

# Oak Meadows Monthly

By: Kristina Dickhausen, Activities Director



## MARCH 2023

“March on.  
Do not tarry.  
To go forward is to  
move toward perfec-  
tion.”

~Kahlil Gibran

### March is National:

Noodle

Women's History

Frozen Food

Craft

Celery

Peanut

Caffeine Awareness

Nutrition

Kidney

Irish American Herit-  
age

Brain Injury Awareness

Social Work

### Month

### Just to name a few!

Symbols of March

**Birthstone:** Aquamarine

**Flower:** Daffodil or Jon-  
quil

**Zodiac Signs:** Pisces and  
Aries

## Welcome to March!

We see the light! It's hard to believe that March 2020 was the beginning of the COVID-19 Pandemic. People were isolated, learned to work from home, and communicated via "Zoom." We have come a long way in the last two years. March gives us a new light with Daylight Savings Time beginning on March 12th.

The old saying goes, "In like a lion, out like a lamb." It's a pretty straightforward saying...The month starts out like winter and ends in spring. I prefer to think of March weather like a quote by Legendary, Flip Wilson, "What you see is what you get!" In 2023 our Vernal, or Spring equinox is on March 20th. This will give us a near 50-50 split of day and night.

Some of our March highlights at Oak Meadows include: Weekly Lent Services with Chaplain John, National Meatball Day, Piano Music & Entertainment by the talented Mr. Bob Hindell, The Skylark Opera performance, The Dodge Nature Center's Raptor Presentation, St. Patrick's Day appetizers, drinks, & music w/ Ryan Chimzar, Yang's Chinese Restaurant Lunch Outing, Music w/ Crooner Vinny Rose, and bus trips to many local shops/stores. Please see the monthly March calendar for dates and times. Please be sure to check the weekly schedules, as calendars are subject to change! Thanks Everyone!

## Treasure Hunt



*Congratulations to Arlene for solving the clues and sharing the prize with your friends. Despite some confusion, the hunt was successful.*

*Thanks everyone for playing!*

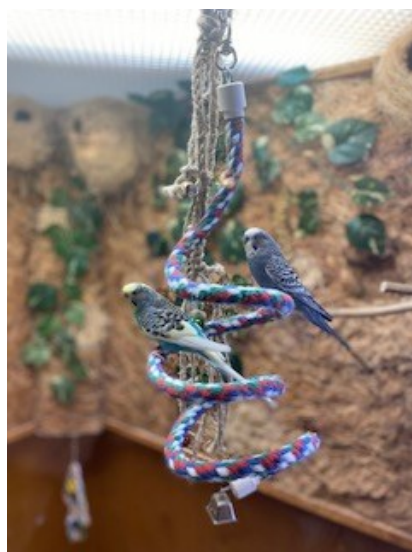


## Cook's Corner

Please join us the 1st Wednesday of each month at 2pm in the Community Room for Coffee w/ the Chef.. We can discuss any dining related concerns and menu items.

Also...PLEASE limit yourself to ONE complimentary mint upon exit the dining room. We would like to continue offering them, but some folks are taking several at a time. Thank You!!!

## New Feathered Friends



We have two new Parakeets in our Woods (Memory Care) aviary! Male is 1 year and 5 months old and Female is 2 years and 9 months old. They did lay 5 eggs in July of 2022 and they all hatched: 3 males and 2 females. They were great parents. I am told that they will sit on a persons finger after getting acclimated. Feel free to stop in and visit. Hopefully we can come up with some clever names for them!

## Happy March Birthday!

George F. 5th  
 DonnaLee P. 6th  
 William J. 6th  
 Phyllis M. 6th  
 Dorothy S. 9th  
 Floy N. 10th  
 Delbert D. 13th

Maye C. 14th  
 Mary C. 15th  
 Patricia O. 19th  
 Kathie L. 23rd  
 Judith H. 24th  
 Glenda Z. 27th

***Birthday Lunch will be  
 Served on 3/16  
 at noon in the  
 Dining Room!***



## A Note From Nursing



### Upcoming Podiatry Dates:

Please get a form at the reception desk to sign up for the next visit. Please turn in the form one week prior to the scheduled date.

- ♦ Tuesday, March 28, 2023 at 1:00pm
- ♦ Tuesday, May 30, 2023 at 1:00pm
- ♦ Tuesday, August 1, 2023 at 1:00pm

**In the Community Room!**



## Reminder...



The Annual Family Council Meeting will take place on Wednesday, March 15th at 2pm in the Community Room. A Zoom link will be sent out for families that are unable to join us in person.



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