



Resident Birthdays

3/2 Ginger C

Work Anniversaries

3/13 Fionnuala Walshe 2 Years
3/21 Brian Drummond 4 Years
3/31 Jo-Ann Gustafson 4 Years

Staff Birthdays

3/3 Terrienne Dold
3/7 Amy Cunningham
3/10 Jazmine Stevens
3/16 Lisa Mazzuchelli
3/16 Lisa Thompson
3/18 Nicholas Poland
3/29 Martha Teixeira
3/29 Crystalyn Doyle

Every year, during the 3rd week in March we take the time to celebrate our staff and show our appreciation for all that they do. Please join in the gratitude and appreciation that week by recognizing our amazing staff for all the love and care they share with you every day. 



Dementia Support Group on the second Thursday of the month at 4pm, in the auditorium. For more information Contact Memory Care Director Bethany at 603-924-3691 ext. 207



It's almost that time, when our garden boxes in the backyard look like there straight out of a page of Better Homes and Gardens magazine. For a successful garden you must plan ahead.

Early March is a great time for starting seeds indoors to grow warm-weather summer vegetables. By the time the weather warms up to their liking (consistently above 50°F nighttime temperatures), the seeds you started indoors in March will be big enough to transplant into the garden.

Begin seeds of summer-flowering annuals indoors. Crops such as marigolds, zinnias, sunflowers, cosmos, pansies, and snapdragons all germinate easily indoors. They'll be fit for planting out in the garden as soon as the last frost date has passed.

Note that pansies and snapdragons are more cold-hardy than other annuals. Pansies can even handle a bit of snow! A covered space close to the home may be enough to protect them from a cold snap. Otherwise, bring the pots into a garage if super-cold weather is predicted.

"Spring adds new life and new beauty to all that is."



Facts about St. Patrick's Day

St. Patrick wasn't Irish, but British, kidnapped as a teen to be a slave in Ireland, later escaping to return as a missionary; other facts include he wasn't officially a saint and didn't banish snakes (none in Ireland, due to the ice age).



The shamrock Was Used by Christian Missionaries to Explain the Holy Trinity.

The humble shamrock had a serious job. St. Patrick used its three leaves as a teaching tool to explain the Christian Holy Trinity to pagan Irish communities. It was simple, visual, and surprisingly effective. While the shamrock became a symbol of Irish identity, it's not Ireland's official national emblem. That title belongs to the harp.

Finding a Four-Leaf Clover Has 1-in-10,000 Odds.

While the three-leaf shamrock is the holiday's poster plant, it's the elusive four-leaf clover that symbolizes good luck. Your chances of finding one? Roughly 1-in-10,000. That rarity has cemented its status as a good luck charm, adding a layer of magical mystique to the St. Patrick's Day hunt.

"Drowning the shamrock" is an Irish Tradition for Good Luck. An old Irish custom known as "drowning the shamrock" involves dropping a shamrock into a glass of whiskey before drinking it as a toast to St. Patrick. Legend has it that the ritual began after St. Patrick reprimanded a bartender for a stingy pour, sparking a tradition of generosity on his feast day.

WELCOME HOME

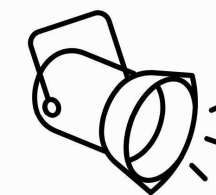


Please welcome Kenny & Diane to our Scott-Farrar community. They come to us from Keene NH, where they lived as a married couple for 54 years. Diane worked as a book keeper and Kenny was a

manufacturing engineer. Both enjoy cards, games, walking, snowshoeing and Kenny enjoys automobiles. They both enjoy their mornings in the Café getting to know everyone, so stop in to grab something hot and chat with this lovely couple.

UPCOMING EVENTS

- 3/08 Daylight Savings Time
- 3/08 International Woman's Day
- 3/10 Resident Meeting
- 3/10 Shopping Day
- 3/12 Monadnock Music
- 3/16 Food Meeting
- 3/17 St. Patrick's Day Celebration
- 3/19 Death Café with Jessica Johannson
- 3/20 Happy Hour with music from The Grateful Dad's
- 3/26 Speaker Kevin Gardner "Rock Walls of New England"
- 3/26 Red Sox Opening Day party
- 3/27 Harris Center - Foxes
- 3/31 Armchair Travel to Brazil



Activity Spotlight

We're setting sail on a game show adventure with a twist on **The Price is Right**. Every other Wednesday at 11:00am we will put out before you some items for you to guess the price of in the 1950s. The resident with the most correct guesses, wins a prize!

We are also bringing back "All About Art with Joanne". This is an art forum that begins with a short video followed by an informal discussion on art topics.



Maple Sugaring season in New Hampshire

In the Monadnock region of New Hampshire, maple sugaring season is a fleeting, hard-won bridge between winter's grip and spring's arrival. In the Monadnock region, locals often say, **"When the wind's in the West, the sap runs the best."**

Usually beginning in late February and stretching through early April, the season is entirely dependent on a delicate atmospheric dance: nights that drop below freezing and days that warm into the 40s. In sugarhouses from Temple to Westmoreland, the air becomes thick with "sweet steam" as sap—which is 98% water—is boiled down in massive evaporators. It takes 40 gallons of sap to make one gallon of syrup. It's a process of refinement that requires constant vigilance, late nights, and a deep respect for the rhythm of the trees.

This process involves concentration and distillation, much like the evaporator boils away the excess to leave behind the rich, golden essence, the later years of a seniors life often involve stripping away the superficial noise to focus on what is truly substantive.

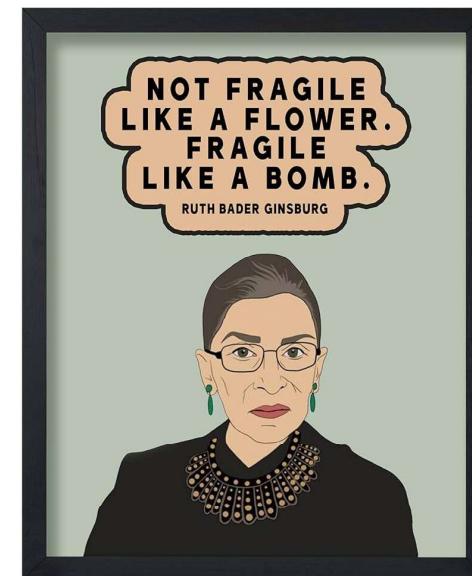


National Women's History Month, celebrated every March, serves as a vital period for reflection and education, ensuring that the contributions of women are woven into the fabric of our history rather than left as footnotes.



Throughout history, woman trailblazers across all disciplines have shattered barriers to pave the way for future generations.

In the realm of civil rights and social justice, figures like Harriet Tubman, who led hundreds to freedom on the Underground Railroad, and Rosa Parks, whose defiance sparked the Montgomery Bus Boycott, remain monumental symbols of resistance. The fight for voting rights was championed by pioneers such as Susan B. Anthony and Elizabeth Cady Stanton, while Shirley Chisholm later broke political glass ceilings as the first Black woman in Congress and the first woman to run for a major party's presidential nomination. In the sciences, Marie Curie's Nobel Prize-winning work in radioactivity and Katherine



Johnson's critical calculations for NASA's space missions proved that intellectual brilliance knows no gender.

By honoring these and countless other women, National Women's History Month inspires young girls to see themselves as the next generation of leaders and innovators.





While many think of the Robin as the first sign of spring, any Monadnock birder will tell you that the **Red-winged Blackbird** is the more reliable messenger. Typically arriving in early March, the males return first to claim their territory in local marshlands and roadside ditches.

Their distinctive, liquid *oak-a-lee!* (or *kong-ka-reeeee!*) is often the very first song heard across the frozen landscape. It is a bold, brassy sound that cuts through the March wind. There is something admirable about these birds; they don't wait for the "perfect" weather. They arrive while snow still blankets the cattails, relying on their internal clock and the strength they've built during their southern journey. They remind us that there is great power in showing up early and claiming your space, even when the environment is still a bit chilly.

Here are the birds you can expect to see in the Monadnock region during March:

Common Grackle: You'll see these iridescent birds in large, noisy flocks, often foraging on the ground.

American Robin: While some overwinter, large numbers return in March to hunt for worms in softening soil.

American Woodcock: Known for their "peent" calls and dramatic "sky dance" displays at dusk in open fields.

Turkey Vulture: Look for their "V" shape silhouettes rocking in the wind as they return from the south.

Eastern Phoebe: This small flycatcher usually arrives in the latter half of March, often near bridges or eaves.

As the ice begins to break on the Contoocook River and local ponds, look for these waterfowl (Moving North):

Canada Geese: Frequent flyovers in large "V" formations.

Hooded Merganser: Striking ducks with fan-like crests, often seen in pairs on open water.

Common Merganser: Larger, sleeker ducks that frequent the river.

Wood Duck: These colorful ducks return as soon as there is a patch of open water near wooded wetlands.

Some great places in our community to bird watch:

MacDowell Reservoir: Great for waterfowl and early black birds.

The Harris Center (Hancock/Peterborough line): Excellent trails for seeing forest residents and woodcocks.

Contoocook River Park: A good spot to check for open water and returning ducks.

