

Springfield Rehab & HealthCare Center Care Connection 2024



2024



MARCH

March Highlights

Irish American Heritage Month
National Women's History Month
Social Workers Month

2nd Dr. Suess's Birthday

5th Music w/Aaron Link

8th Women's Day &

Happy Plunkers Ukulele Band

10th Daylight Savings Time

11th Johnny Appleseed Day

12th Access Hospice Horse Races

15th St. Patrick's Party

17th St. Patrick's Day

19th First Day of Spring

24th Palm Sunday

29th Easter Party

31st Easter Sunday

Farewell to Winter!

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.

Whatever your Spring traditions you may follow the warmer days ahead are cause to get outdoors and enjoy!



SPRINGFIELD REHABILITATION

AND

HEALTH CARE CENTER

Care is our business.



Our Management Partners

Administrator: Troy Lacey

Director of Nursing: Lysandra Harmon

Assistant Director of Nursing: Erin Buttlar

Clinical Coordinator: Krista Porter

Director of Rehab: Rodell Ravela

Social Services Director: Amy Devane

Head Bookkeeper: Jerome Irmen

Dietary Manager: Kelly Hunter

Plant Operations Director/Laundry &

House-keeping: Tony White

Recreation Director: Angie Yancey

Health Information Manager:

Shayna Samek

Medical Director: William Rosen MD

Marcelo Mantala MD

March Resident Birthdays

2nd Duane Klepel

4th Franz Lightle

11th Kimbral Dumler

14th Vicki Kester

20th Danny Anderson

26th Velma Star

31st Richard Meyer

In astrology, those born from February 1–18 are the Water Bearers of Aquarius. Just as water gives life to the land and its creatures, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need. Those born from February 19–28 are Pisces' Fish. Pisces are sympathetic and selfless, making them compassionate friends. Their intuitive nature also make Fish creative and expressive artists.

Norman Rockwell (artist) – February 3, 1894

Rosa Parks (activist) – February 4, 1913

Bob Marley (musician) – February 6, 1945

Chris Rock (comedian) – February 7, 1965

Laura Dern (actress) – February 10, 1967

Jennifer Aniston (actress) – February 11, 1969

L.L. Bean (outdoorsman) – February 13, 1873

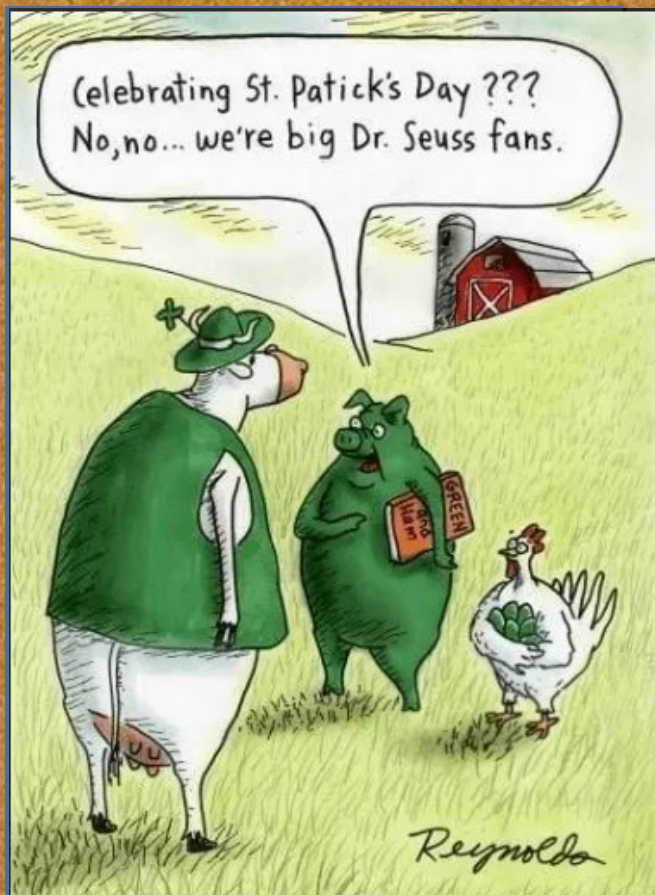
Michael Jordan (athlete) – February 17, 1963

Ansel Adams (photographer) – February 20, 1902

Jordan Peele (producer) – February 21, 1979

Rashida Jones (actress) – February 25, 1976





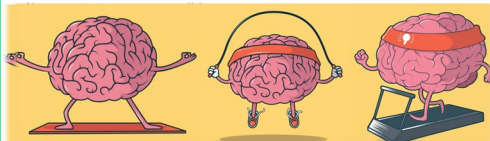
Happy Work Anniversary!

Mindy Hoff 20 years
 Von Yates 16 years
 Gail Redfearn 4 years
 Kim Turner 3 years
 Kelliann Wells 2 years
 David Jordan 1 year



EXERCISE YOUR BRAIN!

**WITH CRANIUM CRUNCHES,
 PUZZLES, & TRIVIA
 ACTIVITIES THROUGHOUT
 THE MONTH**



WHAT'S HAPPENING!!

Strengthen Your Mind and Body
 with

Tai Chi, Stronger Longer,
 & Chair Yoga throughout
 the month.

Ice Cream Social

Wednesdays at 2:30
 in the Day Room

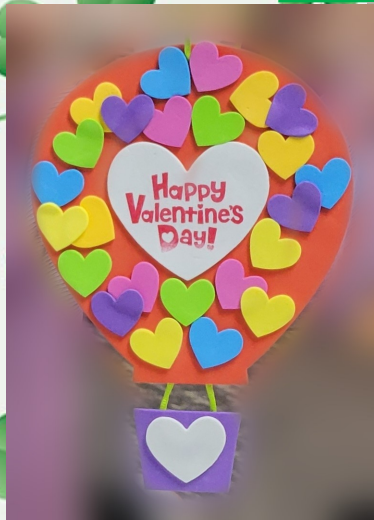


Fancy Nails Thursdays



Please check the calendar for specific days of activities. All activity dates are subject to change, any changes will be announced.

A look back at February & some Valentines crafting.



Restorative Therapy combining fitness and Bingo!



Time for the Superbowl! Thank you to all the staff that helped make game day a fun event.



Valentine's Day Ice Cream Bar!





A huge thank you to our friends at Seasons Hospice for helping make this a special event!

ST. PATRICK

Word Search



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





CLOVER
EMERALD
GOLD
GREEN
IRELAND

IRISH
LEPRECHAUN
LUCKY
MARCH
PARADE

PATRICK
POT
RAINBOW
SAINT
SHAMROCK

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Easter Sunday 10:00 Macedonia Baptist Church (DR) 2:30 Bingo (LDR)	AR Activity Room DR Day Room LDR Large Dining Room RDR Rehab Dining Room SDR Small Dining Room 4 10:00 Juice & Daily Chronicles (LDR) 10:45 Tai Chi (AR) 11:30 Memory Care Dining (AR) 2:30 Nickel Jackpot (DR)	5 9:30 Therapeutic Circle (AR) 10:00 Bingo (LDR) 11:30 Memory Care Dining (AR) 2:30 Music w/ Aaron Link (DR)	 6 8:00 Memory Care Short Story (SDR) 10:00 Stronger Longer (DR) 10:30 Who, What, Where Am I? (DR) 2:30 Ice Cream Social (DR)	 7 10:00 Craft-St. Patrick's Day Door Hanger (DR) 12:30 Fancy Nails/D-Hall (AR) 1:30 Movie Matinee (DR) 3:30 Bible Study w/ South Creek Baptist (DR)	9:30 Therapeutic Circle (AR) 10:00 Coffee & Coloring (LDR) 11:00 Chair Yoga (AR) 2:00 Popcorn & Soda Social (LDR)	1 10:00 Bingo (LDR) 2:00 Movie & Popcorn (DR)
3 10:00 Bingo (DR) 2:00 Begins With... Word Games (DR) 4:00 Devotion's w/ Sunset Church of Christ (DR)	10:00 Juice & Daily Chronicles (LDR) 10:45 Tai Chi (AR) 11:30 Memory Care Dining (AR) 2:00 Baking-Old Fashioned Apple Cookies (DR)	11 9:30 Therapeutic Circle (AR) 10:00 Bingo (LDR) 11:30 Memory Care Dining (AR) 2:30 Access Hospice Horse Races (DR)	12 8:00 Memory Care Short Story (SDR) 10:00 Stronger Longer (DR) 1:30 Communion w/ Season's Hospice (DR) 2:30 Ice Cream Social (DR)	13 10:00 Craft-Spring Bird Mobile (DR) 12:30 Fancy Nails/R-Hall (RDR) 1:30 Movie Matinee (DR) 3:30 Bible Study w/ South Creek Baptist (DR)	14 9:30 Therapeutic Circle (AR) 10:00 Coffee & Trivia (LDR) 11:00 Chair Yoga (AR) 2:00 St. Patrick's Day Party (LDR)	15 10:00 Bingo (LDR) 2:00 Movie & Popcorn (DR)
10 Day Light Savings Time Begins 10:00 Bingo (LDR) 2:00 March Humor (DR) 4:00 Devotion's w/ Sunset Church of Christ (DR)	11 10:00 Juice & Daily Chronicles (LDR) 10:45 Tai Chi (AR) 11:30 Memory Care Dining (AR) 2:00 Baking-Old Fashioned Apple Cookies (DR)	12 9:30 Therapeutic Circle (AR) 10:00 Bingo (LDR) 11:30 Memory Care Dining (AR) 2:30 Access Hospice Horse Races (DR)	13 8:00 Memory Care Short Story (SDR) 10:00 Stronger Longer (DR) 1:30 Communion w/ Season's Hospice (DR) 2:30 Ice Cream Social (DR)	14 10:00 Craft-Spring Bird Mobile (DR) 12:30 Fancy Nails/R-Hall (RDR) 1:30 Movie Matinee (DR) 3:30 Bible Study w/ South Creek Baptist (DR)	15 9:30 Therapeutic Circle (AR) 10:00 Coffee & Trivia (LDR) 11:00 Chair Yoga (AR) 2:00 St. Patrick's Day Party (LDR)	16 10:00 Bingo (LDR) 2:00 Movie & Popcorn (DR)
17 St. Patrick's Day 10:00 Church w/ Pastor Eutsler (DR) 2:00 Coca Cola Float Social (DR) 4:00 Devotion's w/ Sunset Church of Christ (DR)	18 10:00 Juice & Daily Chronicles (LDR) 10:45 Tai Chi (AR) 2:30 Rob the Table (DR)	19 Spring Begins 8:30 Therapeutic Circle (AR) 10:00 Bingo (LDR) 2:30 Karaoke w/ Chaplain James & Phoenix (DR)	20 8:00 Memory Care Short Story (SDR) 10:00 Stronger Longer (DR) 10:30 Lifelong Learning (DR) 2:30 Ice Cream Social (DR)	21 10:00 Craft-Easter Basket Sign (DR) 12:30 Fancy Nails/A-Hall (AR) 1:30 Movie Matinee (DR) 3:30 Bible Study w/ South Creek Baptist (DR)	22 Wal-Mart Shopping Cut Off 9:30 Therapeutic Circle (AR) 10:00 Coffee & Quiz (LDR) 11:00 Chair Yoga (AR) 2:00 Happy Hour (LDR)	23 10:00 Bingo (LDR) 2:00 Movie & Popcorn (DR)
24 Palm Sunday 10:00 Church w/ Pastor Eutsler (DR) 2:00 March Trivia (DR) 4:00 Devotion's w/ Sunset Church of Christ (DR)	25 10:00 Juice & Daily Chronicles (LDR) 10:45 Tai Chi (AR) 11:30 Memory Care Dining (AR) 2:30 Boccia Ball (LDR)	26 9:30 Therapeutic Circle (AR) 10:00 Bingo (LDR) 11:30 Memory Care Dining (AR) 2:30 Birthday Party w/ Terrace Home Health (LDR)	27 8:00 Memory Care Short Story (SDR) 9:15 Stronger Longer (DR) 10:15 Lunch Outing-Pasta Express 2:30 Ice Cream Social (DR)	28 10:00 Craft-Easter Bunny Foam Mask (DR) 12:30 Fancy Nails/B-Hall (AR) 1:30 Movie Matinee (DR) 3:30 Bible Study w/ South Creek Baptist (DR)	29 8:30 Therapeutic Circle (AR) 10:00 Resident Council (LDR) 11:00 Chair Yoga (AR) 2:00 Easter Party (LDR)	30 10:00 Bingo (LDR) 2:00 Movie & Popcorn (DR)