

St. Francis Woods March

WHO IS ST. PATRICK?



Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and it's national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to it's people. In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend of St. Patrick is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

St. Patrick's Day is celebrated annually on March 17. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast on the traditional meal of Irish bacon and cabbage. Please enjoy St. Francis' Woods classic Irish feast served by Taronda and staff March 17, 2023. Have a happy St. Patrick's Day from all of us at St. Francis Woods!

MARCH BIRTHDAYS:

RESIDENTS:

9th Mary H.

19th Ed M.

22nd Marylin H.

25th Francine J.

28th Rosie N.

28th Betty W.

29th Joyce L.

30th Mary H.

STAFF:

11th Lakeisha T. (CNA)

12th Brenda M. (LPN)

22nd LaTima (CNA)

March is National Nutrition Month

“Nutrition is significant factor in life. Eating healthy meals together with friends will help improve both your health and social skills. I care about your total happiness here at St. Francis Woods. Let’s talk about food and how it can improve our way life!”

-Chef Taronda



HOW TO OBSERVE NATIONAL NUTRITION MONTH

1. Move your body!

Nutrition doesn’t end at what we eat. The Academy of Nutrition and Dietetics encourages making exercise an integral part of our lives. Be sure to engage during our exercises before lunch!

2. Eat Mindfully!

Put distractions away at mealtime to truly savor everything you love about food.

3. Meet with a dietitian!

Dietary Manager, Taronda Bell is happy to meet with any resident that would like to talk about their diet. Afterall, a healthier, happier outlook on life is priceless!

WHY NATIONAL NUTRITION MONTH IS IMPORTANT

1. It’s an excuse to reset!

This month gives us an opportunity to reflect inward and make tangible changes to our diets or workout regimens. It could be as simple as adding another veggie or fruit to every meal.

2. We’ll look (and feel) better!

When we eat real, nourishing foods, we’re getting a wealth of vitamins and minerals that support not only healthy internal function, but give skin, hair, and nails an extra glow. Look good, feel good.

3. It fosters a community!

Join us for out cooking classes this month to create nutritional snack with friends.

HA
HA
HA

1. Why shouldn’t you borrow money from a leprechaun?
2. What do you call a big Irish Spider
3. What’s Irish and stays out all night?

4. Yellow and blue combined you’ll see; if you don’t want a pinch, be sure to wear me!
What am I?

5. When is an Irish potato not an Irish potato?



1. They’re always a little short. 2. Daddy Long Leg 3. Paddy O’Furniture 4. The Color Green 5. When it’s a French fry

Resident Spotlight

Meet Ruth!

Ruth was born in Japan and lived there until 3 years old when her father was transferred to a base in California. She remained in California with her parents until the passing of her father when she was only a young girl. At the very young age of 15, Ruth stepped up to help her mother, grieving from the loss of Ruth's father, and raised her 5 siblings with the help of Grandma Arnold. Ruth went to school in the morning and worked at night to support her family and eventually became a nurse practitioner.

At 18 she married and continued to work until retiring to become her mother's caretaker. When her mother moved into assisted living, Ruth came to Peoria to move closer to her sister, Rosemary. When Rosemary passed, she moved into St. Francis Woods. Ruth is excited about helping others and having a purpose. Ruth's word of wisdom is to "believe in God and love Him with all of your heart."



Ruth Leible

Employee Spotlight

Get to know Taronda!

Taronda was born right here in Peoria, IL. She enjoys cooking and taking care of the elderly. When she isn't working she is in a book club and enjoying her charity work with the homeless.

She is a mentor and a poet. Taronda's favorite quote is "Life is an Opportunity"

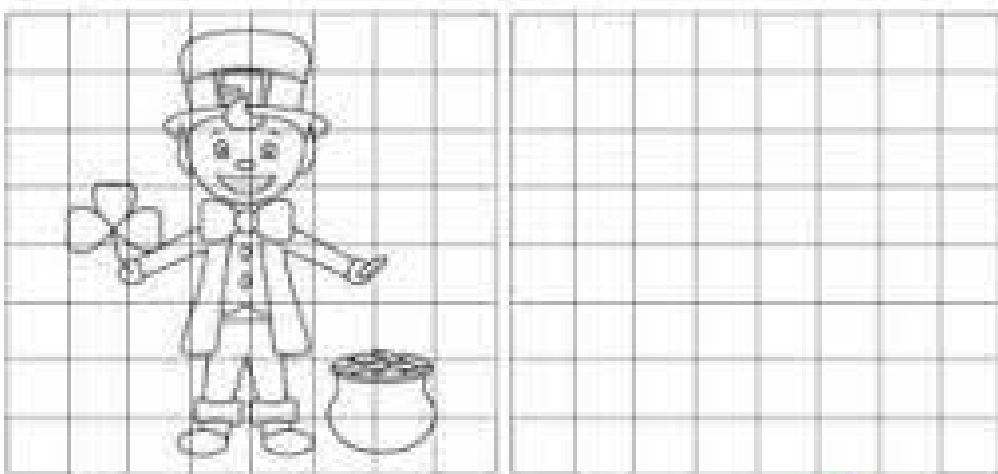


Taronda Bell

Stop by the kitchen and say hi to Taronda!

Cut Here and Return Completed Puzzle to Steve to win a prize!

Copy the Leprechaun



Draw a leprechaun by copying each grid of the square!

Name: _____

Room Number: _____

FREE
(or almost free)
**Things to do this
 month in Peoria!**

Farmers Share

of the Food Dollar Breakfast

\$1.25



PHOTO CONTEST DISPLAY
 FARM TRACTORS
 AGRICULTURAL EXHIBITS
 SILENT AUCTION
 LOCALLY MADE PRODUCTS

Expo Gardens
Saturday, March 11
Serving 7AM - 11AM

Breakfast Includes:

- 2 scrambled eggs
- 2 pancakes, butter, & syrup
- 2 sausage patties
- 8 oz milk
- 8 oz orange juice

Lily Show

at Luthy Botanical Garden

March 17 - April 9



Explore and experience the lily show, themed “The Secret Garden,” displayed in the lush, tropical Conservatory! A community tradition, this show is a wonderful way to greet spring. Admission is free; donations are appreciated!

10am-5pm; gates close at 4:30pm



For the entire month of March, we will be accepting poetry submissions for a chance to win a \$30 Barnes and Noble gift card! Any poetry format (blackout, soliloquy, etc.) will be accepted. Submit your poetry with contact information in person to any library location or online at sethPPLcontest@gmail.com. Winner will be announced early April just in time for National Poetry Month! For teens and adults. Please call 309-497-2600 with any questions.

*Sponsored by the Peoria Public Library



Wednesday March 15, 2023
 at 10:00AM

Admission: FREE!

Spring Home Show Please join us for Senior Day on the third Wednesday of each month where members and seniors 60+ can enjoy all exhibitions and daytime planetarium shows for free!! Join us on **March 15th**, Virtual Presentation with Sarah Marcotte, the Public Engagement Specialist with NASA/Jet Propulsion Laboratory in the Gilmore Auditorium. Sarah Marcotte will be giving a high-level Mission Update on the Mars 2020 mission. Guests will then be able to explore the “Mars” Exhibition and more.

March Open House

Be sure to invite your friends and family to our St. Patricks Day Party!! Join us March 23 at 6:00PM.