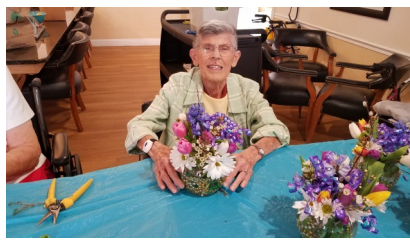


DOOR TO DOOR

The Arbors at Greenfield

March 2020



Fun Spring Facts

The 1st day of spring 2020 in Northern Hemisphere will be on Friday, March 20th and the last day of spring equinox 2020 will be on Saturday, June 20th.

The first day of spring, the vernal equinox, has 12 hours of daylight and 12 hours of darkness. The term *vernal* is Latin for "spring" and *equinox* is Latin for "equal night".

In spring, the Earth's axis is tilted toward the sun, increasing the number of daylight hours and bringing warmer weather.

The first spring flowers are typically dandelions, daffodils, lilacs, lilies, iris and tulips to name a few.

Spring fever is a term applied to several sets of physical and psychological symptoms associated with the arrival of spring. Experts say the body's makeup changes due to different diets, hormone production, temperature and increased light.

The fall and spring equinoxes are the only two times during the year when the sun rises due east and sets due west.

The myth that it is possible to balance an egg on its end on the spring equinox is just that: a myth. Trying to balance an oval-shaped object on its end is no easier on the spring equinox than on any other day.



Our community enjoyed lots of February activities/ Our Chocolate fountain for the Valentines Day Social was a hit with everyone!

Many ladies came out for our flower arranging class and we so excited to create stunning Mardi Gras flower arrangements! Already we planning to do this again for Easter!

Mardi Gras was a fun event, with hurricane punch, crab cakes and our own hand-made Mardi Gras Masks. There were also plenty of beads to be had that day!!

Our community enjoyed Mardi Gras festivities with their handmade masks, crab cakes and yummy hurricane punch!




Cold & Flu Season is upon us, here are some tips to help you stay healthy:

- . **Avoid close contact.** with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- . If possible, **Stay home when you are sick.** This will help prevent spreading your illness to others.
- . **Cover your mouth and nose** with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, are spread by cough, sneezing, or unclean hands.
- . **Cleaning your hands** often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- . **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- . **Practice other good health habits.** Clean and disinfect frequently touched surfaces, get plenty of sleep, be physically active, drink plenty of fluids, and eat nutritious food.



Staff treated the community to a Silly Spaghetti eating competition. On Wednesday February 26th. Everyone enjoyed cheering on the good natured participants, who were forced to eat spaghetti with a variety of silly implements, such as chop sticks, pliers, a spoon rest and other similar types of utensils while wearing oven mitts on their hands. Jess, our beloved hairdresser, finished first, with Barbara (housekeeping) and Laurie (Dietary Director) tying for 2nd place. We have Jay Whittaker to thank for this fun idea! He reports it was his 16th time running a meal like this!



Reflections Community



Our Reflections community kept busy with a variety of activities this month! We started the month off by helping our Traditional friends make Valentine cards for Meals On Wheels recipients, and enjoyed a “heart-y pizza party”! We spent a week in “France”, with our Eiffel tower, learning about Paris and enjoying French favorites such as macaroons, French baguettes, a beef bourguignon luncheon, croissants and eclairs! We also Celebrated the month of love with a relaxing spa day, a fancy tea party, a delicious fine dining meal, and a sweethearts’ dance. Our community loved our dance party fun! Everyone from our Reflections community got up and danced along to favorite tunes, even all of our staff! Also, thanks to our staff and good weather, our entire community was able enjoy a lunch outing all together! We had a memorable February!



DOOR DOOR



March Birthdays:

<i>Bev Main</i>	<i>3/02</i>
<i>Nora Torrey</i>	<i>3/03</i>
<i>Rose Graziano</i>	<i>3/04</i>
<i>Claire Hall</i>	<i>3/10</i>
<i>Tom Murray</i>	<i>3/02</i>
<i>Margaret King</i>	<i>3/26</i>

Watch for these fun activities in March:

- 3/6 Monthly Birthday Party
- 3/9 Breakfast at the SUGAR SHACK
- 3/12 Men's Lunch
- 3/17 St. Patrick's Day Happy Hour
- 3/18 **LADIES** Welcome Spring Brunch
- 3/20 Icelandic Lunch with Mary
- 3/23 Springtime Tea Party
- 3/31 Directors Cut

WELCOME HOME

Catherine Osterman!

DAYLIGHT SAVINGS

*Spring is just around
the corner!*

*To change your clocks,
"spring" forward one
hour on SUNDAY MARCH 8th.*

