

PACE CNY – Hybrid Programs

P1 Therapeutic Recreation (TR) Calendar

March 2024



Gemstone: Aquamarine

MARCH



Flower: Daffodil

Director, Therapeutic Recreation

Orion Roeder, CTRS oroeder@lorettosystem.org 315-413-3330

Recreation Therapist

Matthew Morrison mmorriso@lorettosystem.org 315-413-3303 (P2 A)

Brenda Williams bwilliams5@lorettosystem.org 315-413-3305 (P2A)

Khadija Musa kmusa@lorettosystem.org 315-413-3365 (P2B)

Danielle Cummings dcummings@lorettosystem.org 315-413-3399 (P2B)

Saige Jackson, CTRS sjackson@lorettosystem.org 315-413-4534 (P1)

Camille Blumberg, CTRS cblumberg@lorettosystem.org 315-413-4508 (P1)

P1: PACE DC (N. Syr.)	P1 HR: Horizon's Rm (N. Syr.)
P2 DC1: PACE (E. Syr.)	P2 DC2: PACE (E. Syr.)
P2 DC3: PACE (E. Syr.)	P2 AR: Art Room
P2 ED: Education Room	P2 L: Lounge, P2 P: Patio
FV: Forestview	HH: Highland House
ZM RM1: ZOOM Room 1	ZM RM 2: ZOOM Room 2

March 2024 TR Calendar Overview

Friday, March 1st

- 10:30** Seated Exercise (DC & ZM RM 2)
- 11:00** March Trivia: Cammy (DC & ZM RM 1)
- 11:00** St. Patrick's Day Craft: Saige (HR)
- 1:00** PACE Singers: Tim (DC)
- 1:00** OT Group: Sara (HR)

Monday, March 4th

- 10:30** Seated Exercise (DC & ZM RM 2)
- 11:00** March Jeopardy: Cammy (DC & ZM RM 1)
- 1:00 Bingo: Saige (DC & ZM RM 1)**
- 1:00** Spiritual Care: Sr. Linda (ZM RM 2)
- 1:00** OT Group: Sara (HR)

Tuesday, March 5th

- 10:30** Seated Exercise (DC & ZM RM 2)
- 11:00** Wii Bowling: Cammy (HR)
- 11:00** Guess that Tune: Saige: (DC)
- 1:15** Saige: Name 5 (DC & ZM RM 1)
- 1:00** OT Group: Sara (HR)

Wednesday, March 6th

- 10:30** Happy Hands (DC & ZM RM 2)
- 11:00 Bingo: Cammy (DC)**
- 11am** March Participant board #1: Saige: (Hallway)
- 1:00** March Participant Board #2: Saige: (Hallway)
- 1:00** Category Puzzle: Cammy (DC)
- 1:00** Spiritual Care: Sr. Linda (ZM RM2)
- 1:00** OT Group: Sara (HR)
- 2:00** Where Have You Been: Matt (ZM RM1)
- 3:00** Creative Writing: Khadija (ZM RM1)

Thursday, March 7th

10:30 Happy Hands (DC & ZM RM 2)

11:00 Cammy: Name that President (DC & ZM RM2)

11:00 Wii Bowling: Saige (HR)

1:00 Blair Frodelius (DC & ZM RM1)

1:00 Spiritual Care: Sr. Linda (ZM RM2)

1:00 OT Group: Sara (HR)

Friday, March 8th

10:30 Seated Exercise (P1 & ZM RM2)

11:00 Bean Bag Target Toss: Cammy (DC)

11:00 St. Patrick's Day Painting: Saige (HR)

11:00 Which Woman Sang it?: Khadija (DC3 & ZM RM1)

1:00 PACE Singers: Tim (DC)

1:00 OT Group: Sara (HR)



Sunday, March 10th

Spring Forward!

Set Your Clocks Ahead 1 Hour



5 Easy Home Modifications to Make Your Home Safer

- 1. Use appropriate durable medical equipment (walkers, wheelchairs, grab bars, handrails)**
- 2. Light it Up! Replace bulbs with bright, long-lasting LED lights**
- 3. Have a seat! Have a sturdy, cleared, & appropriate height seat, chair in your bedroom.**
- 4. Clear the way! Keep items off of stairs, remove clutter, get rid of throw rugs.**
- 5. Store for Success! Keep frequently used items between waist and shoulder height.**

Bonus: Wear non-slip shoes or grippy socks

<https://www.ncoa.org/article/how-to-prevent-falls-with-home-safety-modifications>

Monday, March 11th

10:30 Seated Exercise: (DC & ZM RM 2)

11:00 Air Hockey: Cammy (HR)

11:00: Remembering Irish Songs: Saige: (DC & ZM RM1)

1:00 Bunco Dice Game: Cammy (DC)

1:30 Ramadan True or False: Khadija (ZM RM1)

1:00 OT Group: Sara (HR)

Tuesday, March 12th

10:30 Seated Exercise (DC & ZM RM 2)

11:00 Lucky Numbers Card Game: Cammy (DC)

11:00 What am I? Saige (HR)

11:00 Code Talkers: Brenda (ZM RM1)

1:00 Bingo: Matt (ZM RM 1)

1:00 OT Group: Sara (HR)

Wednesday, March 13th

***Wear Orange* SU B'ball in ACC Tournament**

10:30 Happy Hands (DC & ZM RM 2)

11:00 Wii Bowling: Saige (HR)

11:00 Famous March Birthday's: Cammy (DC & ZM RM1)

1:00: Can you picture this?: Saige (DC)

1:00 Spiritual Care: Sr. Linda (ZM RM2)

1:00 OT Group: Sara (HR)

Thursday, March 14th

10:30 Happy Hands (DC & ZM RM 2)

11:00 Pitch Card Game: Cammy (HR)

11:00 Sing and Spin: Saige (DC)

11:00 Finish the Line: Matt (DC3 & ZM RM1)

11:30 Participant Advisory Committee

1:00 Beaded Shamrocks: Saige (DC)

1:00: Brainstorming: Matt (ZM RM1)

1:00 Spiritual Care: Sr. Linda (ZM RM2)

1:00 OT Group: Sara (HR)

Friday, March 15th

10:30 Seated Exercise (DC & ZM RM 2)

11:00 Bingo: Cammy (DC & ZM RM1)

1:00 Irish Dancers (DC2)

1:00: St Patrick's Day Celebration

1:00 OT Group: Sara (HR)

St. Patrick's Day

Monday, March 18th

10:30 Seated Exercise (DC & ZM RM 2)

11:00 Wheel of Fortune: Cammy (DC)

1:00 March Stickman Puzzle: Saige (DC)

1:00 Literary History of Color: Brenda (DC1 & ZM RM1)

1:00 OT Group: Sara (HR)

Tuesday, March 19th -first day of spring

10:30 Seated Exercise (DC & ZM RM 2)

11:00 Wii Bowling: Saige (HR)

11:00 Family Feud: Cammy (DC)

11:45 Helping Hounds Sign Up: Cammy (DC)

1:00 Bingo: Saige (DC & ZM RM1)

1:00 NCAA Tournament Predictions (DC1 & ZM RM1)

1:00 OT Group: Sara (HR)



Wednesday, March 20th

10:30 Happy Hands (DC & ZM RM 2)

10:45 Hobby Lobby Outing: Saige
(Rescheduled: No Sign Up)

11:00 Reminiscing: Cammy (DC)

12:45 Town Hall: DSO (DC)

1:00 Entertainment: Jimmy Flynn (DC & ZM RM1)

1:00 Spiritual Care: Sr. Linda (ZM RM2)

1:00 OT Group: Sara (HR)

Thursday, March 21st

10:30 Happy Hands (DC & ZM RM 2)

11:00 Modern Jeopardy: Cammy (DC & ZM RM1)

1:00 Bocci Ball: Saige (DC)

1:00 Spiritual Care: Sr. Linda (ZM RM2)

1:00 OT Group: Sara (HR)

1:30 Candy Trivia: Matt (DC2 & ZM RM1)



Friday, March 22nd

10:30 Seated Exercise (ZM RM2)

11:00 Leprechaun Door Décor: Saige (HR)

11:00 Crossword Clues: Cammy (DC)

11:00: All About Purim: Brenda (ZM RM1)

1:00: PACE Singers: Tim: (DC)

1:00 OT Group: Sara (HR)

1:15 Spiritual Care: Sr. Linda (ED & ZM RM2)

Monday, March 25th

10:30 Seated Exercise (ZM RM2)

11:00 Green and Gold Detective: Saige (DC)

11:00 Cammy: Wii Bowling (HR)

11:00 Guess Who: Khadija (DC2 & ZM RM1)

1:00 Minute to Win it: Saige: (DC)

1:00 OT Group: Sara (HR)

Tuesday, March 26th

10:30 Seated Exercise (ZM RM 2)
10:45 Helping Hounds Outing: Cammy
11:00 Bingo: Saige (DC & ZM RM1)
1:00 Just Joe: (DC)
1:00 OT Group: Sara (HR)

Wednesday, March 27th

10:30 Happy Hands (ZM RM2)
11:00 Bean Bag Bowling: Cammy (DC)
11:00: Would You Rather?: Danielle (ZM RM1)
1:00: Chase Away the Ace: Saige (DC)
1:00 Spiritual Care: Sr. Linda (ZM RM2)
1:00 OT Group: Sara (HR)

Thursday, March 28th

10:30 Happy Hands (ZM RM2)
11:00 Water Pong Cammy: (HR)
11:00 Bingo: Saige: (DC & ZM RM 1)
1:00 Merry Mischief: Entertainment (ZM RM1)
1:00 Spring Trivia: Saige: (DC)
1:00 Spiritual Care: Sr. Linda (ZM RM2)
1:00 OT Group: Sara (HR)



Friday, March 29th
Good Friday - DC Closed

Saturday, March 30th
National Doctors Day

**To share a few brief words of thanks or
encouragement for your doctor, please follow the
hyperlink or QR code below!**

<https://forms.gle/mqf9c2dJ1NcYKxCm8>



Sunday, March 31st
Easter Sunday



March 2024 Religious and Cultural Observances

8th International Women's Day

10th Daylight Saving Time Begins (Set Your Clock Ahead 1 Hour)

10th/11th Ramadan

17th St. Patrick's Day - Christian

19th St. Joseph's Day – Christian & First Day of Spring

21st Norooz (New Year) - Persian/Zoroastrian, Naw-Rúz (New Year) * - Baha'I Ostara * - Wicca/Neo Pagan

23rd-24th- Purim (Festival in Jerusalem)

24th- Palm Sunday

25th Holi-Celebrates arrival of spring and new life

29th -Good Friday

31st -Easter Sunday

March 1: Employee Appreciation Day

March 13: Registered Dietitian Nutritionist Day

March 21: World Social Work Day

March 19: Certified Nurses Day

March 20: World Oral Health Day (WOHD)

March 26: The American Diabetes Association Alert Day®

March 30: National Doctor's Day

March 10-16: National Patient Safety Awareness Week

March 10-16: National Pulmonary Rehabilitation Week

March 11-15: Long Term Care Administrators Week

March 26-April 1: Careers in Aging Week

March: National Colorectal Cancer Awareness Month

March: Brain Injury Awareness Month

March: Developmental Disabilities Awareness Month

March: Save Your Vision Month

March: National Social Work Month

March: National Women's History Month

March: National Nutrition Month



March is National Nutrition Month



Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Cook more, eat out less

Eating out can be expensive, and many foods can be prepared for a lot less money (and healthier) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. It's better to find a few simple and healthy recipes that you enjoy and save convenience items and eating out for special occasions.

Plan what you're going to eat

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. Plus, when shopping with a list you will be less likely to buy things that are not on it. To "Create a Grocery Game Plan", visit www.ChooseMyPlate.gov.

Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added".

Watch portion sizes

Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost. To complete the meal, add a glass of fat free or low-fat milk or a serving of fat-free yogurt for dessert.

Focus on nutritious, low-cost foods

Certain foods tend to be less expensive, so you can make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

Make your own healthy snacks

Convenience costs money, so many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

Quench your thirst with water

Water from the tap is a low-cost way to stay hydrated. Substituting plain water in place of sweetened beverages can not only save you money but also help you reduce extra calories from added sugars.

One more tip from your PACE RDs: Not a fan of plain water? Try a liquid water enhancer. A 1.6oz bottle costs around \$3.00 and can flavor 24 glasses of water without adding sugar or calories.



EMPOWERING SOCIAL WORKERS!

Inspiring Action, Leading Change

For more than a century, social workers have helped our nation tackle major societal challenges, including the push for equal rights for women, people who are Black and people who are LGBTQIA2S+. Social workers have also been behind initiatives we continue to benefit from, including Social Security, a minimum wage, Medicare, and improved workforce safety. Our nation continues to face challenges ahead, including a higher demand for mental health services. It is important that our society empower and support social workers so they can continue to help millions of Americans improve their lives.”

WOMEN'S HISTORY MONTH

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

Outing Reminder

Due to the high volume of participants wanting to sign up for outings, the sign-up date is one week prior to the trip day. If you normally attend the day center on that day and are unable to attend on the sign-up date, please feel free to call the RT that is facilitating the outing.

Example:

Helping Hounds Outing: Tuesday, March 26th @ 11am
Sign up on Tuesday, March 19th @ 11:45am
(One Week Before)

We will not be able to accommodate everyone wishing to attend an outing on the first day of the trip, as we have limited space on our transportation vans. If you are unable to go with us, we will attempt to repeat the outing or schedule a similar outing in the future. Please feel free to recommend any outings that would be of interest to you. We thank you for your understanding and look forward to sharing this time with you.

PACE CNY – Hybrid Programs

P2 Therapeutic Recreation (TR) Calendar

March 2024



Gemstone: Aquamarine

MARCH



Flower: Daffodil

Director, Therapeutic Recreation

Orion Roeder, CTRS oroeder@lorettosystem.org 315-413-3330

Recreation Therapist

Matthew Morrison mmorriso@lorettosystem.org 315-413-3303 (P2 A)

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Khadija Musa kmusa@lorettosystem.org 315-413-3365 (P2B)

Danielle Cummings dcummings@lorettosystem.org 315-413-3399 (P2B)

Saige Jackson, CTRS sjackson@lorettosystem.org 315-413-4534 (P1)

Camille Blumberg, CTRS cblumberg@lorettosystem.org 315-413-4508 (P1)

P1: PACE DC (N. Syr.)	P1 HR: Horizon's Rm (N. Syr.)
P2 DC1: PACE (E. Syr.)	P2 DC2: PACE (E. Syr.)
P2 DC3: PACE (E. Syr.)	P2 AR: Art Room
P2 ED: Education Room	P2 L: Lounge, P2 P: Patio
FV: Forestview	HH: Highland House
ZM RM1: ZOOM Room 1	ZM RM 2: ZOOM Room 2



HELP!!!!

*Top “O” the month to ya! There’s a tricky, wee
rascal loose at PACE CNY (McAuliffe)! He is
spreading Irish cheer and up to some
shenanigans! Please help us locate this cheeky
Irish Gnome daily. The participant to spot him
the most times will receive a swell prize at our
St. Patrick’s Day celebration. Happy Hunting
and may the Luck O the Irish be with ya!*

March 2024 TR Calendar Overview

Friday, March 1st

- 10:30** Seated Exercise (ZM RM 2)
- 11:00** March Trivia: Cammy (DC & ZM RM 1)
- 11:00** Special Days: Matt (DC1)
- 11:00** Who Am I?: Brenda (DC3)
- 11:00:** Hallway Board: Danielle (AR)
- 1:00** Walking Club: Rehab
- 1:00** Open Art: Danielle (AR)
- 1:00** Karaoke: Brenda & Matt (DC3)
- 1:00** Pokeno: Khadija (DC1)
- 2:00** Table Games: Khadija (DC3)

Monday, March 4th

- 10:30** Seated Exercise (ZM RM 2)
- 10:45 Barnes & Noble Outing: Khadija**
- 11:00** March Jeopardy: Cammy (DC & ZM RM 1)
- 11:00** A Historical Mystery: Brenda (DC3)
- 11:00** Leprechaun Magnets: Danielle (AR)
- 11:00** Name Facts: Matt (DC1)
- 1:00** Walking Club: Rehab
- 1:00 Bingo: Saige (DC & ZM RM1)**
- 1:00** Spiritual Care: Sr. Linda (ZM RM 2)
- 2:00** Jukebox Music: Brenda (DC1)



Tuesday, March 5th

- 10:30** Seated Exercise (P1 & ZM RM 2)
11:00 Music with Tim (DC1)
11:00: Local Irish History: Danielle (DC3 & ZM RM 1)
11:00 Writing Limericks: Brenda (AR)
1:00 Walking Club: Rehab
1:15 Name 5: Saige (DC & ZM RM 1)
1:15 Chief Joseph's Birthday Trivia: Brenda (DC1)
1:00 Clover Sun Catchers: Danielle (AR)
1:30 Would You Rather: Khadija (DC3)
2:00 Music Trivia: Matt (DC1)

Wednesday, March 6th

- 10:30** Happy Hands (ZM RM 2)
11:00 Famous Irish Folks: Brenda (DC1 & ZM RM1)
11:00 St. Pat's Garlands: Danielle (DC3)
11:00 Lucky Bag O' Kisses: Khadija (AR)
11:00 Word Mining: Matt (ZM RM1)
1:00 Walking Club: Rehab
1:00: Coffee Filter Shamrocks: Danielle (AR)
1:00 Spiritual Care: Sr. Linda (ZM RM 2)
1:15 Finish the Phrase: Khadija (DC1)
2:00 Where Have You Been: Matt (DC3 & ZM RM1)
3:00 Creative Writing: Khadija (ZM RM1)

Thursday, March 7th

- 10:30** Happy Hands (ZM RM2)
11:00: Bingo: Danielle (ZM RM 1)
1:00 Name that Tune: Khadija (DC1)
1:00 Walking Club: Rehab
1:00: Blair Frodelius: (P1 & ZM RM 1)
1:00: Shamrock Shirts: Danielle (AR)
1:00 Food Trivia: Matt (DC1)
1:00 Spiritual Care: Sr. Linda (ZM RM 2)
2:00 Discussion Group: Khadija (DC3)

Friday, March 8th

10:30 Seated Exercise (P1 & ZM RM2)

11:00: Leprechaun Beards: Danielle (AR)

11:00 Which Woman Sang it?: Khadija (DC3 & ZM RM1)

11:00 Horse Races: Matt (DC1)

1:00 Walking Club: Rehab

1:00: Shamrock Wreaths: Danielle (AR)

1:00 Over/Under: Khadija (DC3)

1:00 Famous People: Matt (DC1)

1:15 Best Self Values Clarification: Orion (ZM RM1)



Sunday, March 10th

Spring Forward!

Set Your Clocks Ahead 1 Hour

5 Easy Home Modifications to Make Your Home Safer

- 6. Use appropriate durable medical equipment (walkers, wheelchairs, grab bars, handrails)**
- 7. Light it Up! Replace bulbs with bright, long-lasting LED lights**
- 8. Have a seat! Have a sturdy, cleared, & appropriate height seat, chair in your bedroom.**
- 9. Clear the way! Keep items off of stairs, remove clutter, get rid of throw rugs.**
- 10. Store for Success! Keep frequently used items between waist and shoulder height.**

Bonus: Wear non-slip shoes or grippy socks

<https://www.ncoa.org/article/how-to-prevent-falls-with-home-safety-modifications>

Monday, March 11th

- 10:30** Seated Exercise: (ZM RM 2)
11:00 Lanterns: Khadija (AR)
11:00: Rainbow Wind Twirlers: Danielle (DC3)
11:00 Cup Stacking: Matt (DC1)
11:00: Remembering Irish Songs: Saige: (DC & ZM RM1)
1:00 Walking Club: Rehab
1:00 Hand Pampering: Danielle (DC1)
1:00 Bagpipes: Matt (DC3)
1:30 Ramadan True or False: Khadija (AR & ZM RM1)
2:00 Jukebox Music: Brenda (DC1)

Tuesday, March 12th

- 10:30** Seated Exercise (ZM RM2)
11:00 Music with Tim (DC1)
11:00 Pot of Gold Magnets: Danielle (AR)
11:00 Code Talkers: Brenda (DC3 & ZM RM1)
1:00 Walking Club: Rehab
1:00 Bingo: Matt (ZM RM 1)
1:00 Chinese Dragons Brenda (DC3)

Wednesday, March 13th

***Wear Orange* SU B'ball in ACC Tournament**

- 10:30:** Happy Hands (ZM RM2)
11:00 St. Patty's Sensory Bottles: Danielle (AR)
11:00 Famous Slogans: Khadija (DC3)
11:00 Soft Drink Trivia: Brenda (DC1)
11:00 Famous March Birthday's: Cammy (ZM RM1)
1:00 Walking Club: Rehab
1:00 Beading and Boondoggles: Khadija (AR)
1:00 Challenges and Games: Brenda (DC3)
1:00 Spiritual Care: Sr. Linda (ZM RM2)
1:15: St. Patrick's Day in Ireland: Danielle (DC1 & ZM RM 1)
2:00 Syracuse Basketball'ish: Matt (DC1)

Thursday, March 14th

10:30 Happy Hands (ZM RM 2)

11:00 Meditation: Khadija (DC1)

11:00 Finish the Line: Matt (DC3 & ZM RM1)

11:30 Participant Advisory Committee (AR)

1:00 Walking Club: Rehab

1:00 Open Art: Danielle (AR)

1:00 Oh Sugar!: Khadija (DC1)

1:00: Brainstorming: Matt (DC3 & ZM RM1)

1:00 Spiritual Care: Sr. Linda (ZM RM 2)

St. Patrick's Day

Friday, March 15th

10:30 Seated Exercise (ZM RM2)

10:45 Olive Garden Outing: Matt

(Rescheduled: No Sign Up)

11:00 Bingo Cammy (DC & ZM RM1)

1:00 Walking Club: Rehab

1:00 Music with Tim: St Patrick's Day Celebration: (DC)

Monday, March 18th

10:30 Seated Exercise (ZM RM2)

11:00 Bingo: Khadija (DC1 & ZM RM1)

1:00 Walking Club: Rehab

1:00 Hand Pampering: Danielle (DC3)

1:00 Literary History of Color: Brenda (DC1 & ZM RM1)

1:00 TR Surprise: Khadija (AR)

goodbye
WINTER
hello
Spring

Tuesday, March 19th -first day of spring

10:30 Seated Exercise (ZM RM2)

11:00 Music with Tim (DC 2)

11:00: Art Room Board: Danielle (AR)

11:00 Wyatt Earp Day Observance & Trivia: Brenda (DC3)

1:00 NCAA Tournament Predictions (DC1 & ZM RM1)

1:00 Walking Club: Rehab

1:00 Entertainment: Jimmy Flynn (DC2 & ZM RM2)

1:00 Open Art: Khadija (AR)

1:00 You Be The Judge: Brenda (DC1)

1:00 Fortunes: Madame Danielle Ruby (DC3)

Wednesday, March 20th

10:30 Happy Hands (ZM RM 2)

11:00 Bingo: Brenda (DC2 & ZM RM1)

11:00 Open Art: Matt (AR)

1:00 Walking Club: Rehab

1:00 Rebus Puzzles: Brenda (DC1)

1:00 Hand Pampering: Danielle (DC2)

1:00 Entertainment: Jimmy Flynn (P1 & ZM RM 1)

1:00 Karaoke: Matt (DC3)

1:00 Open Art: Khadija (AR)

1:00 Spiritual Care: Sr. Linda (ZM RM2)



Thursday, March 21st

- 10:30** Happy Hands (ZM RM 2)
11:00: Modern Jeopardy Trivia: Brenda (DC2)
11:00: Price is Right: Danielle (DC3)
11:00 Horse Races: Matt (DC1)
11:00 Open Art: Khadija (AR)
11:45 Mr. Noodle & Ms. Dumpling Outing Sign Up
1:00 Walking Club: Rehab
1:00 Tie Dye Aprons: Danielle (AR)
1:00 Quiz Griz: Khadija (DC1)
1:00 Spiritual Care: Sr. Linda (ZM RM2)
1:15 You Be the Judge: Brenda (DC3)
1:30 Candy Trivia: Matt (DC2 & ZM RM1)



Friday, March 22nd

- 10:30** Seated Exercise (ZM RM2)
11:00: Cute Feather Birds: Danielle (AR)
11:00 Easter Egg Toss: Khadija (DC3)
11:00 Goof Off Day: Matt (DC2)
11:00: All About Purim: Brenda (DC1 & ZM RM1)
1:00 Walking Club: Rehab
1:00: Karaoke/Lip Sync Challenge: Khadija (DC2)
1:00 Special Days: Matt (DC1)
1:00 Sensory Game: Danielle (DC3)
1:00 Open Art: Brenda (AR)
1:15 Spiritual Care: Sr. Linda (ED & ZM RM2)

Monday, March 25th

- 10:30** Seated Exercise (ZM RM2)
11:00: Bead Bunnies: Danielle (AR)
11:00: Queen of Soul Day Trivia and Music: Brenda (DC1)
11:00 Cup Pong: Matt (DC3)
11:00 Guess Who: Khadija (DC2 & ZM RM1)
1:00 Walking Club: Rehab
1:00 Just Joe (DC2 & ZM RM 1)
1:15 Open Art: Khadija (AR)
1:15 Hand Pampering: Danielle (DC3)
1:30 National Chip Day Observance: Brenda (DC1)

Tuesday, March 26th

- 10:30** Seated Exercise (ZM RM 2)
11:00 Music with Tim (DC2)
11:00 America's Funniest Home Videos: Khadija (DC1)
11:00: Open Art: Danielle (AR)
11:00: Road Not Taken: Brenda (DC3)
11:00 Word Mining: Matt (ZM RM1)
1:00 Walking Club: Rehab
1:00 Open Art: Khadija (AR)
1:00 Best Movies: Matt (DC1)
1:00 Brain Busters: Danielle (DC2 & ZM RM1)
1:15 Spiritual Group: Brenda (DC3)

Wednesday, March 27th

- 10:30** Happy Hands (ZM RM2)
11:00: Evolution of the Easter Bunny: Brenda (DC1)
11:00: Would You Rather?: Danielle (DC2 & ZM RM1)
11:00 Indoor Gardening: Khadija (AR)
11:00 Easter Traditions: Matt (DC3)
1:00 Walking Club: Rehab
1:00: Bingo: Matt (DC1 & ZM RM1)
1:00 Spiritual Care: Sr. Linda (ZM RM2)

Thursday, March 28th

10:30 Happy Hands (ZM RM2)

**10:45 Mr. Noodle & Ms. Dumpling Outing:
Orion & Brenda**

11:00 Bingo Danielle

1:00 Walking Club: Rehab

1:00 Merry Mischief: Entertainment (DC2 & ZM RM1)

1:00 Spiritual Care: Sr. Linda (DC1 & ZM RM2)

1:15 Tea Time: Danielle (DC3)

Friday, March 29th

Good Friday

Day Center Closed

Saturday, March 30th

National Doctors Day

**To share a few brief words of thanks or
encouragement for your doctor, please follow the
hyperlink or QR code below!**

<https://forms.gle/mqf9c2dJ1NcYKxCm8>



Sunday, March 31st

Easter Sunday

March 2024 Religious and Cultural Observances

8th International Women's Day

10th Daylight Saving Time Begins (Set Your Clock Ahead 1 Hour)

10th/11th Ramadan

17th St. Patrick's Day - Christian

19th St. Joseph's Day – Christian & First Day of Spring

21st Norooz (New Year) - Persian/Zoroastrian, Naw-Rúz (New Year) * - Baha'I Ostara * - Wicca/Neo Pagan

23rd-24th- Purim (Festival in Jerusalem)

24th- Palm Sunday

25th Holi-Celebrates arrival of spring and new life

29th -Good Friday

31st -Easter Sunday

March 1: Employee Appreciation Day

March 13: Registered Dietitian Nutritionist Day

March 21: World Social Work Day

March 19: Certified Nurses Day

March 20: World Oral Health Day (WOHD)

March 26: The American Diabetes Association Alert Day®

March 30: National Doctor's Day

March 10-16: National Patient Safety Awareness Week

March 10-16: National Pulmonary Rehabilitation Week

March 11-15: Long Term Care Administrators Week

March 26-April 1: Careers in Aging Week

March: National Colorectal Cancer Awareness Month

March: Brain Injury Awareness Month

March: Developmental Disabilities Awareness Month

March: Save Your Vision Month

March: National Social Work Month

March: National Women's History Month

March: National Nutrition Month



March is National Nutrition Month



Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Cook more, eat out less

Eating out can be expensive, and many foods can be prepared for a lot less money (and healthier) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. It's better to find a few simple and healthy recipes that you enjoy and save convenience items and eating out for special occasions.

Plan what you're going to eat

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. Plus, when shopping with a list you will be less likely to buy things that are not on it. To "Create a Grocery Game Plan", visit.

Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added".

Watch portion sizes

Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost. To complete the meal, add a glass of fat free or low-fat milk or a serving of fat-free yogurt for dessert.

Focus on nutritious, low-cost foods

Certain foods tend to be less expensive, so you can make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

Make your own healthy snacks

Convenience costs money, so many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

Quench your thirst with water

Water from the tap is a low-cost way to stay hydrated. Substituting plain water in place of sweetened beverages can not only save you money but also help you reduce extra calories from added sugars.

One more tip from your PACE RDs: Not a fan of plain water? Try a liquid water enhancer. A 1.6oz bottle costs around \$3.00 and can flavor 24 glasses of water without adding sugar or calories.



EMPOWERING SOCIAL WORKERS!

Inspiring Action, Leading Change

For more than a century, social workers have helped our nation tackle major societal challenges, including the push for equal rights for women, people who are Black and people who are LGBTQIA2S+. Social workers have also been behind initiatives we continue to benefit from, including Social Security, a minimum wage, Medicare, and improved workforce safety. Our nation continues to face challenges ahead, including a higher demand for mental health services. It is important that our society empower and support social workers so they can continue to help millions of Americans improve their lives.”

WOMEN'S HISTORY MONTH

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

Outing Reminder

Due to the high volume of participants wanting to sign up for outings, the sign-up date is one week prior to the trip day. If you normally attend the day center on that day and are unable to attend on the sign-up date, please feel free to call the RT that is facilitating the outing.

Example:

Mr. Noodle & Ms. Dumpling Outing:

Thursday, March 28th @ 11am

Sign up on Thursday, March 21st @ 11:45am

(One Week Before)

We will not be able to accommodate everyone wishing to attend an outing on the first day of the trip, as we have limited space on our transportation vans. If you are unable to go with us, we will attempt to repeat the outing or schedule a similar outing in the future. Please feel free to recommend any outings that would be of interest to you. We thank you for your understanding and look forward to sharing this time with you.