




Our residents enjoying the various activities that we plan for them everyday!

# CELEBRATING AROUND CAMPUS



March Birthdays	
Iris Engl	3/6
Gary Beidler	3/19
Sophia Leftowitz	3/19
Barbara Tabaczynski	3/27
Marguerite Oatmeyer	3/28
Staff BD	
Jacqueline Balance	3/26
Shaquawn Daniels	3/16
Daisia Holtz	3/3
Desiree Lewis	3/1
Employee Anniversaries	
Amberly Timm	3/20 6 y
Robyn Baron	3/21 1 y
Andrea Cherry	3/24 2 y
Claudia Smistek	3/24 2 y
Anginell Brown	3/25 3 y
Moshala Ford	2/13 6 y

IN MEMORIAM	
	Elizabeth Kent Former Terrace Resident
	Patricia Hatt Former Terrace Resident
	Marion Bush Former Terrace Resident
	Alice Przybyl Former Terrace Resident

## ABOUT OUR CAMPUS

### Luck Be a Lady

March is upon us. When I think of March I think about the First Day of Spring and St. Patrick's Day. When I think about St. Patrick's Day I think about clovers, green, leprechauns and luck.

Luck Be a Lady implies a wish for good fortune or to behave like a perfect lady. The phrase became popular from the film "Guys and Dolls". The film itself inferred it was a "Gambler's Plea" for good fortune or for his luck to stay just as a loyal lady would. Today it is used beyond this context and is used in everyday language. It is said to express hope for good luck or success. Some examples might be that it is said before a job interview or before an important meeting. So, the next time you want to wish someone good luck or good fortune use Luck Be a Lady and see their response.

March is also Social Work month and we are LUCKY to have a team of Social Workers across the campus to help our residents and their families. Their role is vital to the continuity of care across all levels. We appreciate their hard work and dedication to our organization.

Perhaps try your luck with March Madness and college basketball. This will be upon us before we know it. If you love sports and basketball this is the time. Many people will have brackets where they try to see who makes it to the championship game.

St. Patrick's Day in Buffalo has always been filled with memories of green beer and parades. If luck is on our side, this year it will be sunny and warm. May the luck of the Irish be with you for the month of March.

Tanya Cully  
Director of Social Work GHRC

## Health Tips

March is here and along with it comes a host of differences in how we feel. This is the time of year when the respiratory viruses come calling; influenza, RSV, pneumonia and Covid. Along with these wonderful respiratory illnesses also comes seasonal depression, low energy and also fatigue, basically the blahs. All of these may sound like bad luck.

Here are some things that can help get rid of some of those blahs and turn that luck around. Get out of the house if you can, go to the store or even to happy hour. See people but maybe wear a mask to protect yourself from others who do not even realize they are sick. I know it's cold out but consider even standing in the cold and looking at the beauty that surrounds you. Don't want to go outside? Open those curtains and blinds, crack the window and feel the cold fresh air if only for a few moments. There are days now that the sun is actually coming out! Bask in it. Keep moving even if it is walking in place, swing your arms, put on some happy music and dance around. Movement can help with your low energy and fatigue. Exercise and change of scenery can really help us during this time of year.

May luck be your lady with your health this chilly March.

## CONVERSATION CONNECTIONS

1. What are some of your favorite memories of St. Patrick's Day?
2. Do you like to go to the parade or eat corned beef and cabbage?





