 12, 1946  
 Simone Biles (gymnast) – March 14, 1997  
 Moms Mabley (comedienne) – March 19, 1894  
 Fred Rogers (neighbor) – March 20, 1928  
 Chaka Khan (singer) – March 23, 1953  
 Harry Houdini (magician) – March 24, 1874  
 Flannery O'Connor (author) – March 25, 1925  
 Mariah Carey (singer) – March 27, 1970  
 Liz Claiborne (designer) – March 31, 1929

**Won't You Be My Neighbor?**



Each year, March 20 is celebrated as Won't You Be My Neighbor Day in honor of the birthday of Fred Rogers, everybody's favorite television neighbor. Rogers suffered a lonely childhood and was often taunted about being overweight. He overcame his shyness to become a Presbyterian minister but left the seminary to go into television. He hated TV and wanted to transform it into a means of nurturing those who would watch and listen. Rogers was a natural when it came to children's broadcasting, using his talents to develop puppets, music, and characters that appealed to kids' better natures. By the time the show *Mister Rogers' Neighborhood* aired in 1968, he had mastered his use of imaginative elements and the kind, quiet manner that became his trademark.

# The Pebbles of Lake Phalen

The Shores of Lake Phalen \* 1870 East Shore Drive \* 651) 777-7784\*



**Celebrating March**

**Irish-American Heritage Month**

**Women's History Month**

**International Black Women in Jazz and the Arts Month**

**World Compliment Day**  
*March 1*

**International Women's Day**  
*March 8*

**Wellderly Week**  
*March 16–22*

**St. Patrick's Day**  
*March 17*

**Tuskegee Airmen Day**  
*March 22*

**Make Up Your Own Holiday Day**  
*March 26*

**Veteran's Group**

February, we started our first Veteran's group and it was a great turn out. These meetings will be sponsored by Steve and Brett, the Moments Hospice Chaplains. Our first gathering was a get to know you and feel the group out. Steve and Brett will have other ideas planned for our Veterans as time goes on. Thank You Steve & Brett!



**Valentine's Party!**

This year was the best Valentine's party yet, we had beautiful decorations, wonderful music, food, and lots of resident's family and friends. This Year's King and Queen was a unanimous vote by managers. Our King is Bud F. and the Queen is Frannie P. These two made the perfect valentine cupids. Please enjoy the pictures.



### Note from the Nurses



Residents, it is that time of year that germs are soaring, and the flu is in full swing. Please be sure to keep your hands over your mouth when coughing and tissue at hand when sneezing. It is very important to keep your hands washed continuously throughout your day. If you are not feeling well and have the sniffles, queasy stomach or head cold... Please confine yourself to your apartment and let the nurse know. In cases like this you can have a room tray delivered to your apartment.

### Note from Housekeeping

Residents, you might see new faces around the building. Please say hello and welcome our new staff to our community. We will have housekeeping for each floor and the common areas, this should make things a little easier and brighter.



### Movie Matinee

Residents, please know that you can pick any movie to be played for our weekend matinees. Feel free to look through the movie library and pick a movie and give it to Keila, to post and have shown for that weekend.

### Do You Enjoy Art?

Residents are you creative and love art, drawing and painting? Well here's good news. We will be starting a drawing and painting class Monday March 16<sup>th</sup> with Allyssa at 3:00pm in the Community Room. The following month we will have another painting class with Pam, April 13<sup>th</sup> at 2:00pm. These classes will be every month and soon we'll all become a Picasso. So, come and enjoy a wonderful afternoon of visiting and painting with you neighbors.



### The Old New Year



During the Colonial era in America, New Year's Day was celebrated not on January 1, but on March 25, a date that can be traced to the colonies' roots in England. As a Protestant nation, England and its Protestant ruler Queen Elizabeth I refused to adopt the Gregorian calendar proposed by the Catholic Pope Gregory XIII. As such, March 25 officially remained the date of the start of the new year. This date was chosen to coincide with the Feast of the Annunciation, the date when the archangel Gabriel visited the Virgin Mary to announce that she would be the mother of Jesus, the son of God. For this reason, the date was also called Lady Day. The new year was held on Lady Day from 1155 until 1752, when the Gregorian calendar was finally adopted.

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### St. Patrick's Day Celebration!

This year for St. Patrick's Day, we will have a photobooth decorated for the occasion and grasshoppers for refreshments. Please dress in green for the pictures. We'll have a variety of props that you can use in the photo. Come and enjoy the fun.



### Mardi Gras!

For month of February, The Shores celebrated Fat Tuesday, which is the start of the Mardi Gras in New Orleans. We celebrated with a decorated picture booth, cookies and ice cream. The residents decorated themselves with props and enjoyed taking pictures while listening to music.



### Men's Luncheon

As Spring rolls in we're are going to try some new things and different adventures. We going to start with our men's group.

On March 11<sup>th</sup> we will have an order-in luncheon from Kentucky Fried Chicken for the men of The Shores. Activities will print a menu for the men to pick from a few items and pay for the cost of their meal. Activities staff will pick up the meals and deliver them to the Community Room to have a delicious meal together. So, Fella's come and enjoy lunch with your fellow neighbors. "Finger Licking Good!"



### Fit to the Finish?



The first Sunday in March is known as Finisher's Medal Day, honoring all those who don't win the race but just cross the finish line. The day was designed to encourage everyone to participate in races, not just those with a real shot at winning. But this begs the question, does awarding a medal or trophy just for participation send a good message? Some argue that such participation medals diminish excellence. They become worthless mementos of participation rather than true tokens of achievement. They send the message that everyone is a winner, when in real life there are winners and losers. In some ways, these medals rob kids of the important lessons of losing, like how to cope with