

A Note From Our Administrator

Hello residents, staff, and friends,

March is here! This means the spring season is right around the corner and so is March Madness! There are many fun facts in March. Did you know the month of March was the first month of the year in the Roman calendar due to its association with the first month of the spring season? It was not changed to the third month until the Gregorian calendar in 1752.

March is also Multiple Sclerosis Education and Awareness Month, National Nutrition Month, and National Kidney Month, with World Kidney Day held on March 14.

At Regal Heights, our Recreational Therapeutic Department is gearing up for shopping and restaurant trips, a theater event, a clothing sale from Elder Ware, and a St. Patrick's Day celebration with our entertainer, Ms. Veronica.

As always we welcome volunteers. Please come and join us!

Cassandra Lor

Administrator, Regal Heights Healthcare & Rehabilitation Center

Our Department Leaders

- **Cassandra Lor**
Administrator
- **Susan Ricciardi**
Admissions
- **Brandi Wilson**
Director of Nursing
- **Natalie Scales-Lopez**
Assistant Director of Nursing
- **Kristin Zaballero**
Rehab Director
- **Amanda Lentz**
Dietitian
- **Jo Ellen Chelsa**
Social Services
- **Mary Lutri**
Social Services
- **Nico Zaballero**
Director of Therapeutic Recreation
- **Claudia McFarland**
Business Office Manager
- **John Taylor**
Maintenance Director
- **Amy Muhammad**
Food Service Director



Barbara Saunders enjoying a shopping trip to the Christmas Tree Shops



Our Monthly Birthday Party with entertainer, Mr. Jon Turk



Celebrating Black History Month with speaker, Ms. Kim Graham



Celebrating our Annual Super Bowl Party event together with our Administrator, Ms. Cassandra Lor












March 2019 Activity Calendar

Resident Birthdays

- Gloria Sparco • 3/1
- Sondra Morton • 3/2
- Dolores Carideo • 3/6
- Anthony Poppiti • 3/10
- Shirley Noone • 3/11
- Charles Fedorkowicz • 3/13
- Harold Taylor • 3/18
- Charles Phillips • 3/25
- Annamay Hannah • 3/27
- Ronald Hollis • 3/30

Staff Anniversaries

- Adam Caulfield • 15 Years
- Alzia Whyte • 7 Years
- Mary Lutri • 7 Years
- Vanessa Barnard • 6 Years
- Jamie Lassiter • 5 Years
- Lanette Meades • 5 Years
- Shelia Penn • 5 Years
- Georgene Ricciardi • 3 Years
- Carloyn Fleming • 2 Years
- Daniel Agyemang • 2 Years
- Diana Reese • 2 Years
- Tamika Richardson • 2 Years
- Christina Wilson • 2 Years
- Amber Harris • 1 Year
- Jineen Moore • 1 Year
- Charilla Phillips • 1 Year

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:30 Hospitality Cart w/ Trina 10:30 Men's Group (CR) 2:00 Happy Hour w/ Mr. Fluvio Ranni (CR)	2 10:30 Team Games (CR) 10:30 Music with Gabe (C) 2:00 Bingo (CR)
3 10:30 Chat and Chew (CR) 10:30 Arts and Crafts (E) 10:30 Music with Gabe (H) 2:30 St. James Episcopal Church (CR) 2:30 Expressions (B)	4 10:30 Expressions (CR) 2:30 Wii Bowling Group (CR) 7:00 Bingo (CR)	5 10:30 Rosary (CR) 10:30 K Mart Bus Trip 2:30 Women's Outreach (B) 7:00 Evening Baking (CR)	6 Ash Wednesday 10:30 Expression (CR) 10:30 Bible Study Group (H) 2:30 Baubles and Beads (B) 7:00 Meal Planning (CR)	7 10:00 Food for Thought (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	8 10:30 Men's Group (CR) 2:00 Happy Hour w/ Mr. Dean Garofolo (CR)	9 10:30 Table Games (CR) 10:30 Hot Topics ((B) 10:30 Hot Topics (C) 2:00 Bingo (CR)
10 10:30 Chat and Chew (CR) 10:30 Horse Racing Game (H) 2:00 "Any Old Time" (E) 2:30 New Destiny Fellowship Church (CR)	11 10:30 Expressions (CR) 2:30 Wii Bowling Group (CR) 7:00 Bingo (CR)	12 10:30 Mass (CR) 10:30 Ruby Tuesday Bus Trip 2:30 Women's Outreach (B) 7:00 Evening Baking (CR)	13 11:00 Let's Get Crafty (CR) 10:30 Bible Study (H) 2:30 Music with Clem (CR) 2:30 Baubles and Beads (B) 5:00 Bon Appetit (CR)	14 10:00 Living Word Church Service (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	15 10:30 Hospitality Cart w/ Trina 10:30 Men's Group (CR) 2:00 St. Patrick's Day Celebration with Veronica (CR)	16 10:30 Family Life Church (CR) 10:30 Hot Topics (C) 2:00 Bingo (CR)
17 St. Patrick's Day 10:30 Chat and Chew (CR) 10:30 Arts and Crafts (E) 10:30 Horse Racing Game (H) 2:00 Hymns with Alma (CR) 2:30 Voices of Truth Church Services (CR)	18 10:30 Expressions (CR) 2:30 Wii Bowling Group (CR) 7:00 Bingo (CR)	19 10:30 Rosary (CR) 10:30 Men's Group "Miller Ale" Bus Trip 2:30 Women's Outreach (B) 7:00 Evening Baking (CR)	20 First Day of Spring 10:00 Theater Show Bus Trip "Nana Does Vegas" 10:30 Rev. Al (CR) 2:00 Crochet Group (CR) 7:00 Meal Planning (CR)	21 10:00 Food for Thought (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	22 10:30 Men's Group (CR) 2:00 Monthly Birthday Party w/ Sal Evola (CR)	23 10:30 Table Games (CR) 10:30 Hot Topics (C) 2:00 Bingo (CR)
24 10:30 Chat and Chew (CR) 10:30 Word Games (H) 2:00 "Any Old Time" (E) 2:00 Hymns w/ Alma (CR) 2:30 St. Andrews and Matthews Church Services (CR)	25 10:30 Expressions (CR) 2:30 Wii Bowling Group (CR) 7:00 Bingo (CR)	26 10:30 Rosary (CR) 10:30 Dollar Store Bus Trip 2:30 Women's Outreach (B) 7:00 Evening Baking (CR)	27 11:00 Elder Ware Clothing Sale (CR) 10:30 Bible Study (H) 2:30 Baubles and Beads (B) 7:00 Meal Planning (CR)	28 10:00 Living Word Church Service (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	29 10:30 Men's Group (CR) 2:00 Happy Hour w/ Meeta Parker (CR)	30 10:30 Team Games (CR) 10:30 Music with Gabe (C) 2:00 Bingo (CR)
31 10:30 Chat and Chew (CR) 10:30 Arts and Crafts (E) 10:30 Music with Gabe (H) 2:30 Active Games (CR) 2:30 Expressions (B)						



Resident of the Month: Sondra Morton

Regal Heights is proud to announce Ms. Sondra Morton as our Resident of the Month. Sondra was born and raised in Coatesville, Pennsylvania.

Ms. Morton has two children and seven beautiful grandchildren.

For a living, Sondra was a forklift driver for a pharmaceutical company.

In her spare time, Sondra enjoyed sewing and making her own clothes.

Ms. Morton has a message for everyone,

“Love the Lord and He will take care of you as he has taken care of me.”

ST. PATRICK'S DAY WORD SEARCH



LEPRECHAUN	LUCKY
POT OF GOLD	IRISH
RAINBOW	GREEN
SHAMROCK	CLOVER
GOLD	MARCH

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

March Trivia!



1. Name the March birthstone.
2. What is the March flower?
3. T/F: March is Music in our Schools Month
4. What is March named after?
5. What two zodiac signs are in March?
6. The month of March is associated with which culture's god?
7. How many days are in the month of March?
8. The Ides of March is a famous day. What day is it?
9. Which US President was born on the 29th of March?
10. T/F: March was the first month of the year until the Gregorian calendar began to be used in 1752.



ANSWERS:
 1. Aquamarine, 2. Daffodil, 3. True, 4. Mars, the Roman god of war, 5. Pisces & Aries, 6. Roman, 7. 31
 8. 15th, 9. John Tyler, 10. True

