



**March** is the month that comes in like a lion and goes out like a lamb. It's no surprise to learn that the Anglo Saxons called **March** "Hlyda", meaning "loud", for all of the roaring winds and thunderous storms.



And as the herald of Spring, it's also no surprise to find out that the Romans named **March** after Mars, their god of war, because **March** was the month in which the military campaigning season got underway again after winter.

As the only month with three consecutive consonants in its English name, it's fair to say that **March** is a pretty unique month.



**March Birthdays**



<i>Betty P.</i>	<i>Wednesday</i>	<i>March 4th</i>
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<b>Libby McC</b>	<b>Friday</b>	<b>March 6th</b>
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<i>Geneva V.</i>	<i>Friday</i>	<i>March 13th</i>
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**Staff Birthdays in March**

Camryn N	Tuesday	March 3 <sup>rd</sup>
Haley N	Thursday	March 5 <sup>th</sup>
Stephanie T	Saturday	March 7 <sup>th</sup>
Megan F	Monday	March 9 <sup>th</sup>
Danny K	Tuesday	March 10 <sup>th</sup>
Victoria W	Thursday	March 19 <sup>th</sup>
Xavier R	Monday	March 23 <sup>rd</sup>
Linda S	Tuesday	March 24 <sup>th</sup>



**Our Birthday Waffle Party will be on Wednesday, March 25<sup>th</sup> @2:30 p.m.**

**March birthstone is Aquamarine**



**Flower is Daffodil**



**May your neighbors respect you,  
Troubles neglect you,  
The angels protect you,  
And Heaven accept you.**



This newsletter is published monthly and is free to all residents and their families as well as staff and volunteers. We appreciate your comments, especially favorable ones.

Gail A. McHenry, Newsletter Editor

Martha Rutter, Activities Director

## Special Days in March



**March 1<sup>st</sup> Saint David's Day**, a widely popular bishop in Wales. In the 12<sup>th</sup> century, David became the official *patron saint* of Wales. See page 7.

**March 8<sup>th</sup>, International Women's Day**. The first **International Women's Day** occurred in 1911, supported by over one million people. Today, **IWD** belongs to all groups collectively everywhere. IWD is not a country, a group or organization- specific.

The campaign theme provides a unified direction to guide and galvanize continuous collective action, with **#EachforEqual** activity reinforced and amplified all year. Do what you can to truly make a positive difference for women everywhere.

## March 24<sup>th</sup>, Tuberculosis Day.

Heralding back to March 24<sup>th</sup> 1852, **Tuberculosis Day** celebrates the same day a hundred years previously when Dr. Robert Koch announced he had been able to find the cause of the disease and therefore create a cure.



**St. Patrick**, patron saint of Ireland, born in 389 in Kilpatrick, Scotland. He was a missionary to Ireland. *St. Patrick* is considered famous for performing many miracles, most notable is the ridding Ireland of snakes.

The first *St. Patrick's Day* was celebrated in Boston in 1737. Other cities began their own *St. Patrick's Day* celebrations with parades, most notable of which is in New York City.

The traditional icon of the day is the **shamrock**. As the story goes, Patrick used the 3-leafed shamrock to explain the **Holy Trinity**: *the Father, Son, and Holy Ghost*. His followers adopted the custom of wearing a shamrock on his feast day.



The Leprechaun is an Irish fairy. He looks like a small, old man (about 2 feet tall), often dressed like a shoemaker with a cocked hat and a leather apron. He may also carry a big stick, called a **shillelagh**, which he uses to scare anyone who tries to steal his **gold**. According to legend, leprechauns are aloof and unfriendly, live alone, and pass the time making shoes.

Later in the day . . . at 5:30ish take part in the **World's Shortest St. Patrick's Day Parade** from Loop Street across the street to **Jack Mason's Tavern**. Join us in lifting a glass in toast to St. Patrick and each other!

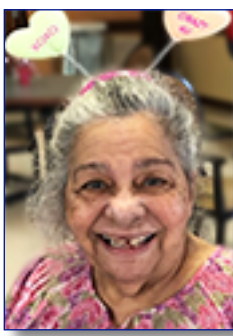


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Special thanks to the Clifton Forge Police for bringing sweets to our sweethearts.



## Activities

We regularly have activities such as Bingo, crafts, pet visits, exercise and social groups, church services, local musicians, TV sports events, movies, Wii games, and a book reading club. We will announce the activities in plenty of time for you to prepare to participate.

### Special Reminders in March



### St. Patrick's Day Party

Tuesday, March 17<sup>th</sup> @ 2 p.m.



### Pancake Breakfast

Friday, March 20<sup>th</sup> @ 7 a.m.



### Johnny Appleseed Day

Wednesday, March 11<sup>th</sup> @ 3 p.m.

Apple pie à la mode



### Resident Council Meeting

Thursday, March 12<sup>th</sup> @ 10:30 a.m.

We celebrated *Mardi Gras*!

Our residents dressed up in their best attire and ate some delicious Mardi Gras treats, like King Cake.



*How did we celebrate Valentine's Day at The Woodlands Health & Rehab Center? With a week full of love! From making Valentines' crafts to a Valentine's Day party, our day was filled with fun activities.*

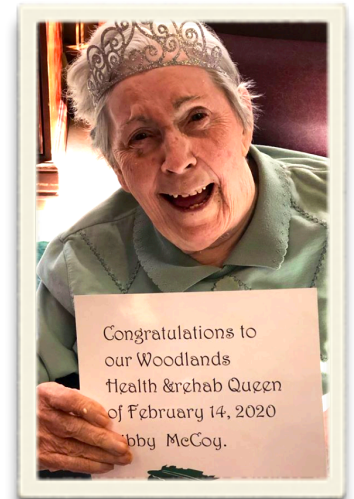
**Congratulations to these residents who represent our King & Queen and Prince & Princess of The Woodlands**



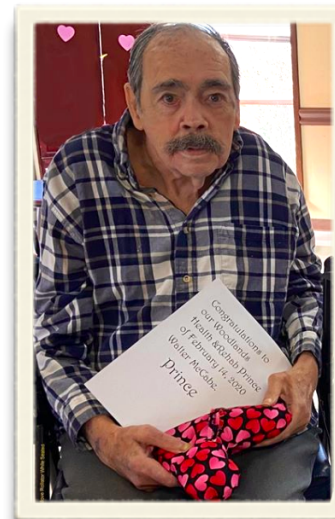
Friday, 2/24. These dancers were on fire this evening at the Woodlands!!! They all did great!! The residents loved it!! So many smiles!



*King James C.*



*Queen Libby McC.*



*Prince Walter McC.*



*Princess Dorothy H.*