

WELCOME
MARCH



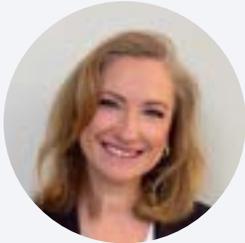


Meet the Leaders

SERVING OUR COMMUNITY



Ryan Walsh
Executive Director
(608) 320-4461
rwalsh@encorecares.com



Sarah Wells
Director of Sales and Marketing
(608) 886-6711
swells@encorecares.com



Christine Aaberg
Life Enrichment Director
caaberg@encorecares.com



Dave Mullins
Director of Dining Services
dmullins@encorecares.com

Each team member brings a commitment to the people who call this community home.



“It has always been about the residents and building relationships that matter most.”

Ryan has more than 25 years of experience in senior living, focusing on consistency, communication, and trust.

“Building meaningful relationships with seniors and their families is what this work means to me.”

Sarah supports residents and families with guidance, clarity, and care throughout their journey.

“I find fulfillment in creating connection and joy for others.”

Christine leads engagement and daily experiences that encourage friendship and purpose.

“What I do directly affects residents’ well-being.”

Dave oversees dining with an emphasis on nourishment, enjoyment, and dignity.

Our leadership team is here to listen, support, and work alongside you. Please feel free to stop by, say hello, and get to know them.

*“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

Resident Spotlight

Kathy H

Where were you born?

Appleton WI

Where did you go to High School?

Stevens High School

What was your occupation?

Activity Coordinator and Editor

What are you most proud of in your career?

Being and editor in Boston!

What are you most proud of in your life?

My wonderful daughters

Favorite TV show or movie:

I enjoy many, cant pick just one.

Favorite food:

Olive Garden

Favorite season and why?

Autumn for the beautiful leaves.



YOU ROCK!

Employee Spotlight

Mamie

What is your favorite thing about working at Courtyard at Fitchburg?

Getting to know the residents personally, I love to learn about their history and hear stories.

Who is apart of your family?

My family includes: Khloe, bonus Child Kaiya and Myself

What is on your bucket list?

Would love to visit Thailand, looks so beautiful!

Favorite concert?

Mary J Blige

If you could do any other job for one day, what would it be?

Real Housewives of Atlanta

Dream Vacation?

Paris, France!

Favorite restaurant:

Steakhouse



Thank You!

Entertainment/ Special Guest's this Month!!

3/3, 3/17, 3/31 - Breathwork with Jo @ 10:30

3/3 - Musical performance by Richard Shaten @3:00

3/5- Pen and Keychain making with Katie from Brighton Hospice @ 11:00

3/11, 3/25- Communion with Deacon Todd @10:30

3/11 - Entertainment by Greg Rogalinski @3:00

3/12 - Powerback Rehab Seminar @ 2:00

3/18, 3/23 Spring Election Voting with Fitchburg City Clerk @1:00

3/19 - Top Shelf Soiree' @ 4:00

3/25- Polka Music by Mike Schneider @ 3:00





HAPPY

CARNIVAL

Purim
March 2nd



Please join us to celebrate

ST. PATRICK'S DAY

Party | Special Drinks | Games

17 MARCH

3:00 Tuesday March 17th 2026
In The Lobby!

Let's celebrate together!



Cocktails



& Culprits

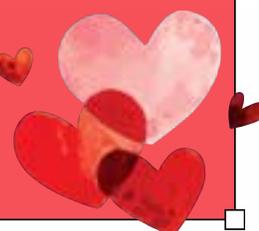
A MURDER MYSTERY PARTY!
MARCH 26TH AT 3:00 IN THE LOBBY



WOMEN HISTORY MONTH



February 2026



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