

MUSTANG ARBOR HOUSE TIMES



March Holidays 2018

2nd Employee Appreciation Day

3rd World Wildlife Day

11th Daylight Savings Begins

17th St. Patrick's Day

25th Palm Sunday

30th Good Friday



Interesting Facts about March

1. March is named after Mars, the Roman god of war as it was the month in which the military campaigning season got under way after winter.
2. In Old English one name for the month of March was “Hlyda” meaning “loud” possibly because of the roaring March winds.
3. March is the only month with three consecutive consonants in its name in English.
4. An old proverb says that “March comes in a like a lion and goes out like a lamb”, which means that winter is ending and spring is beginning.
5. In ancient Rome before Julius Caesar’s calendar reform, March was the first month of the year.
6. The expression “mad as a March hare” dates back to 1529. It refers to the wild behaviour of male hares during the mating season in March.
7. Fredric March twice won an Oscar for Best Actor. *Main Street On The March* (1941) and *March Of The Penguins* (2005) also won Oscars.
8. MARCH is an acronym for the Medically Aware and Responsible Citizens of Hyderabad.
9. The birthstone for March is aquamarine and the flowers are the daffodil or violet.
10. More 20th century UK Prime Ministers had birthdays in March than any other month



3/9 Julia Stęelman

3/20 Dorothy Payne

3/29 Brenda Williford

In The Spotlight

Christina Martin CNA



Christina is from Woodward, Oklahoma. She is Married to Steven Martin and has three daughters; Paris, Nikki, and Mercedes. Christina is a Professional writer, she just released the novel *Forever Irene*. Christina's favorite food is nachos, and her favorite color is green. She says her best attribute is her unconditional love for others. Christina's favorite thing about arbor house is the calm atmosphere. Her favorite holiday is Christmas because she loves to give to others.

St. Patrick's Day Word Search



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

GOLD
LEPRECHAUN
PATRICK

GREEN
POT
CLOVER

SHAMROCK
LUCK
IRISH

MARCH
EMERALD
WISH

RAINBOW
IRELAND
MAGIC



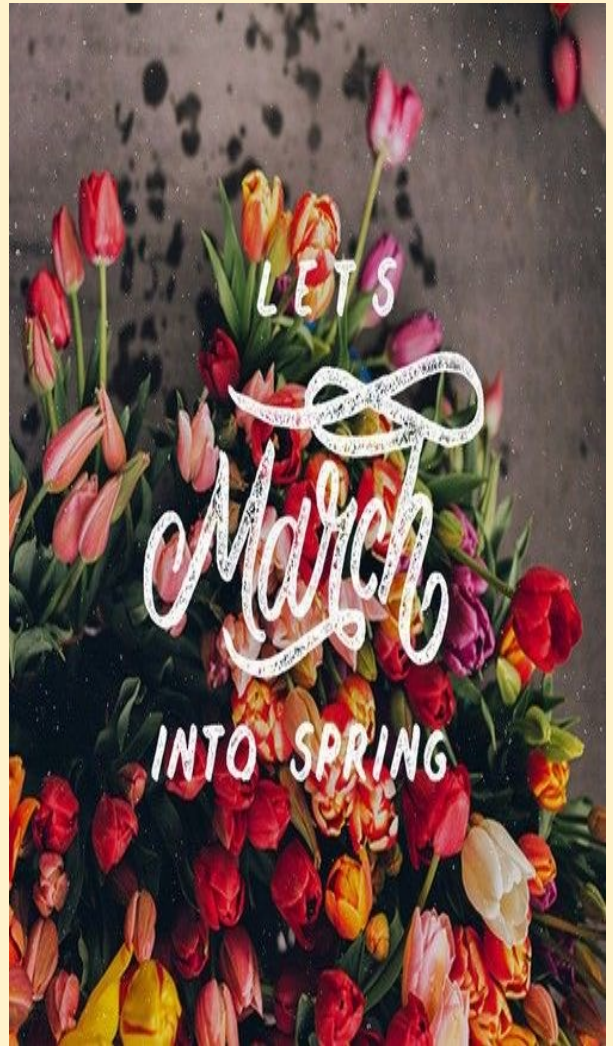
Arbor House Activities

MARCH

EAT SEASONAL

WITH AHEALTHYLIFEFORME.COM

ARTICHOKE
ASPARAGUS
AVOCADOS
BROCCOLI
BRUSSELS SPROUTS
CAULIFLOWER
CHICORY
LETTUCE GREENS
KIWI
LEEKs
LEMON
LIME
MUSHROOMS
ORANGES
PARSNIPS
PEAS
RADISHES



Flower - Daffodil



Birthstone - Aquamarine



The Arbor House Philosophy is based on the belief that each resident is entitled to the highest quality of life through wellness services that work to promote independence, healthy lifestyles, dignity, and a sense of security. The right of each resident to determine his/her need is respected at each level of care, and promoted by providing services in ways that recognize individuals needs and preferences. A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.



850 N. Clear Springs Rd.
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Our Staff

Executive Director.....	Cristy Davis
Director of Nursing.....	Lynne Zepeda
Wellness Coordinator.....	Tonda Morris
Dietary Manager.....	Sandy Wilson
Engagement Coordinator	Doug McCollough
CD Assistants.....	Trisha Martin
Maintenance.....	Bonnie Stubbs
Housekeeping:.....	Cassandra Gastineau