

March 2022

# The Care Center Courier

Normandy Care Center | 22709 Lake Rd. Rocky River, OH 44116 | (440) 333-5400 |

## Meet the Team

Interim Administrator – Ilana  
Facter

Assistant Administrator – Omar  
Hamed

Director of Nursing – Sue  
Williams

Business Office Manager –  
Jeannie Kucinski

Human Resources Director –  
Paula Mulder

Social Services – Ginny Moes

Admissions & Marketing Director  
– Shannon Laurenzi

Director of Life Enrichment –  
Samantha Manzuk



THE  
NORMANDY  
SENIOR LIVING





## Family Information

With spring approaching, and life at The Normandy Care Center returning normal, we are asking for your help in reorganizing our residents' rooms. This is a great opportunity to switch out seasonal clothing items, products, or other items that will be needed for the upcoming spring and summer months. If you have any questions or concerns, feel free to reach out to Samantha Manzuk, Director of Life Enrichment at 216-801-4160.



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## Virtual Visitation

If you are looking to schedule a virtual visit with a resident of the Normandy Care Center you can find our visitation on Calendly.com. The visitation link is :

<https://calendly.com/normandycarecenter/visitation>

You can also call Samantha Manzuk, Director of Life Enrichment at 216-801-4160, or e-mail [SManzuk@thenormandy.com](mailto:SManzuk@thenormandy.com)

## Physical Fitness

### **Melissa Renner**

Melissa is Active for Life's founder and has been working in the fitness industry for over a decade. She decided to create Active For Life in order to ensure exercise prescriptions are also provided for populations that tend to be neglected. This ensures that both the general population and special populations equally receive the health, wellness and fitness instruction they need to live life to the fullest.

Melissa Renner is the Founder of Active For Life, the creator of Active For Life's TAP TIME™, SEATED RHYTHM™, and Brain & Body programs, and the inventor of the patent pending tap shoe covers and hand tap covers.



Melissa will be visiting the Normandy Care Center for Seated Rhythm classes on Thursdays starting in February! Check the Activity Calendar for times and locations.

## Baking Club



**Tuesday March 8<sup>th</sup>  
Individual Mug Cakes**



**Tuesday March 15<sup>th</sup>  
Irish Soda Bread**



**Tuesday March 22<sup>nd</sup>  
No-Bake Cookie Dough Bites**

## Jewelry Crafts



**Wednesday March 2<sup>nd</sup>  
Shamrock Earrings**

**Wednesday March 9<sup>th</sup>  
Pressed Shamrock Necklace**



**Wednesday March 16<sup>th</sup>  
Irish Bead Bracelet**

**Wednesday March 23<sup>rd</sup>  
Floating Green Bead Necklace**



**Wednesday March 30<sup>th</sup>  
Leprauchan Dust Neckalce**





# March 2022

<p><b>6</b></p> <p>11:15 AM Rocky River Presbyterian Church Service - YouTube <b>WC</b> 1:30 PM St. Christopher Catholic Mass - YouTube <b>WC</b> 2:30 PM One-on-Ones <b>T</b> 3:30 PM Sunday Word Games <b>WC</b> 6:00 PM Bingo <b>EC</b></p>	<p><b>7</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Manicures and Nail Care <b>WC</b> 2:30 PM Bingo <b>RDR</b> 3:30 PM 6:00 PM Beauty and the Beast Stage Musical - on YouTube <b>WC</b></p>	<p><b>8</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Tuesday Trivia <b>WC</b> 2:30 PM Baking Club <b>RDR</b> 3:30 PM Tabletop Games <b>RDR</b> 6:00 PM Men's Card Club <b>WC</b></p>	<p><b>9</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Jewelry Crafts <b>RDR</b> 3:30 PM Music with Joy <b>RDR</b> 4:30 PM Rosary <b>RL</b> 6:00 PM Bingo <b>WC</b></p> <p>Ash Wednesday</p>	<p><b>10</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Name That Tune <b>RDR</b> 2:30 PM Bowling <b>RDR</b> 3:45 PM Seated Rhythm with Melissa <b>RDR</b> 6:00 PM Short Story Book Club <b>RL</b></p>	<p><b>11</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Gardening Club <b>RDR</b> 2:30 PM Resident Council <b>C</b> 3:30 PM Happy Hour Social <b>I RDR</b> 6:00 PM Sleeping Beauty Russian State Ballet on YouTube <b>WC</b></p>	<p><b>12</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Tabletop Games <b>RL</b> 2:30 PM Bingo <b>RDR</b> 3:30 PM One-on-Ones <b>T</b> 6:00 PM Evening Social <b>RDR</b></p>
<p><b>13</b></p> <p>11:15 AM Rocky River Presbyterian Church Services - YouTube <b>WC</b> 1:30 PM St. Christopher Catholic Mass - YouTube <b>WC</b> 2:30 PM One-on-Ones <b>T</b> 3:30 PM Sunday Word Games <b>EC</b> 6:00 PM Bingo <b>WC</b> Daylight Saving Time Begins</p>	<p><b>14</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Manicures and Nail Care <b>WC</b> 2:30 PM Bingo <b>RDR</b> 3:30 PM 6:00 PM Cirque du Soleil - Kurtos - on YouTube <b>WC</b></p>	<p><b>15</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Tuesday Trivia <b>WC</b> 2:30 PM Baking Club <b>RDR</b> 3:30 PM Tabletop Games <b>RDR</b> 6:00 PM Men's Card Club <b>WC</b></p>	<p><b>16</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Jewelry Crafts <b>RDR</b> 3:30 PM Music with Joy <b>RDR</b> 4:30 PM Rosary <b>RL</b> 6:00 PM Bingo <b>EC</b></p> <p>Purim Begins</p>	<p><b>17</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 11:45 AM Seated Rhythm with Melissa <b>RDR</b> 1:30 PM Name That Tune <b>RDR</b> 2:30 PM St. Patrick's Day Party <b>RDR</b> 6:00 PM Celtic Woman 2009 on YouTube <b>WC</b> St. Patrick's Day</p>	<p><b>18</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 2:30 PM Craft Corner <b>RDR</b> 3:30 PM Happy Hour Social <b>I RDR</b> 6:00 PM Short Story Book Club <b>RL</b></p>	<p><b>19</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Tabletop Games <b>RL</b> 2:30 PM Bingo <b>RDR</b> 3:30 PM One-on-Ones <b>T</b> 6:00 PM Evening Social <b>RDR</b></p>
<p><b>20</b></p> <p>11:15 AM Rocky River Presbyterian Church Service - YouTube <b>WC</b> 1:30 PM St. Christopher Catholic Mass - YouTube <b>WC</b> 2:30 PM Burke Irish Dancers <b>EC</b> 3:30 PM Sunday Word Games <b>WC</b> 6:00 PM Bingo <b>EC</b> Spring Begins</p>	<p><b>21</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Manicures and Nail Care <b>WC</b> 2:30 PM Bingo <b>RDR</b> 3:30 PM 6:00 PM Apollo Orchestra - Millennium Stage - on YouTube <b>WC</b></p>	<p><b>22</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Tuesday Trivia <b>WC</b> 2:30 PM Baking Club <b>RDR</b> 3:30 PM Tabletop Games <b>RDR</b> 6:00 PM Men's Card Club <b>WC</b></p>	<p><b>23</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Jewelry Crafts <b>RDR</b> 3:30 PM Music with Joy <b>RDR</b> 4:30 PM Rosary <b>RL</b> 6:00 PM Bingo <b>WC</b></p>	<p><b>24</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Name That Tune <b>RDR</b> 2:30 PM Bowling <b>RDR</b> 3:30 PM Resident's Choice <b>RDR</b> 6:00 PM Short Story Book Club <b>RL</b></p>	<p><b>25</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Gardening Club <b>RDR</b> 2:30 PM Craft Corner <b>RDR</b> 3:30 PM Happy Hour Social <b>I RDR</b> 6:00 PM Pittsburgh Symphony Orchestra on YouTube <b>WC</b></p>	<p><b>26</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Tabletop Games <b>RL</b> 2:30 PM Bingo <b>RDR</b> 3:30 PM One-on-Ones <b>T</b> 6:00 PM Evening Social <b>RDR</b></p>
<p><b>27</b></p> <p>11:15 AM Rocky River Presbyterian Church Service - YouTube <b>WC</b> 1:30 PM St. Christopher Catholic Mass - YouTube <b>WC</b> 2:30 PM One-on-Ones <b>T</b> 3:30 PM Sunday Word Games <b>EC</b> 6:00 PM Bingo <b>WC</b></p>	<p><b>28</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Manicures and Nail Care <b>WC</b> 2:30 PM Bingo <b>RDR</b> 3:30 PM 6:00 PM Don Quixote Royal Ballet on YouTube <b>WC</b></p>	<p><b>29</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Tuesday Trivia <b>WC</b> 2:30 PM Resident Birthday Party <b>RDR</b> 3:30 PM Tabletop Games <b>RDR</b> 6:00 PM Men's Card Club <b>WC</b></p>	<p><b>30</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 1:30 PM Jewelry Crafts <b>RDR</b> 3:30 PM Music with Joy <b>RDR</b> 4:30 PM Rosary <b>RL</b> 6:00 PM Bingo <b>EC</b></p>	<p><b>31</b></p> <p>11:15 AM Coffee &amp; The Chronicle <b>T</b> 2:00 PM St. Panteleimon Prayer Service <b>RDR</b> 3:30 PM Resident's Choice <b>RDR</b> 6:00 PM Short Story Book Club <b>RL</b></p>	<p><b>MDR</b> - Main Dining Room <b>RDR</b> - Regency Dining Room <b>RL</b> - Resident Lounge <b>C</b> - Conference Room <b>EC</b> - East Wing Common Area <b>WC</b> - West Wing Common Area <b>T</b> - Travelling</p>	

## Arts & Crafts



### **Friday March 4<sup>th</sup> String Flower Painting**



### **Friday March 18<sup>th</sup> Paper Quilt Squares**



### **Friday March 25<sup>th</sup> DIY Perfume**

## Spiritual Programs

**Wednesdays**

Rosary 4:30 PM



Join us in the Resident Lounge to pray the Rosary  
\* Rosaries can be provided by the Life Enrichment Department if needed

**Thursdays**

Gerald Largent from St. Panteleimon Orthodox Christian Outreach will be here on 3/3 and 3/31 at 2:00 PM for an in-person prayer service.

**Sundays**

Full church services on YouTube from local congregations

11: 00 AM Rocky River Presbyterian Church Service in the Resident Lounge



2:30 PM St. Christopher's Catholic Mass in the Resident Lounge





## Friday Happy Hour



Every Friday in March the Life Enrichment Department will be offering Happy Hour cocktails, mocktails, and non-alcoholic beer and wine. Come and try something delicious drinks and snacks, and enjoy a soothing social hour!



## March's Signature Cocktail

### Let Your Voice Be Heard!

Is there something you've been wanting to say? Maybe a compliment about a staff member, or a suggestion for the chef?

**Resident Council** – A place to discuss your care here at the Normandy. We will cover all aspects including: Nursing, Caregivers, Maintenance, Housekeeping, Laundry, and Activities.

**Food Committee** – Something specifically food related? Our very own Director of Food Services will be there to take your questions, comments, and concerns

Friday March 11, 2022  
2:30 PM – Conference Room

This is a closed event, for residents only, if a staff member would like to be present, they must be invited to attend by the Resident Council.

## March Birthdays

Greg Jeffries 3/1  
Clark Moore 3/6  
James Reagan 3/8  
Janice Kemp 3/14  
Joan Hubbard 3/22  
Donna Tackett 3/26

## March's Birthstone - Aquamarine



March's birthstone, aquamarine, is a gorgeous ethereal pale blue gem that is most frequently found in the western United States and Brazil. Its name is latin for "water of the sea", a fitting title for this blue-hues stone. Deeply blue aquamarines are the most valuable, though sometimes the gem can have a slight hint of green. The green stones are sometimes changed to blue by heating them in an electric furnace to 824 F (450 C). Aquamarine's watery color has made it a symbol of the purity of oceans

## March's Flower - Daffodil



By the time March rolls around, most of us are more than ready for spring to return. Finally, the snow begins to melt, and when the green stems of the daffodils shoot up toward the sky it's official – spring has finally sprung! Though most parts of the daffodil plant are considered poisonous if consumed, it does have medicinal uses. The Japanese have used the bulb to treat wounds, and in some parts of the world, a compound called galantamine – found in the flower – is being studied to combat Alzheimer's disease.