

Oak Meadows Monthly

By: Kristina Dickhausen, Activities Director

MARCH 2025

“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.”

— Charles Dickens, *Great Expectations*



March is National:

Noodle

Women's History

Frozen Food

Craft

Celery

Peanut

Caffeine Awareness

Nutrition

Kidney

Irish American Heritage

Brain Injury Awareness

Social Work

Month

Just to name a few!

Symbols of March

Birthstone: Aquamarine

Flower: Daffodil or Jonquil

Zodiac Signs: Pisces and Aries

Welcome to March at Oak Meadows

As we step into March, the excitement of spring begins to bloom here at Oak Meadows Senior Living! The transition from winter to warmer days brings new energy and a fresh perspective. This month, we have plenty of activities, events, and celebrations to keep our residents engaged, healthy, and connected.

March is the perfect time to embrace the Irish spirit! On March 17th, we'll be hosting a festive St. Patrick's Day celebration, complete with live music, delicious Irish-inspired dishes, and plenty of green décor. Whether you're enjoying a traditional meal or showing off your best leprechaun dance moves, it promises to be a fun-filled afternoon for all.

With the days getting longer, we're excited to welcome the new season with our Spring Wellness Challenge. From March 1st to March 31st, residents are encouraged to take part in activities that promote physical and mental well-being. Whether it's a daily walk in our garden, joining our fitness classes, or participating in Odom Rehab programs, there's something for everyone! We'll also have wellness talks on how to boost energy and maintain a balanced lifestyle as we approach the warmer months.

At Oak Meadows, we believe in the power of community. This month, we'll be introducing a new "Social w/ Sandi" program, where residents can meet with neighbors over a cup of coffee and discuss various topics—from favorite books to life stories. It's a great way to get to know one another and create meaningful connections. Please bring a family or favorite photo to share with the group.

April will bring exciting changes as we prepare for Spring. Be sure to stay tuned for details and get ready to join in the fun. As always, we're here to make sure Oak Meadows is a place where everyone feels at home and engaged.

Thank you for being part of the Oak Meadows family! We hope March brings you joy, good health, and the warmth of community.

Welcome Sandi, Activities Assistant

Sandi is a fellow Oakdale resident of 19 years. Her background is in education and church work. With her Bachelor of Science degree, she taught high school German for 10 years in St. Paul. She then stayed home with her two boys while investing time into her church nursery, teaching Sunday School...and attending baseball games. Her husband and two boys have coached and played baseball for many years for the Oakdale teams. Sandi enjoys walking, biking, photography, travel, and being with friends. She looks forward to getting to know the residents of Oak Meadows!



Chaplain's Corner

March 5th we begin the journey to the cross beginning with Ash Wednesday.

Ash Wednesday

a holy day that marks the first day of Lent, a period of reflection and repentance leading up to Easter, where Christians traditionally receive ashes on their foreheads in the shape of a cross, symbolizing their mortality and need to reconcile with God through repentance; the ashes serve as a reminder that "we are dust, and to dust we shall return" from the Book of Genesis, signifying the human condition and the need for spiritual renewal.

During the time of Lent, we will be reflecting on our own walk in Christ in our lives through the reflection of what Jesus did for each one of us. Let us journey together today and always.

Chaplain John Syvertson

A Few Fun Facts!

March Was Named After Mars: The month of March is named after Mars, the Roman god of war. It was originally the first month of the Roman calendar, marking the beginning of the military campaign season.

Birthstone of March: The birthstone for March is Aquamarine, which is said to represent tranquility, courage, and harmony.

March 17th – St. Patrick's Day: St. Patrick's Day celebrates the patron saint of Ireland, Saint Patrick. It's widely celebrated around the world, with parades, wearing green, and even rivers dyed green!

March Comes In Like a Lion, Goes Out Like a Lamb: This is an old proverb that refers to the unpredictable and often stormy weather at the beginning of March, which typically becomes milder by the end of the month.

March Has the Vernal Equinox: The spring equinox happens in March, usually around the 20th or 21st. It marks the day when day and night are equal in length, and the start of spring in the Northern Hemisphere.

March is Women's History Month: In the United States, March is celebrated as Women's History Month, honoring the contributions of women throughout history in various fields.

March 14th is Pi Day: Pi Day celebrates the mathematical constant π (approximately 3.14), and it's often celebrated by eating pie—because of the pun!

March is the Month for Blossoms: Depending on where you live, March is when spring flowers start to bloom—like daffodils, tulips, and cherry blossoms—bringing colorful sights to many places.

March 22nd – World Water Day: World Water Day is observed on March 22nd each year, raising awareness about the importance of freshwater and advocating for sustainable management of water resources.

The Ides of March (March 15th): Known from Shakespeare's *Julius Caesar*, the Ides of March refers to the day in the Roman calendar when Julius Caesar was assassinated in 44 BCE. It has since become a term used for the ominous date.

Happy March Birthday!

Birthday Lunch will be Served on 3/13 at 11:30 in the Dining Room!

Tenants

3/5 - George F.
3/6 - Phyllis M.
3/6 - William J.
3/9- Wayne S.
3/10- Floy N.
3/13- Del D.
3/23- Kathie L.
3/25- Judy H.
3/27- Glenda Z.
3/31- Linda B.



Staff

3/7 - Jen Edminson
3/13- DeMarian George
3/30- Ageane Reed

Reminder...



The Annual Family Council Meeting will take place on Wednesday, March 13th at 2pm in the Multipurpose Room. A Zoom link will be sent out for families that are unable to join us in person.

March Word Search Puzzle

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

Shamrock Rainbow Passover March
Daffodil Autumn Dancing Lion
Spring Clover Magic Julian Lucky
Parade Mars Aries Lamb Kite

