

A Note From Our Administrator

Sterling is pleased to provide microwaves on the nursing units to enable staff to heat up meals for our residents. If you have food items you would like to be heated or re-heated, please ask any staff member. They will heat up your food in the microwave, and verify safe temperature. The microwaves are for the use of employees only! The employees will verify the safety of the food we are providing to you.

"In like a lion, out like a lamb" is a straightforward enough proverb: when March starts, it's still winter, and by the end of the month spring has begun. March is the month of expectation. March's motto is "Courage and strength in times of danger." The official color is green-cyan, the color between green and blue on the visible spectrum of light. The food is peanut butter. March's bird is the robin....surprised?

"March" is named for the Roman god of war, Mars. We think of it as the beginning of spring, as March brings the vernal equinox, the Full Worm Moon and the return of Daylight Saving Time!

- 🌱 March 8 is International Women's Day.
- 🌱 March 15 is the Ides of March! Legend surrounds this ill-fated day. Beware the Ides of March!
- 🌱 March 17 is St. Patrick's Day. According to folklore, folks wear a shamrock on St. Patrick's Day because the saint used its three leaves to explain the Trinity.
- 🌱 March 20 brings about the vernal or spring equinox —marking the beginning of spring. On this day, the Sun stands directly over Earth's equator.

Brenda Decker, NHA

Administrator, Sterling Healthcare & Rehabilitation Center

Our Department Leaders

- **Brenda Decker**
Administrator
- **Ratana Whitfield**
Director of Nursing
- **Laura Beswick/
Diana Anderson**
Assistant Directors of Nursing
- **Rhonda Nobles**
Admissions & Community
Relations Director
- **Jada McKenzie**
Human Resources/Payroll
- **Schrette Freeman**
Business Office Manager
- **Dr. Kathryn Beldowski**
Medical Director
- **Ann Marie Cottman**
Activity Director
- **Megan Ryan**
Director of Rehabilitation
- **Lynn Collins**
Dietitian
- **Michael Schmidt**
Director of Food Services
- **Dionne Ayers**
Central Supply
- **James Alexander**
Director of Maintenance
- **Tyrone Leonard**
Director of Housekeeping
- **David Keenan**
Social Services
- **Jeannie Shanahan/
Annette Poole**
RNACs



Mary presenting her art work



Residents enjoying entertainment



Sweet treat of Girl Scout Cookies and Swiss Miss

March 2023 Activity Calendar

Resident Birthdays

Josephine R. · 03/05
William S. · 03/06
Thomas S. · 03/06
Mary W. · 03/10
Barbara J. · 03/10
Denise S. · 03/15
John B. · 03/22
Susan R. · 03/26

Staff Birthdays

Carlton A. · 03/05
Isatu K. · 03/07
Benjiman R. · 03/07
Abimbola F. · 03/11
Kishawn L. · 03/12
Laurencia B. · 03/16
Whilhemina D. · 03/16
Shatoina M. · 03/26
Emilia S. · 03/30



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			<p>9:15 am – 11:50 am Calendar Review / Music (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Opie's Day (G) Wiser Now Wednesday (1,2,3) 4:00 pm – 4:45 pm Bingo (1)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise Anniversary of King Kong (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm The Cat in the Hat Day (G) Banana Cream Pie Day (1,2) "A Few of My Favorite Things" Day (3)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise Alexander Graham Bell's Day (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 3:00 pm Wildlife Symphony (G) Patrice Hawthorne Entertains (1,2) Memory Lane (3)</p>	<p>9:15 am – 11:50 am Daily Chronicle / Music (G,1,2,3) 1:00 pm – 1:45 pm Variety Cart (G,1,2,3) 2:00 pm – 3:00 pm Animals Are Amazing (G) Resident Run Bingo (1,2) When We Were Kids! (3)</p>
5	6	7	8	9	10	11
<p>9:15 am – 11:50 am Daily Chronicle / Music (G,1,2,3) 10:00 am – 11:30 am Morning Worship (1,2) 1:00 pm – 1:45 pm Variety Cart (G,1,2,3) 2:00 pm – 3:00 pm Spiritual Movie (G,3) Who am I? (1,2)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise The History of Purim (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Name The Tune / Movie (G,3) What is the Meaning of Your Name? (1,2) 4:00 pm – 4:30 pm Bingo (1)</p> <p>Purim Begins</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise We are the World Day (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 3:00 pm Food Committee (1,2) 2:00 pm – 4:00 pm Movie Matinee (G,3) 4:00 pm – 4:45 pm Manicures Music (G)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise "If At First You Don't Succeed" Day (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Brain Fitness (G) Famous People Who Failed at First (1,2) Happy Feet (3) 4:00 pm – 4:45 pm Bingo (1)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise Choose Your Words Well Day (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Sentimental Serenity (G) Chip Chat Day (1,2) Name The Tune / Brian Fitness (3)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise Clover All Over Day (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 3:00 pm Cooking Beyond the Kitchen: Shamrock Shakes (G,1,2,3)</p>	<p>9:15 am – 11:50 am Daily Chronicle / Music (G,1,2,3) 1:00 pm – 1:45 pm Variety Cart (G,1,2,3) 2:00 pm – 3:00 pm Timeless Trivia (G,3) Resident Run Bingo (1,2)</p>
12	13	14	15	16	17	18
<p>9:15 am – 11:50 am Daily Chronicle / Music (G,1,2,3) 10:00 am – 11:30 am Morning Worship (1,2) 1:00 pm – 1:45 pm Variety Cart (G,1,2,3) 2:00 pm – 3:00 pm Movie (G,3) The Blue Church (1,2) 3:15-4:00 pm Residents' Choice (1,2)</p> <p>Daylight Saving Time Begins</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise Happy Birthday, Neil Sedaka (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Creative Corner (G,3) Resident Run Bingo (1,2)</p> <p>Purim Begins</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise Baseball Cap Day (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 3:00 pm Resident Council (1,2) 2:00 pm – 4:00 pm Creative Corner (G) Anagram Tuesday (1,2) Picture View / Music (3) 4:00 pm – 4:45 pm Bingo (1)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise Yoga A Doobie Brothers Day (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Cooking Beyond the Kitchen: Poiras Belle Helene (G,1,2,3) 4:00 pm – 5:00 pm Movie Matinee (G,1,2,3)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise The Secret History of Colors (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Rainforest Impressions (G) Modern Jeopardy (1,2) National Panda Day (3)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise Nat "King" Cole Day / Trivia (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Son of Bigfoot (G) Lori St. Maur Entertainment (1,2) World Sleepy Day (3)</p> <p>St. Patrick's Day</p>	<p>9:15 am – 11:50 am Daily Chronicle / Music (G,1,2,3) 1:00 pm – 1:45 pm Variety Cart (G,1,2,3) 2:00 pm – 3:00 pm Awkward Moments Day (G) Resident Run Bingo (1,2) Spider-Man (3)</p>
19	20	21	22	23	24	25
<p>9:15 am – 11:50 am Daily Chronicle / Music (G,1,2,3) 10:00 am – 11:30 am Morning Worship (1,2) 1:00 pm – 1:45 pm Variety Cart (G,1,2,3) 2:00 pm – 3:00 pm Religious Movie (G,3) Christ Christian Community Church (1)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise 10 Keys to Happier Living (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Creative Corner (G) Anagram Tuesday (1,2) Picture View / Music (3) 4:00 pm – 4:45 pm Bingo (1)</p> <p>Spring Begins</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise Equality and Equity Day (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Kids Say The Darndest Things (G) Discussion / Anagram (1,2) Famous Faces, Famous Places (3) 4:00 pm – 4:45 pm Brain Fitness / Music (G)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise The History of Ramadan / Trivia (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Baby Love (G) Anagram (1,2) What's the Price (3) 4:00 pm – 4:45 pm Bingo (1)</p> <p>Ramadan Begins</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise National Puppy Day (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Puppy Party / Music (G) Tasting Beyond the Kitchen: Chips and Dips (1,2) Little Ones (3)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise Cartoony Day (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 3:00 pm Name That Tune (G) Resident Run Bingo (1,2) EZ Does It Trivia / Music (3)</p>	<p>9:15 am – 11:50 am Daily Chronicle / Music (G,1,2,3) 1:00 pm – 1:45 pm Variety Cart (G,1,2,3) 2:00 pm – 3:00 pm Queen of Soul Day (G,3) Resident Run Bingo (1,2)</p>
26	27	28	29	30	31	
<p>9:15 am – 11:50 am Daily Chronicle / Music (G,1,2,3) 10:00 am – 11:30 am Morning Worship (1,2) 1:00 pm – 1:45 pm Variety Cart (G,1,2,3) 2:00 pm – 3:00 pm Timeless Trivia (G,3) Happy Birthday, Kenny Chesney (1,2)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise Day (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Creative Corner (G,3) Cherry Tree (1,2) Sing in the Rain (3)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise Scrub Board Day (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Creative Corner (G) Anagram Monday (1,2) Picture View / Music (3) 4:00 pm – 4:45 pm Manicures Music (2)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise Walmart Day (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Coca Cola Day (G,1,2,3) 4:00 pm – 4:45 pm Bingo (1)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise Baseball's Official Opening Day (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Manicures / Movies (G,3) Texas Hold'em Poker (1,2)</p>	<p>9:15 am – 11:50 am Devotion / Daily Chronicle / Exercise Alexander Graham Bell's Day (G,1,2,3) 1:00 pm – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Little Ones (G) What Am I? (1,2) Pippi Longstocking (3)</p>	<p>Special Events are bolded in color. Music Choice played Daily. Masks must be worn during programs Night Programs TBD Any calendar changes or additions will be posted.</p>

Any calendar questions or concerns, please call the Activities Department at 610-566-1400 x 409



Resident of the Month: William Levin

William Levin was born and grew up in Philadelphia and had no other siblings.

He attended Overbrook High School and played basketball. He won the Public League Championship in 1948 and in 1949.

As for friends, William stated that he had/has a lot more than one friend.

William married twice, once in 1960 then again in 1982, and stated that he met his wife at a Senior Dance. From these unions he was blessed with seven children.

William worked and sold advertisements for the Town Talk Newspaper for 20 years and was the Union Warehouseman for 30 years.

William's pastime is spent watching sports and he is an avid fan of the 76ers.

Cesar Romero

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



CAPTAIN FROM CASTILE
CISCO KID
THE DEVIL IS A WOMAN
FILM
FRONTIER MARSHAL
JOKER
OCEAN'S 11

RADIO
SPRINGTIME IN THE ROCKIES
TELEVISION
THE THIN MAN
VILLAIN
WEE WILLIE WINKIE
WEEK-END IN HAVANA

- 12. World chess champion -
- 11. Playwright - L
- 10. French mime - J
- 9. Singer/pianist - G
- 8. Magician - H
- 7. Polish composer - B

- 6. Actor/comedian - I
- 5. Railroad engineer - I
- 4. TV journalist - E
- 3. "We've Only Just Begun" singer - A
- 2. Big band leader - K
- 1. Actress - C

Bonus: Match the person to the correct clue.

Famous March Birthdays

The following people were born in March. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.



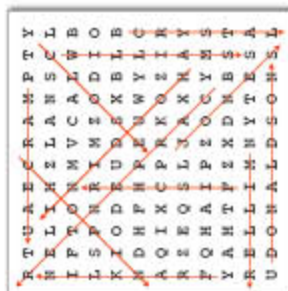
- A. Karen **CARPENTER**
- B. Frédéric **CHOPIN**
- C. Glenn **CLOSE**
- D. Billy **CRYSTAL**
- E. Sam **DONALDSON**
- F. Bobby **FISCHER**
- G. Aretha **FRANKLIN**
- H. Harry **HOUDINI**
- I. Casey **JONES**
- J. Marcel **MARCEAU**
- K. Glenn **MILLER**
- L. Tennessee **WILLIAMS**



Bonus: Match the person to the correct clue.

- 1. Actress _____
- 2. Big band leader _____
- 3. "We've Only Just Begun" singer _____
- 4. TV journalist _____
- 5. Railroad engineer _____
- 6. Actor/comedian _____
- 7. Polish composer _____
- 8. Magician _____
- 9. Singer/pianist _____
- 10. French mime _____
- 11. Playwright _____
- 12. World chess champion _____

Famous March Birthdays (solution)



Cesar Romero (solution)

