

A Note From Our Administrator

Happy March to All!

What happiness....Daylight Saving Time begins on 03/10/24 and I know everyone enjoys having the extra light in the evening.

In addition, we will be celebrating St. Patrick's Day, Palm Sunday, Good Friday and Easter. So much is happening in the month of March in 2024.

So, to all the Residents, Families and Staff Members....Have a Wonderful Month of March.

Marjorie Ziegler

Administrator,
Sterling Healthcare & Rehabilitation Center

Our Department Leaders

- **Marjorie Ziegler**
Administrator
- **Ratana Whitfield**
Director of Nursing
- **Diana Anderson**
Laura McLaughlin
Assistant Directors of Nursing
- **Julia Tropiano**
Admissions & Community Relations Director
- **Jada Mckenzie**
Human Resources/ Payroll
- **Schrette Freeman**
Business Office Manager
- **Pamela Harmon**
Medical Records
- **Dr. Kathryn Beldowski**
Medical Director
- **Ann Marie Cottman**
Activities Director
- **Megan Ryan**
Director of Rehabilitation
- **Gina Mertz**
Dietitian
- **Michael Schmidt**
Director of Food Services
- **Dionne Ayres**
Central Supply
- **Carlton Allen**
Director of Maintenance
- **Ed Stankovich**
Director of Housekeeping
- **Josetta Ford**
Social Services Director
- **Annette Poole**
Donna Johnson
RNACs



Adriana and Luzia dancing to the music.



William naming that tune.



Residents enjoying Music Therapy on Liberty Lane.



Residents playing a game of bingo.

Resident Birthdays

Marie L. - 03/02
Toni C. - 03/04
Josephine R. - 03/05
William S. - 03/06
Thomas S. - 03/09
Denise S. - 03/15
John B. - 03/22

Staff Birthdays

Carlton A. - 03/05
Lawrencia B. - 03/05
Isatu K. - 03/07
Janyea W. - 03/08
Abimbola F. - 03/11
Kishawn L. - 03/12
Diana A. - 03/12
Anthony T. - 03/13
Matthew C. - 03/14
Margaret D. - 03/15
Wilhemina D. - 03/16
Leon G. - 03/25
Emilia S. - 03/30
Tasha T. - 03/30



March 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>MARCH 2024 Sterling Healthcare & Rehabilitation Center</div>						
					1 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 3:00 pm Bible Study 2:00 pm – 4:00 pm Bingo / Movie (1/2) Timeless Trivia / Exercise (3) 2:00 pm – 5:00 pm Baby Love / Music / Exercise / Trivia (G)	2 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 4:00 pm Reminiscing Doing the Laundry (G) The Language of Flowers (1) Circle Dancing (2) Animal Friends and Music (3)
3 9:15 am – 10:30 am Daily Chronicle / Music (G,1,2,3) 10:30 am – 11:45 am Eucharistic Ministers (G,1,2,3) 2:00 pm – 3:00 pm Worship Service w / Pastor Lenny (2) 2:00 pm – 4:00 pm Story Time / Music (G,3) Creative Corner (1)	4 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 4:00 pm Sensory : Domestications & Music (G) Bingo (1) Fun Facts About Names Day (2) Story Time / Noodle Ball (3)	5 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 4:30 pm Sensory: Little Ones / Discussion (G) Unique Names Day (1) Pokeno (2) Noodle Ball / Music / Story Time (3)	6 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 3:00 pm Food Committee / Hallway Music (2) 2:00 pm – 4:30 pm Sensory : Puppy Party & Art (G) Learn What Your Name Means (1) Frosty Treat (G,2,3)	7 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 4:00 pm Ball Toss / Music / Aromas (G) Name Tag Day (1) Christ Church (2) Memory Lane / Discussion (3)	8 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 3:00 pm Bible Study 2:00 pm – 4:00 pm Bingo / Movie (1) Middle Name Pride Day (2) Timeless Trivia / Exercise (3) 2:00 pm – 5:00 pm Puppy Love / Music / Exercise (G)	9 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 4:00 pm Reminiscing Going Shopping (G) Looking Good Face Care (1) Looking Good Hair Care (2) Looking Good Hand Care (3)
10 9:15 am – 10:30 am Daily Chronicle / Music (G,1,2,3) 10:30 am – 11:45 am Eucharistic Ministers (G,1,2,3) 2:00 pm – 3:00 pm The Blue Church (2) 2:00 pm – 4:00 pm Balloon Ball / Music (G,3) History of Ramadan (1) Ramadan Begins Daylight Saving Time Begins	11 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 4:00 pm Sensory: Name The Tune (G) Bingo (1,2) Things That Aren't Anymore (3)	12 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 3:00 pm Resident Council / Music & Motion (2) 2:00 pm – 4:00 pm Sensory: Wildlife / Discussion / Music (G) Creative Corner (1) Pokeno (2) Mamma Mia / Music (3)	13 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 3:00 pm Marvin Diamond / Movie (2) 2:00 pm – 4:00 pm When We Were Kids & Art (G) Who am I? / Discussion (1) Let's Go Shopping / Discussion (3)	14 10:00 am – 11:00 am Music Therapy w / Serge (3) 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 3:00 pm Poker / Trivia (2) 2:00 pm – 4:00 pm Reminiscing Love & Laughter (G) Music in Motion / Timeless Trivia (1,3)	15 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 4:00 pm St. Patty's Day Celebration (G,1,2,3) 2:00 pm – 5:00 pm Teddy Bear Picnic / Music / Exercise (G)	16 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 4:00 pm Reminiscing about High Heels (G) Anagram Saturday (1) Pokeno (2) Manicures and Movies (3)
17 9:15 am – 10:30 am Daily Chronicle / Music (G,1,2,3) 10:30 am – 11:45 am Eucharistic Ministers (G,1,2,3) 2:00 pm – 3:00 pm Christ Christian Community Church (2) 2:00 pm – 4:00 pm Creative Corner (G) Root Beer Float Anagram (1) History of St. Patrick's Day / Music (3) St. Patrick's Day	18 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 4:00 pm Sensory : Marching in the Band (G) Bingo (1,2) Parachute & Music (3)	19 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 4:00 pm Reminiscing Scents & Flowers (G) Creative Corner (1) Pokeno (2) Marching in the Band / Music (3) Spring Begins	20 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 3:00 pm Todd Horn / Movie (2) 2:00 pm – 4:30 pm Reminiscing Longwood Gardens & Art (G) Who am I? / Discussion (1) Opposites Attract / Music (3)	21 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 4:00 pm Tasty Treat (G) Jeopardy / Anagram (1) Poker / Trivia (2) Baby Love / Music (3)	22 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 3:00 pm Bible Study (2) 2:00 pm – 4:00 pm Who am I? / Discussion / Music (1) Chat Pack / Music / Exercise (3) 2:00 pm – 5:00 pm Creative Corner / Music / Exercise (G)	23 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 4:00 pm Reminiscing Flipping Flapjacks (G) Flapjacks or Pancakes Anagram (1) Bowling & Music (2) Purim Begins
24 9:15 am – 10:30 am Daily Chronicle / Music (G,1,2,3) 10:30 am – 11:45 am Eucharistic Ministers (G,1,2,3) 2:00 pm – 3:00 pm Second Baptist Church of Media (2) 2:00 pm – 4:00 pm Creative Corner / Music (G) Reminiscing Farm Days (1) Reminiscing Palm Sunday (3) Palm Sunday	25 10:00 am – 11:50 am Music / Picture View / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 4:00 pm Reminiscing Grocery Shopping (G) Bingo (1,2) Story Time / Noodle Ball (3)	26 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 4:00 pm Sensory: The 4 Tastes (G) Creative Corner (1) Pokeno (2) Aroma Appreciation / Chat Pack (3)	27 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 3:00 pm Nick Canzanese / Movie (2) 2:00 pm – 4:30 pm Reminiscing Longwood Gardens & Art (G) Who am I? / Discussion (1) Memory Lane / Discussion (3)	28 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 4:00 pm Bean Bag Toss (G) Volleyball (1) Poker / Trivia (2) Ball Toss / Aromas / Music (3)	29 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 3:00 pm Bible Study (2) 2:00 pm – 4:00 pm Monthly Birthday Celebration (G,1,2,3)	30 10:00 am – 11:50 am Music / Brain Fitness / Exercise (G) Trivia / Exercise / Daily Bread (1,2) Brain Fitness / Exercise / Spiritual (3) 2:00 pm – 4:00 pm Bean Bag Toss (G) Tasty Treat (1) Poker / Trivia (2) Ball Toss / Aromas / Music (3)
31 9:15 am – 10:30 am Daily Chronicle / Music (G,1,2,3) 10:30 am – 11:45 am Eucharistic Ministers (G,1,2,3) 2:00 pm – 3:00 pm Bingo (G) Easter Sunday Anagram (1) Roses From the South (2) Scents of Days Past (3) Easter Sunday	 <div>Monthly Events: Food Committee 03/06 Christ Church 03/07 Resident Council 03/12 Marvin Diamond Entertains 03/13 Music Therapy w/ Serge 03/14 St. Patty's Day Celebration 03/15 Todd Horn Entertains 03/20 Monthly Birthday Celebration 03/29</div>					

For all calendar questions, please call ext. 410.

Any calendar changes or additions will be posted.



Resident of the Month: Joan E.

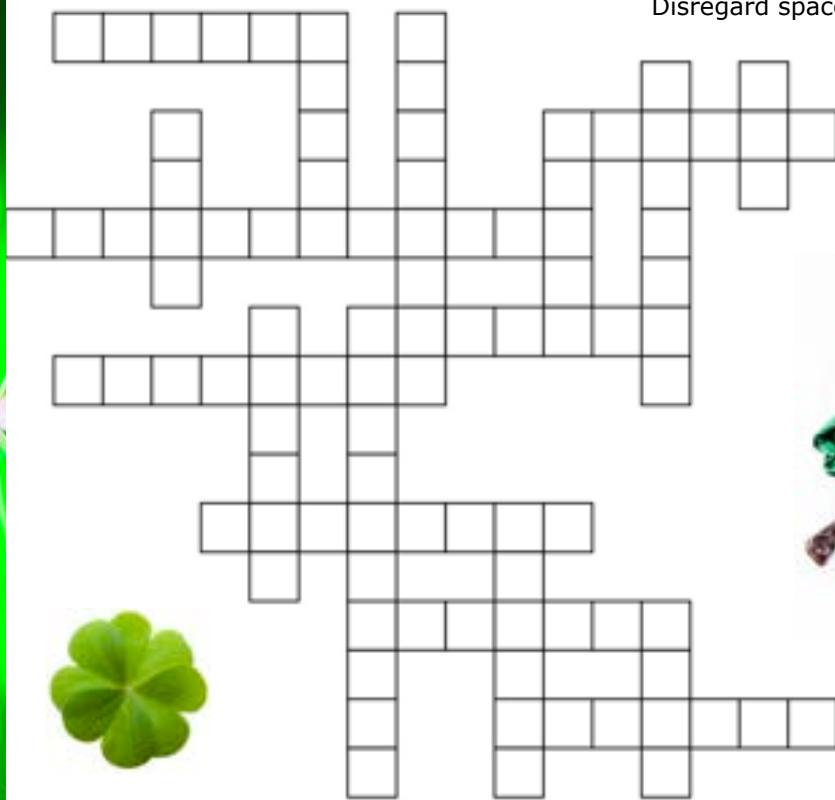
Joan was born in Wilmington, DE, and has four brothers and one sister. She attended St. Anne High School in Wilmington, DE, and volunteered at A.I. DuPont Hospital. As a child, she went to church every Sunday. When she was young, she enjoyed her two pets.

She was employed at the Bank of Delaware and worked in the deposit department. Her last job was as a dishwasher at Sal's Place in Delaware. She has two best friends, Donna and Kim, and at age 21 she learned to drive.

Today, you can find Joan enjoying table games and socializing with staff and peers. Her favorite quote is, "She can fix what ever is broken".

The Lucky Irish

Fit the list of words into the puzzle.
Disregard spaces between words.



JIG
GOLD
HARP
GREEN
RUGBY
CELTIC
CLOVER
DUBLIN
GAELIC
BELFAST
HURLING
IRELAND
LEGENDS
LIMERICK
PASTURES
POTATOES
LEPRECHAUN
BLARNEY STONE

ActivityConnection.com

HAPPY
St. Patrick's
DAY

The Lucky Irish
(solution)

