

# March 2026

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## March in the Making!

### *Upcoming Events:*



March 6<sup>th</sup>, 6:00 p.m.- Entertainment with Manda's Rhythm & Dance.

March 10<sup>th</sup>, 6:00 p.m.- Visit from Simba the therapy dog!



March 16<sup>th</sup>, 2:30 p.m.- St. Patrick's Day Party with Dan Palmer



March 26<sup>th</sup>, 2:30 p.m. Birthday Entertainment with Bob Gracin!



## NAME THAT BIRD!



With the arrival of spring this month, what better way to kick it off than by celebrating our aviary?

We have 7 beautiful birds who live here at Pomeroy- 5 finches and 2 canaries. Throughout the month, we will be holding a contest for giving them each names. **Look at the side of the aviary glass to see voting papers! We are looking for most popular and creative names!**

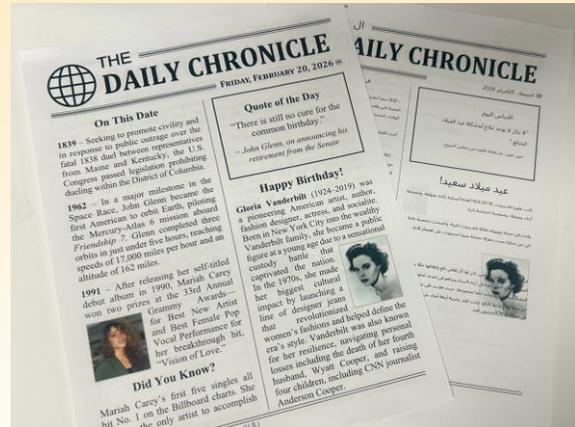
## Meet Tiny Tim!



You may easily recognize him, as he has been in the aviary for over five years. You'll often find him on the lower level. He used to spend his time up in the perches and in one of the nests. Eventually, his leg became constricted from a tight band, and consequently, had to be amputated. Last spring, he sustained an unknown wing injury. Food and water is accessible to him along the floor, and he loves soft spaces to nestle into. A resident fondly named him Tiny Tim. Tiny Tim serves as a model of resilience, adaptability, and living life to the fullest. He holds a very special place in our hearts here at Pomeroy Skilled Rehab.

## Did You Know?

Daily current events are printed and distributed to our residents. We provide both an English and Arabic version. St. Rene Church volunteers give out communion weekly, and Mother of God Chaldean Catholic Church will be holding Mass this coming month. Please contact Life Enrichment for any questions.



Irish American  
Heritage Month

Mad for Plaid  
Month

Women's History  
Month

Iditarod Begins  
March 7

Daylight Saving  
Time Begins  
March 8

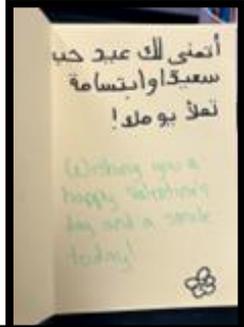
St. Patrick's Day  
March 17

World Poetry  
Day  
March 21

International  
Hug a  
Medievalist Day  
March 31



Over February, residents enjoyed creating Valentine collaborative art and being gifted cards from Manda's Rhythm & Dance and Warren Mott High School. They received love from Simba the therapy dog, jazzed up on Mardi Gras, and enjoyed Heart of the Hills Players at our birthday party. A special social celebrated Arabic culture with food, music, and current events.



## Happy Birthday!

Robin C.      March 7<sup>th</sup>  
IoLonda D.    March 7<sup>th</sup>  
Sirajul B.     March 10<sup>th</sup>  
Panjak D.     March 15<sup>th</sup>  
Marsha G.     March 20<sup>th</sup>  
Marlene M.    March 21<sup>st</sup>  
Patricia T.     March 28<sup>th</sup>  
Betty N.        March 30<sup>th</sup>



### Blast the Horn!

On March 2, don't just wish Dr. Seuss a happy birthday. Do as they do in Dr. Seuss' fictional land of Katroo and let loose a "big blast on the big Birthday Horn!"

Theodor Seuss Geisel, known around the world as Dr. Seuss, was never a doctor of anything. He called himself "doctor" because his father wanted him to study medicine. Thankfully, he pursued children's literature and in

1937 wrote his first book, *And to Think That I Saw It on Mulberry Street*, debuting the pen name Dr. Seuss. No less than 20 publishers rejected the book before Geisel showed it to an old college classmate who was editor of children's books. Dr. Seuss went on to write over 60 children's books (including some under the name Theo LeSieg), selling over 600 million copies in over 20 different languages.

What makes Dr. Seuss' books so

enduring? Seuss' moral lessons appeal to young and old alike, but children's literature expert Ann Neely believes it is the books' readability. "Children can read Dr. Seuss books many, many times without tiring of the rhythms, the plot, or the art."



## EMPLOYEE RECOGNITION

We are celebrating several employees for their outstanding efforts and achievements, not just for the month, but for the year as well. Votes were very close, so please know that all hard work doesn't go unnoticed! Congratulations, and thank you to all staff who put so much love and care into what

### Manager of the Year 2025

Manuel Cudilla

### Employee of the Year 2025

Xavier Calvilla

### Employee of the Month for February

Michael Marinkovski

### Excellence in Action

Angie Bledsoe



# THE MONTHLY GAZETTE

*"Spring is when you feel like whistling,  
even with a shoe full of slush."*

~Doug Larson



## Animal of the Month – Bottlenose Dolphin

Bottlenose dolphins are highly intelligent, social mammals that live in temperate and tropical waters worldwide. These super swimmers can be found in shallow coastal waters as well as deeper water in the Atlantic, Pacific, and Indian oceans. They use echolocation and herding techniques to hunt and gather prey, which includes a range of fish, squid, octopus, and crustaceans. These majestic creatures have gray, streamlined bodies that can grow to between six and 13 feet long and weigh between 330 and 1,430 pounds. Named for their short snouts, they can



swim up to 22 miles per hour and use a complex language of squeaks, whistles, and clicks to communicate. Research has also shown that they can recognize themselves in the mirror. Bottlenose dolphins live between 40 and 60 years. They sleep by resting one side of their brains at a time so that they can keep breathing while they slumber.

### Special Days

**World Wildlife Day**  
March 3

**International Women's Day**  
March 8

**St. Patrick's Day**  
March 17

**Spring Equinox (Beginning of Spring)**  
March 20

**Palm Sunday**  
March 29

**Doctors' Day**  
March 30

## Flower – Daffodil



While we tend to think primarily of the vibrant yellow trumpeted flower, *daffodil* is actually the official common name for all members of the genus *Narcissus*, a group of spring perennials that includes many shapes of mostly yellow and white flowers. Heralded as the official flower of spring, the daffodil is one of the first flowers of the season. The hearty plant does well in cold weather and can even withstand snow. Daffodils are often given to represent respect, friendship, modesty, rebirth, and good luck.

## Birthstone – Aquamarine



March's birthstone is aquamarine. These semiprecious stones are renowned for their striking pale-to-medium-blue color, which can also contain a hint of green. However, the clear blue ones fetch the highest prices. Found in Serbia, the United States, Myanmar, and Brazil, they get their name from the Latin *aqua marina*, meaning "seawater." They are associated with safe passage over water, eternal youth, purity, and protection. Ancient Egyptians put them in tombs to ensure a safe journey to the afterlife.

## Magical March Mythology

### The Month of War

It may seem odd that a month associated with spring's rebirth would be named after Mars, the Roman god of war. However, in ancient times, military campaigns tended to stop during the brutal cold of winter. March, with its more temperate weather, was when armies would return to battle, without the worry of freezing temperatures. This is why the month honors the god of war, in hopes of inspiring his favor—and military success.

### The Ides of March

In the Roman lunar calendar, the *ides* signified a month's

first full moon. In March, this usually fell around March 15 and was often accompanied by a new year's festival. Legend has it that the day is unlucky—as in Shakespeare's *Julius Caesar*, when a soothsayer advises Caesar to "beware the ides of March." The warning fails, as Caesar was murdered on March 15, 44 BC.

### Borrowing Days

Scottish folklore marks the last three days of March as "borrowing days." These days—borrowed from April—are thought to be extra stormy to serve as March's last hurrah before spring mellows into April.

## The Day of Colors

Holi, the Hindu festival of colors, is held at the beginning of spring each year—this year on Wednesday, March 4. Revelers celebrate the triumph of good over evil by dousing each other with water and powdered colors.



### March Zodiacs

Pisces (Fish)  
March 1–20

Aries (The Ram)  
March 21–31

**March** hasn't always been the third month of the year. In the ancient Roman calendar, it was the year's first month. Beginning the year in March makes a lot of sense because it is when new growth starts after the "dead" of the winter. March's name comes from *Martius*, the Latin name for the month that means "of Mars"—the Roman god of war. The Anglo-Saxons called the month *hyld monath*, which means "stormy month," and *hraed monath*, meaning "rugged month."

## Time To Wake Up

March is when many hibernating animals wake from their long sleep. Here are some cool facts about this winter rest:

- Hibernators include bears, hedgehogs, bats, skunks, bees, frogs, snails, turtles, and mice.
- Many animals have a heart rate of just 10 beats per minute while hibernating.
- Hibernating bats slow their breathing; some species take only one or two breaths an hour.

## What's Lucky in March?

Lucky Color: Green  
Lucky Animal: Rabbit  
Lucky Letters: *R* and *M*  
Lucky Day: Saturday  
Lucky Plant: Tulips



## March Birthdays

Ralph Ellison (writer) – March 1, 1913/1914  
Jean Harlow (actress) – March 3, 1911  
Eva Mendes (actress) – March 5, 1974  
Michelangelo (artist) – March 6, 1475  
Bobby Fischer (chess prodigy) – March 9, 1943  
James Taylor (singer-songwriter) – March 12, 1948  
Diane Arbus (photographer) – March 14, 1923  
Ruth Bader Ginsburg (jurist) – March 15, 1933  
Nat King Cole (jazz musician) – March 17, 1919  
Queen Latifah (entertainer) – March 18, 1970  
Do Won Chang (entrepreneur) – March 20, 1954  
Reese Witherspoon (actress) – March 22, 1976  
Quentin Tarantino (director) – March 27, 1963  
Céline Dion (singer) – March 30, 1968