



**March 1**

Music w/ Dale Norman

**March 4**

Monthly Birthday Party  
Music w/ Richard Nayson

**March 5**

Mardi Gras

**March 6**

Ash Wednesday

**March 7**

Music w/ Jay Crider

**March 8**

International Women's Day  
Bible Study w/ Brother Ricky

**March 10**

Daylight Saving Time Begins

**March 11**

Music w/ Roger Baché

**March 12**

Yoga  
Two's Company

**March 13**

Singing Steve

**March 14**

Butter bean Auction w/ Joe of  
Homestead Hospice

**March 15**

Music w/ Wendy Tippen

**March 17**

Saint Patrick's Day

**March 20**

Start of Spring

**March 21**

New Armuchee Singer & FSBC

**March 28**

Music w/ Bud, George, Sarah & Zack

**March 29**

Model Elementary School  
Chorus



## MARCH NEWSLETTER 2019



*Riverwood*  
Senior Living

***Hello Residents,***

Signs of spring are on the way!

“The March wind roars  
Like a lion in the sky,  
And makes us shiver  
As he passes by.

When winds are soft,  
And the days are warm and clear  
Just like a gentle lamb,  
Then Spring is here!”

We are getting ready for Spring here at Riverwood, anticipating warmer weather so we can enjoy our front terrace and back porch. No matter what the season is, as always I love and appreciate each of you and am blessed to be your Executive Director. May everyone have a happy and blessed March!

***Regina Wright,***  
*Executive Director*





### ***Monthly Birthday Party – February 4th***

Our resident's enjoyed cake, refreshments, and music with Richard Nayson. Our Happy Birthday Wishes go out to James Musgrave and William Davis. A big Regency 'Thank You' to Celina Russell with Tapestry Hospice for the birthday cake and all you do!



### ***Veterans Luncheon – February 13th***

The 3rd VA luncheon was our most successful one yet, with 40 attendees! We will continue to show our Veterans support through this monthly event and hope to see even more faces this month on March 13th.



## ***Valentine's Day – February 14th***

To top the day off, we had Wes Crider from Homestead Hospice share with us great spiritual and uplifting entertainment. Our residents, as well as our staff, were blessed by his music. Many thanks to Wes for letting God's message pour through you.



## ***Dixie Stompers – February 14th***

Thanks to the Dixie Stompers for making the residents' Valentine's Day so special with great entertainment. A great time was had by all!



***Monthly Birthday Party***

*March 4th at 2:30 pm*

Richard Nayson will be our entertainer at our monthly birthday party. Please join us for great music and cake.



***Bible Study with  
Brother Ricky***

*March 8th at 11:00 am*

We are so thankful to have Brother Rickey Studdard of Tapestry Hospice come to us every 2nd and 3rd Friday of the month. Our residents enjoy the good singing and the Word of God. Thanks for all you do!



***Music with Two's Company***

*March 12th at 1:30 pm*

Elizabeth Womble and friends are coming by to sing some show tunes. All residents and family are welcome to come and join us.



## ***Chair Yoga***

***March 12th at 10:45 am***

Chair yoga is a great way for older adults to get the wonderful health benefits of yoga. Staying seated means that even frail seniors or those who aren't flexible can safely do the exercises. Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation.



## ***Veterans Luncheon***

***March 13th at 1:00 pm***

We cordially invite you and a guest to a "Thank You" Luncheon. We will serve a fabulous lunch just for you. We will have a gift for each veteran as well as great information.



## ***Cracker Barrel Luncheon***

***March 14th at 10:30 am***

We are going to the Cracker Barrel for lunch. Please join us for great food and fun.



## ***Music with Bud, George, Sara & Zack***

***March 28th at 2:00 pm***

Bud, George, Sarah and Zack are coming back for another great music show. Our residents always have a great time with this group.

***SAVE  
THE  
DATE***

***April 5th — FUNtastic Friday***



## Rev. Scott Lambert

March is here — it’s hard to believe. It won’t be long until flowers will be blooming. On the 11th of this month, Daylight Saving Time begins. That means we can be outside longer, enjoying all of God’s beautiful Blessings. Seasons change and many things in our lives change. Many times there isn’t anything we can do about change, but we can just remember our God is in full control. There are times in our lives that God allows change to happen so He can guide our lives. God is able to place the stars in their sockets and suspend the sky like a curtain. Do you believe it is possible for God to guide your life? God cares

about you and wants you to trust Him with everything. So may we remember, as seasons are changing, that God is not changing, for He loves us unconditionally and nothing will ever change that. I pray you all a very blessed March.

### FUN FACTS

- This year, the Spring Equinox falls on Wednesday, March 20th at 5:58 pm EDT.
- March was named for the Roman god of war, Mars. Traditionally, this was the time of year to resume military campaigns that had been interrupted by winter.
- St. Patrick’s “banishing of the snakes” from Ireland was really a metaphor for the eradication of pagan ideology from Ireland.
- There are 34.7 million U.S. residents with Irish ancestry. This number is more than seven times the population of Ireland itself.

### WELCOME NEW RESIDENTS!



- Ann Lassiter
- Anne Medlock
- Chaney Clements
- Mickie Formby
- Charles Green
- Jerry Johnson

### HAPPY BIRTHDAY!

#### Resident

- Carolyn Perry Mar. 6
- Charles Gale Mar. 10
- Estelle Hall Mar. 13
- Thelma Lowery Mar. 13
- Henry Blankenship Mar. 13
- Latricia Wilson Mar. 15
- Anne Medlock Mar. 19
- Sue Hoban Mar. 27
- Joy Mitchell Mar. 29
- Richard Hayes Mar. 31

#### Employee

- Melissa Everett Mar. 5
- Stephanie Freeman Mar. 31



WORD FIND

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

WOMEN

CLOVER

GOLD

DAFFODIL

PARADE

SHAMROCK

GREEN

LEPRECHAUN

INTERNATIONAL

MARS

LUCK

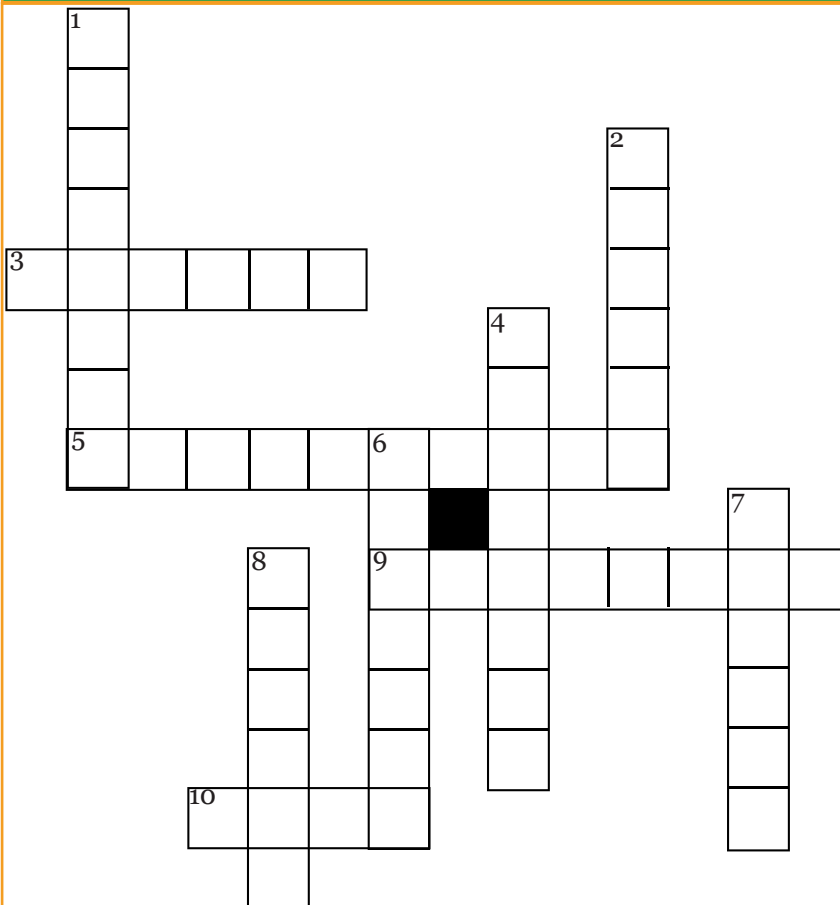
RAINBOW

SPRING

IRISH

CABBAGE

CROSS-WORD



Across

- 3. Mash, boil, or bake it.
- 5. Small-bodied fellow.
- 9. Days in March that have a reputation for being stormy.
- 10. Color originally associated with St. Patrick's Day.

Down

- 1. March birth flower.
- 2. \_\_\_ and New York City are home to the largest St. Patrick's Day celebrations.
- 4. Symbolizes rebirth of spring.
- 6. Important food staple during the Great Potato Famine.
- 7. \_\_\_ equinox also known as the spring equinox.
- 8. Color that symbolizes women.

*EMPLOYEE OF THE YEAR*

*Bethani Champion*



With great pleasure, we congratulate Bethani on receiving the Employee of the Year Award. Bethani came to Riverwood May of 2005 as a CNA. She goes above and beyond to ensure that the residents are cared for. She has gone back to school to become an LPN which has been a great asset to our nursing staff. Now she is pursuing her RN degree, and we're very proud of her determination. Bethani, you are a valued member of our team and your contributions are vital for Regency's success in meeting our stated mission, vision, and values. Congratulations, Bethani!

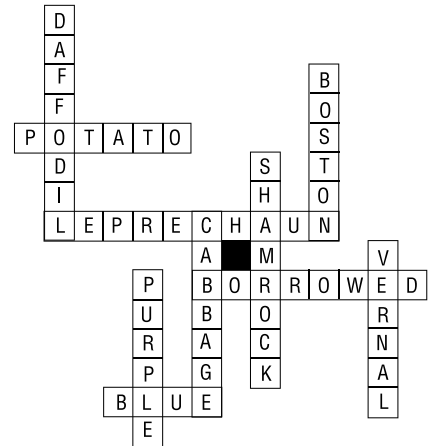
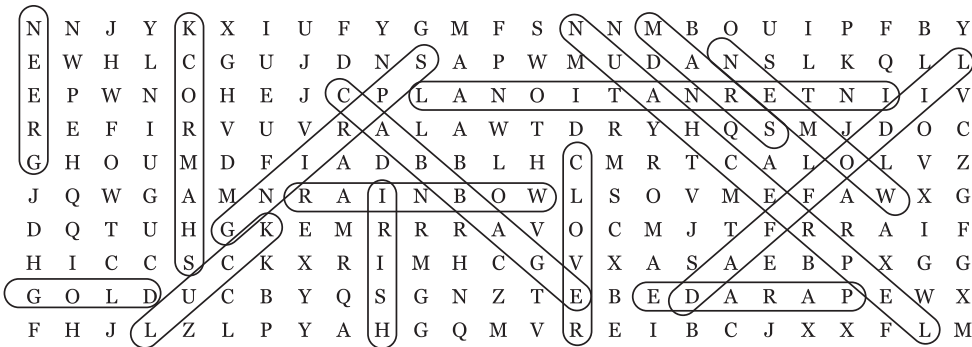
*EMPLOYEE OF THE MONTH*

*Susan Abadio*



Susan Abadio has been a part of our Riverwood Team since November 2016. She has such a sweet spirit and caring heart along with a gentle touch with the residents. We are so happy to have her. Thank you for all you do!

**ANSWER KEY:**



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