

VILLAGE VOICE



MARCH



March 2023

MARCH FUN FACTS

*"Winds of March, we welcome you;
There is work for you to do.
Work and play and blow all day;
Blow the Winter wind away."
~ Author Unknown*



Bird of the Month – Robin

Robins are cheerful migratory birds commonly seen throughout most of North America. These lovely songbirds are easily identifiable due to their bright orange breasts, upbeat chirping, and early morning feeding. They love to dig up worms from the grass in the wee hours—making them the quintessential early bird getting the worm. In addition, they also eat insects, seeds, and fruit. Robins live in both urban and rural areas. They are not aggressive with humans but can be quite territorial with other birds. They will fight to the death to



maintain control over their territory. While robins can live well into their teens, they have high mortality in their first year of life, so their average lifespan is only about two years. Robins are very adaptable and are good at finding food and shelter in new locations. In many traditions, the robin symbolizes faith, love, optimism, renewal, and joy.

Special Days

Share a Smile Day
March 1

Holi (Hindu Spring Festival)
March 8

Daylight Saving Time Begins
March 12

St. Patrick's Day
March 17

First Day of Spring
March 20

World Math Day
March 23

Flower – Daffodil



With its bright yellow petals breaking through the melting snow, the daffodil is a sure sign of spring's return. Also known as narcissus or jonquil, the sunny flower represents love, hope, joy, and respect. But when gifting, be sure to present them in a bunch—the gift of a single daffodil is a sign of misfortune. In many cultures, the daffodil symbolizes rebirth and prosperity. Its re-emergence each spring reminds us that great beauty can follow the coldest winter or most difficult struggle.

Birthstone – Aquamarine



The name *aquamarine* comes from Latin, meaning "water of the sea." Aquamarine was the stone of the sea goddesses; sailors carried the stones believing they would ensure safe travels. Aquamarine exists in many shades, from pale to deep blue. Some are tinged with green. The gem owes its color to the presence of iron and belongs to the same family of stones as the emerald. Much of the world's supply comes from Brazil, in particular the vivid blue variety called Santa Maria. They are also found in Siberia, Myanmar, and parts of the U.S.

Birthday Critters

Monkey (March 1–8)

You embrace having a fast-paced lifestyle, and even the slightest bit of downtime drives you crazy. Always upbeat and fun, your personality wins people over every time. You're also known as a loyal and loving friend.

Lion (March 9–15)

With your fierce but peaceful spirit, you feel most at home when you are outside enjoying the wonders of nature. You are a born leader, and your candor and gentleness help you earn others' trust.

Mouse (March 16–23)

Your good sense of humor and mischievous nature help you keep everyone laughing. You are a very social person who loves being the center of attention. You also enjoy cooking, gardening, and entertaining.

Cat (March 24–31)

Though you enjoy the company of others, sometimes you just need a little quiet time for yourself. You are curious by nature and love learning new things. You're also crafty and can fix just about anything.



Spring in Scotland

You've heard that March "comes in like a lion and goes out like a lamb," but in Scotland, they say "March comes in with adders' heads and goes out with peacocks' tails." An adder is a venomous snake native to Scotland.

March Zodiacs

Pisces (The Fish)
March 1–20

Aries (The Ram)
March 21–31

March is the third month of the year in the Julian and Gregorian calendars. However, March used to be the first month, until January and February were added to the calendar around 700 BC. That's why many cultures and religions still celebrate the new year in March. In Finnish, March is called *maaliskuu*, which means "earthy month." The Ukrainian word for March translates to "birch tree," which is one of the first trees to bud in the spring.

Have a PB&J

If you like peanut butter, plan on celebrating the popular, salty, creamy spread on March 1, which is National Peanut Butter Lover's Day. Get out a jar of your favorite nut butter and make a peanut butter treat, like a peanut butter and jelly sandwich. If you're like most Americans, you'll eat almost 3,000 of these yummy sandwiches over the course of your lifetime.

What's Lucky in March?

Lucky Color: Green

Lucky Animal: Cat

Lucky Letters: C and J

Lucky Day: Tuesday

Lucky Plant: Birch tree



March Birthdays

Ron Howard (actor/director) – March 1, 1954

Catherine O'Hara (actress) – March 4, 1954

Lou Costello (comedian) – March 6, 1906

Lynn Redgrave (actress) – March 8, 1943

Liza Minelli (entertainer) – March 12, 1946

Jerry Lewis (comedian) – March 16, 1926

Glenn Close (actress) – March 19, 1947

Ozzie Nelson (actor) – March 20, 1906

Fred Rogers (TV personality) – March 20, 1928

Fannie Farmer (chef) – March 23, 1857

Diana Ross (singer) – March 26, 1944

Reba McEntire (country singer) – March 28, 1955

Vincent van Gogh (artist) – March 30, 1853

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HAPPY PURIM

**MONDAY MARCH 6 -
TUESDAY MARCH 7**

PURIM IS THE MOST FESTIVE JEWISH HOLIDAY. IT IS ALSO CALLED THE FEAST OF LOTS. THE HOLIDAY CELEBRATES A TIME WHEN JEWS IN PERSIA (NOW IRAN) ESCAPED A PLOT TO HARM THEM. PURIM USUALLY FALLS IN LATE FEBRUARY OR EARLY MARCH. IN THE 400S BCE HAMAN, THE PERSIAN KING'S ADVISER, PLOTTED TO KILL ALL THE PERSIAN JEWS.



March Events

- Purim | March 6-7
- National Cereal Day | March 7
- Holi Festival | March 8
- International Women's Day | March 8
- Ron Schlegel Day | March 10
- Daylight Savings Time | March 11
- National Pi Day | March 14
- Resident's Council | March 14
- Take Out Lunch | March 15
- St. Patrick's Day | March 17
- Ramadan Begins | March 22
- Birthday Party | March 29





Barb Schlegel
Volunteer Award



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

March 1-15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.



**Thank you
for your
nomination!**

**SCHLEGEL VILLAGES**



CONNECT *the* DOTS
The Schlegel Villages Customer Experience

Success Awards

For many years, Schlegel Villages has recognized the dedication of our exceptional team members through our annual **Success Awards** where residents, families and fellow team members nominate someone for recognition based on their natural ability to connect with residents.

CONNECT the DOTS is Schlegel Villages Customer Experience program which consists of five values that make up our service credo: Know Me; Walk in My Shoes; Be Present; Earn Trust; and Follow Through. As our customer experience focus evolves, so, too, does our recognition of success.

Starting in 2020, we are transitioned from our Success Awards to the newly designed **CONNECT the Dots Success Awards**.

An added bonus is an additional service award to recognize an outstanding team member in your Village!

Credo values – award categories



Know Me means to...

- Understand and anticipate my needs
- Support my WELL-BEING
- EXCEED my expectations
- Make me feel SPECIAL



Earn Trust means to...

- Demonstrate YOU care
- Take Responsibility for those we serve
- Create a sense of SAFETY AND COMFORT
- DELIVER on your/our promises



Be Present means to...

- Be PATIENT and practice LISTENING
- Let ME guide the conversation
- ASK me my expectations and needs
- Focus on Me in the moment



Follow Through means to...

- Show me my concerns are IMPORTANT
- Confirm that I am VALUED as a customer
- Let me know I will be TAKEN CARE OF
- Create MEMORABLE MOMENTS



Walk in My Shoes means to...

- Hear what I HEAR
- See what I SEE
- Feel what I FEEL
- CONNECT with me

Look for additional information posted around the Village and remember to nominate a deserving team member who continuously demonstrates the values of the credo!

VILLAGE VOICE

HAPPY HOLI

2023

WEDNESDAY MARCH 8

HOLI IS A HINDU FESTIVAL THAT CELEBRATES SPRING, LOVE, AND NEW LIFE. SOME FAMILIES HOLD RELIGIOUS CEREMONIES, BUT FOR MANY HOLI IS MORE A TIME FOR FUN. IT'S A COLOURFUL FESTIVAL, WITH DANCING, SINGING AND THROWING OF POWDER PAINT AND COLOURED WATER. HOLI IS ALSO KNOWN AS THE "FESTIVAL OF COLOURS".

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María Sousa
1927—2023

Jinsoo Anne
1928—2023

*Our Friends Will Be Dearly
Missed By Their Families,
Friends and
Our Fairview Family*

*Death leaves a
heartache no one
can heal, love leaves
a memory no
one can
steal*



FAIRVIEW WISHES YOU A
HAPPY RAMADAN
MARCH 22 – APRIL 20

Ramadan is the most sacred month of the year in Islamic culture. Muslims observe the month of Ramadan, to mark that Allah, or God, gave the first chapters of the Quran to the Prophet Muhammad in 610. During Ramadan, Muslims fast, abstain from pleasures and pray to become closer to God. It is also a time for families to gather and celebrate.

INTERNATIONAL WOMEN'S DAY



*No one can make you
feel inferior without
your consent*

You can go as far as
your dreams allow you

An illustration of three women protesting. The woman on the left has brown hair and is wearing a black dress, holding a yellow megaphone. The woman in the middle has blonde hair and is wearing a white t-shirt and black pants, holding a sign. The woman on the right has long white hair and is wearing a brown t-shirt and a yellow skirt, holding a black pole. The sign reads 'Whatever you do, be different'. There are also stylized flower illustrations in the background.

*Whatever you
do, be
different*



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- Feel what I FEEL
- CONNECT with me

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VILLAGE VOICE

**Welcome to the Fairview
Family!**

**Silvana D.
Marilyn R.
Diane K.
Gregory L.
David D.
Maria D.
Zoe S.**



VILLAGE VOICE

March Birthdays

HELGA B. | MARCH 6
LUISA D. | MARCH 10
CONWELL T. | MARCH 17
LEON B. | MARCH 27
THAN N. | MARCH 30

*Wishing You All the Best on
Your Special Day!*





Strategies to boost fluid intake and avoid dehydration

It's important to drink enough fluids for more reasons than you might realize. Water is needed for many things in your body, including digesting food, controlling body temperature, and healing wounds. When you don't drink enough water, it can cause you to feel weak, tired, dizzy, constipated, confused and cranky.

Yet one in five long-term care residents become dehydrated every year. This can happen for different reasons, like limited access to fluids, ignoring dry mouth and other thirst signals, having a hard time drinking because of physical challenges, and drinking less to avoid going to the bathroom often.

To help older adults avoid dehydration, Heather Keller (Schlegel Research Chair in Nutrition and Aging) and her [Nutrition and Aging Lab](#) have been exploring solutions to avoid dehydration. Some successful methods include carrying a water bottle, offering preferred cups and drinks, learning thirst signals to know when you're thirsty, planning for washroom access, eating foods with high fluid content, drinking with others, drinking in between meals, and making fluid intake a part of your daily routines.

The lab's current project, called "PROMOTE," is working with Schlegel Villages to test the practicality

of seven strategies to promote hydration in older adults.

Tips for improving hydration

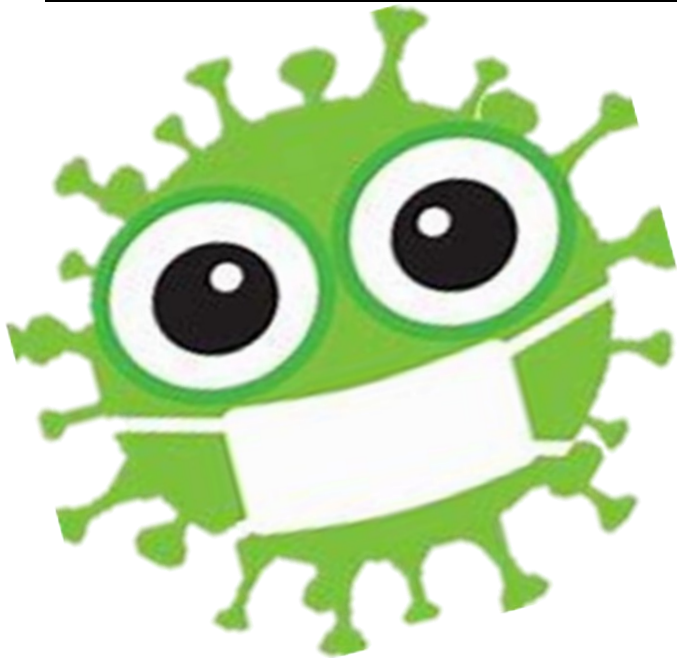
To determine how much water you need, Keller suggests thinking about your body size, how active you are, the temperature outside, and the food you've eaten. Interestingly, 20-40 per cent of the water we get comes from the food we eat. As a general rule, at least six to eight cups of fluid per day is recommended.

As you get older, you may find that you don't feel as thirsty as you used to. However, monitoring how often you need the bathroom and how much you are urinating can help you figure out how hydrated you are, to ultimately improve your overall health.

Want more information on hydration? Watch Keller's webinar recording, Strategies to Improve Hydration in Older Adults: <http://bit.ly/3Kh0jUV>

Subscribe to updates from the RIA at www.the-ria.ca/enews to find out how residents, care partners and team members can get involved in projects like this one.

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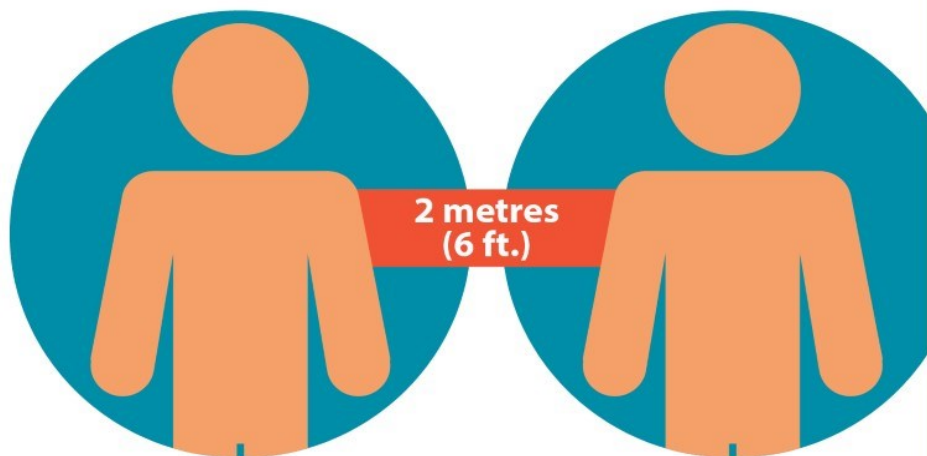
IPAC

(Infection Prevention and Control)

How to protect yourself from Covid-19...

Physical distancing

- COVID-19 spreads mainly between people who are in close contact (within 2 metres) of each other.
- Physical distancing means staying at least 2 metres away from others.
- Physical distancing works best when practiced in combination with wearing a mask, only touching your face with clean hands and cleaning your hands often. Physical distancing is especially important if you or others are not wearing a mask.



- Avoid spaces that are cramped, crowded and may involve close contact with others.
- Physical distancing will help stop the spread of COVID-19, but it may leave you feeling isolated. Find new ways to connect with others while still keeping each other safe.

Information provided by The Ministry of Health in partnership with Public Health Ontario as part of the Action IPAC Series.

Let's keep our Villages safe and healthy



Medical masks

To be effective

- Masks should fit snugly over the nose and mouth without large gaps.

Etiquette

- Clean hands before putting on your mask.
- Avoid touching your face and the outside of your mask.
- Clean hands before touching your face and if you touch the outside of your mask.
- Avoid hanging your mask under your chin.
- Double masking is not advised. Use one medical mask that fits well.



Cleaning and disinfecting

- The 'how' and the 'how often' we clean and disinfect in healthcare settings is important.
- The increased risk of infection transmission in these settings means that cleaning and disinfecting surfaces, items and equipment correctly is an important way to protect everyone.

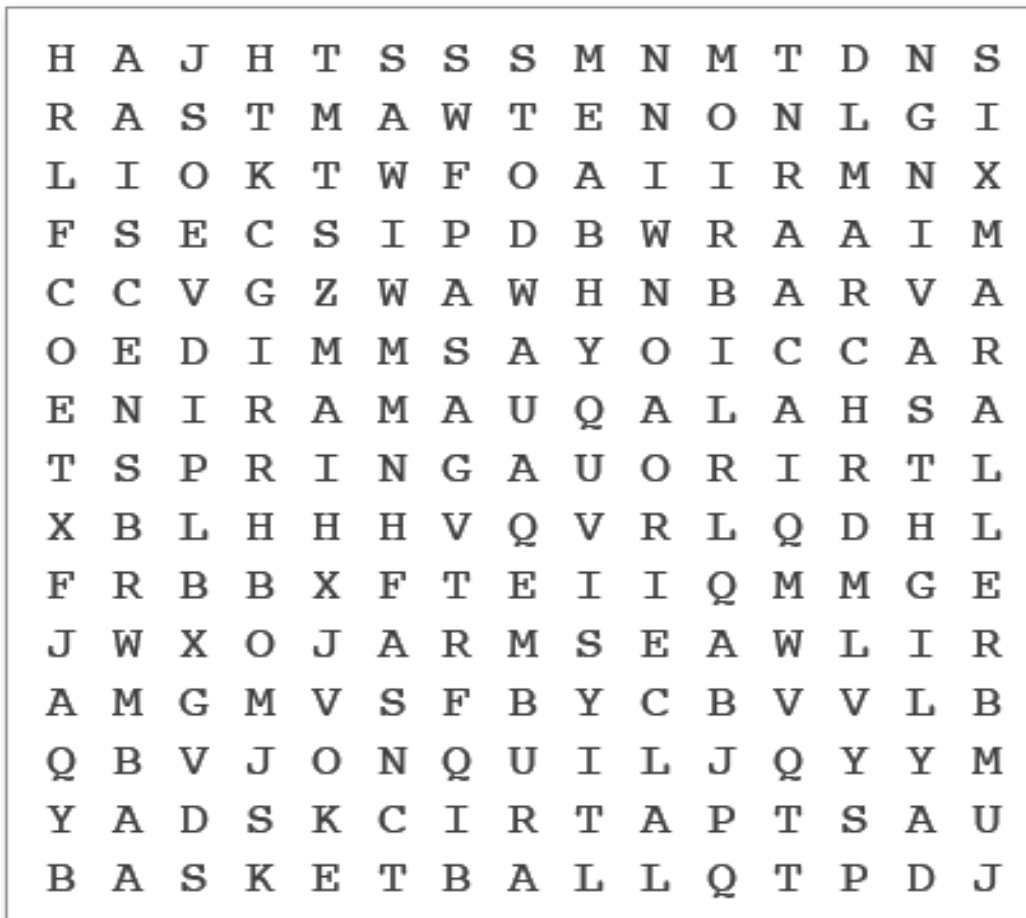
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Let's keep our Villages safe and healthy

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Searching for March

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



AQUAMARINE

ARIES

BASKETBALL

CLOVERS

DAYLIGHT SAVING

FISH (Pisces)

HOLI

JONQUIL

MARCH

PISCES

RAINBOWS

RAM (Aries)

RAMADAN

SPRING

ST. PATRICK'S DAY

THIRD

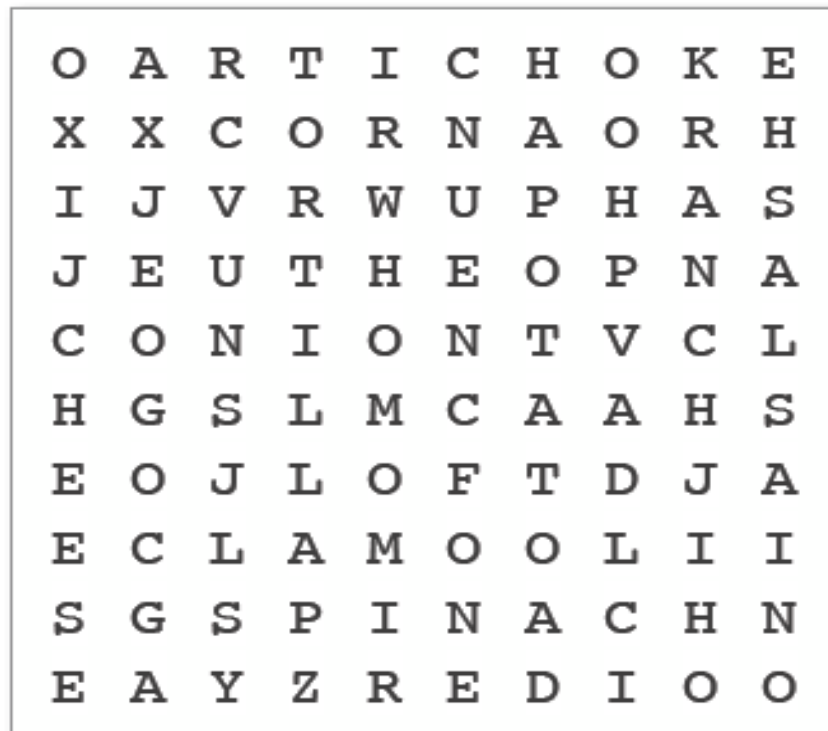
UMBRELLA

WIND

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Chips & Dips

The words listed below can be found vertically and horizontally.



ARTICHOKE

CHEESE

CLAM

CORN

ONION



POTATO

RANCH

SALSA

SPINACH

TORTILLA

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March Zodiac

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



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

ADVENTUROUS

ARIES

CONFIDENT

DYNAMIC

ENERGETIC

FIRE

FIRST

FISH

INTUITIVE

JUPITER

KIND

MARS

PISCES

RAM

SELFLESS

SENSITIVE

TWELFTH

WATER

VILLAGE VOICE



Family
Councils
Ontario

Would you like to be part of a Family Council here at The Fairview Nursing Home?

What is a Family Council?

Family Council is an organized, self-led group of family and friends of residents who live here at the village who meet and focus on improving the quality of life for all residents living at the village.

Family Council is also a forum that provides support and encouragement to each other. Sharing thoughts and feelings with others who are in similar situations can provide comfort and belonging.

Currently we are recruiting family and friends who are interested in joining Family Council to please speak to Ana Bela (Social Service Worker).



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Fairview Nursing Home Leadership Team

General Manager	Saurabh Bhatnagar Ext 230
Director of Nursing Care	Molly Pulipra Ext 225
Associate Director of Nursing Care (IPAC)	Victoria Kurzinger Ext 263
Associate Director of Nursing (PERT)	Eric Boampong Ext 266
Associate Director of Nursing (RPN)	Ernido Moises Ext 265
Neighbourhood Coordinator	Dee Aboaqye Ext 232
Neighbourhood Coordinator	Julia Rhinelanders Ext 240
RAI Coordinator	Andara Madanayake Ext 231
PAL Coordinator	Diana Lopez Ext 234
Environmental Services Manager	Juan Ramos Ext 233
Director of Food Services	Andressa Bueno Ext 224
Director of Recreation	Crystal Hill Ext 267
Resident Service Coordinator	Ana Bela Da Silva Ext 222
Director of Quality & Innovation	Daniel Bedard Ext 227
Administrative Coordinator	Michele Fray-Dale Ext 231
Administrative Assistant	Mattea Duvnjak Ext 221
Administrative Assistant	Francesca Nolan Ext 221