

## Verses and Voices



emotion, images, and storytelling, transcending boundaries and enriching human experiences.

You can mark the occasion by sharing favorite poems with friends or family, attending poetry readings or events, or even trying your hand at writing a short poem. Dive into different poetic styles, from traditional sonnets to modern spoken word, exploring the richness of expression they offer. You might also support local poets or poetry organizations, sharing their work on social media or attending their performances. Whether you choose to write, read, or listen to poetry performed, World Poetry Day invites us to immerse ourselves in the beauty and power of words.

We are lucky enough to have a resident's daughter who is a Poet. Her name is Catherine Velroy and has been a guest speaker here once before. We hope to have her back soon with her poetry that is smart and witty. Those of you who have heard Catherine gave rave reviews. Those of you who were unable to attend her poetry must come the next time we book her so you to can learn to love Poetry. Thank you, Catherine, for giving us a chance to love poetry.

"  
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

## March Horoscopes and Birthdays

Those born from March 1-20 is Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional. If you were born between March 21-31, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence mean they have big and outgoing personalities.

## Heather Heights March Birthdays

### Residents

Jimmy Main 3/3

Mary Preall 3/12

Frank Puccia 3/28

### Employees

3/2 Emily Oneil

3/4 Keith Dudinski

3/10 Lisa Wanzanried

3/13 Kandy Morris

3/16 Keri McDonell

3/17 Tammy Pulitano

3/21 Kandris Thomas



# Heather Heights Happenings March 2024



## Management Staff

**Carrie Bardo**

Executive Director

**Tiffany Arnold**

Assistant Executive Director

**Kelly Mc Manus**

Case Manager

**Anissia Brown**

Director of Nursing

**Melissa Haynes**

Assistant Director  
of Nursing

**Jackie Powley**

Director of Recreation

**Andy Armstrong**

Culinary Director

**Mike Lee**

Director of Housekeeping,  
And Maintenance and Laundry

**Erik Totten**

Assistant Director of Housekeeping  
and Maintenance

**Patricia Apple**

Admissions Director



Hello to all,

It was a great month of celebrating in February with the Mardi party, Valentines Day, Groundhog Day groundhog search, creative fun, and new entertainers.

Now it's time to say goodbye to winter and say hello to March and spring. With the first day of spring on March 19<sup>th</sup> we have a lot to look forward to, spring flowers, the first new buds on our trees, green grass, and the warm sun on our faces.

Daylight savings time begins on the 10<sup>th</sup> of March which gives us more daylight to enjoy everything a little longer.

This Month we celebrate St. Patrick's Day, Palm Sunday, and Easter Sunday.

Have fun and let's enjoy what's to come.

Jackie





## Mardi Gras Party



Mary D. was the winner of

A stuffed dog with Heart

For Find the Ground hog day!

## Come join us for the fun!

### Live Entertainment:

- 3/4 at 2:00pm Billy Joe and Swing notes.  
- Lobby
- 3/6 at 3:00pm Travel to the Deep south USA  
with Beth and her little doggies. - Theater
- 3/8 at 3:00pm- Brian and Linda - Lobby
- 3/13 2:00pm- John Culligan - Lobby
- 3/15 3:00pm- Oasis Tappers tap group.  
-Blue Recreation Room
- 3/16 2:00pm- A Bit of Irish- Lobby
- 3/18 2:00pm- Standard Time- Lobby
- 3/19 2:00pm- Kit Nelson- Lobby
- 3/22 2:45pm -Top Brass -Lobby
- 3/27 2:00pm - Mike the Get Away Guy  
- Blue Recreation Room
- 3/29 3:00pm- Comedian- David Kilinnick  
- Blue Recreation Room



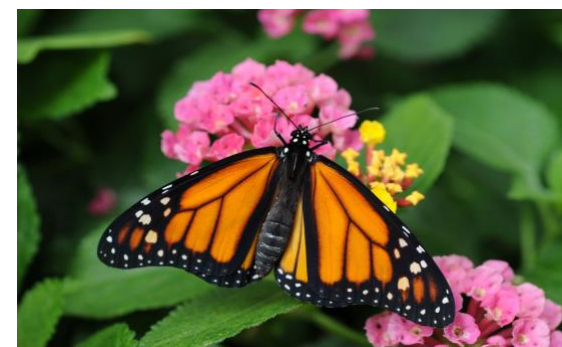
Please say a prayer for those we lost,  
Nancy Onderdonk, and Alen Bills

## Heather Heights Catholic Services Blue Recreation Room

- 3/3 10:30am Catholic Communion  
Service.
- 3/10 10:30am Catholic Communion  
Service.
- 3/12 2:00pm Catholic Mass.
- 3/17 10:30am Catholic Communion  
Service.
- 3/29 2:00pm Good Friday Service.

## Join us on March 7<sup>th</sup> for an outing to Strong Dancing Wings Butterfly Garden at 2:00pm

A visit to The Strong Museum is not complete without a stop in *Dancing Wings Butterfly Garden*, the only year-round indoor butterfly garden in upstate New York.



Please sign up at the front desk if you would like to attend. The sign-up sheet will be available the Monday prior to all trips.

## Join us on March 21<sup>st</sup> For an Irish Lunch at Shamrock Jack's Irish Pub at 11:00am



## A Winter Farewell

The first day of spring is a common reason for celebration for people all over the world, but the students at Lake Superior State University in Michigan may have taken it too far. Every March 20 since 1971, the students have bid farewell to winter by burning a snowman. This isn't just some wacky college prank; the bizarre tradition began in Germany as the Rose Sunday Festival, where a parade bearing a snowman (made of straw) passes through town to the village center. There, the mayor asks all the local children if they have been good, diligent in their studies, and mindful of their parents. When all the children publicly shout "Yes!" the snowman is burned.

The 10-foot snowman is made of leftover paper and scrap wood and is sometimes dressed in a rival college's colors. As it burns, students, professors, local children, and anyone else who cares to join in recite poetry they have written about the snowman. Only one year has been skipped since the tradition began. A snowman was not burned in 1992, due to environmental concerns by a student environmental awareness group. Locals were furious. Disappointed reporters arrived to find poetry but no snowman, and the tradition was resumed the following year.



## Paws and Purrs

It doesn't get any cuter than March 23, when it is both Cuddly Kitten Day and National Puppy Day. The debate between cat people and dog people rages on. At the Westminster Dog Show, dog authorities argue that they are outgoing while cat people are more aloof. Cat owners over at the Black Diamond Cat Show say they are more intelligent and independent than their dog-owning counterparts. According to researchers, dog people are more extroverted, agreeable, and conscientious. Cat lovers are a bit less traditional and more artistic. Both parties, however, love to cuddle.