

March 2024

# Oakcrossing News

peopleCare Oakcrossing LTC | 1242 Oakcrossing Rd | 519-641-0021 | [www.peoplecare.ca](http://www.peoplecare.ca)



## Celebrating March

**National Peanut Butter Day**  
*March 1*

**World Music Therapy Day**  
*March 1*

**World Day of Prayer**  
*March 1*

**World Wildlife Day**  
*March 3*

**National Oreo Day**  
*March 6*

**International Women's Day**  
*March 8*

**Maha Shivaratri**  
*March 8*

**Ramadan**  
*March 11*

**St Patrick's Day**  
*March 17*

**World Down Syndrome Day**  
*March 21*

**Palm Sunday**  
*March 24*

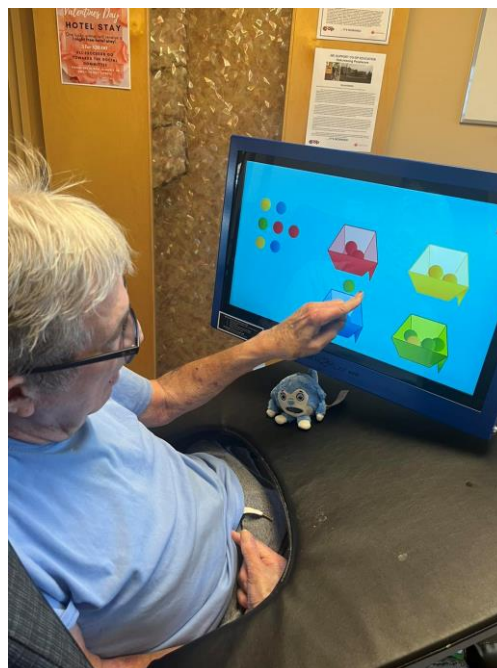
**Purple Day**  
*March 26*

**Good Friday**  
*March 29*

**Easter Sunday**  
*March 31*



Our Oakcrossing recreation department has purchased two brand new Touch2Play systems. These systems are designed to be easy to clean and sanitize, secure, durable and easy-to-maintain. These systems provide hours of entertainment in a variety of professional, medical and commercial environments. Games come preloaded and are selected to appeal to all audiences without any worry of inappropriate content. We have one system located in our Oakcrossing library, and the other system will float between each floor. Residents and visitors are welcome to use these Touch2Play systems at your leisure. Please contact Emily (DOP) if you have any questions.



## Jeopardy's Journey



Television quiz shows came under fire in the 1950s when it was discovered that contestants were given help and sometimes even answers by quiz show producers. The incredibly popular shows *Quiz Show*, *Twenty-One*, *Dotto*, and *The \$64,000 Question* were all revealed to have been rigged,

with contestants playing along to increase the dramatic tension and make the show more enjoyable for viewers. In 1960, Congress finally passed a law banning all fixing of quiz shows.

It's not surprising that many television networks were hesitant to produce any new quiz shows. But audiences craved them. In 1964, television producer Merv Griffin wanted to come up with a new game show. His wife, Julann, pitched him this idea: a show where the contestants were given the answer and challenged to come up with the question. For example, if the answer is 5,280, the question is, "What is, 'How many feet are in a mile?'" From that simple idea, the hit show *Jeopardy!* was born.

On March 30, 1964, *Jeopardy!* debuted, hosted by actor Art Fleming. It was a successful show, but after 11 years it folded. It was revived in 1984, this time hosted by Alex Trebek. For over three decades, Trebek reigned as the quintessential host of *Jeopardy!* With his poised demeanor and unmistakable voice, Trebek guided contestants through the challenging questions with wit and charm. He personified knowledge, embodying the essence of the beloved quiz show.

After Trebek's death in 2020, the show embraced a rotating roster of hosts, including notable figures like former contestant Ken Jennings and actress Mayim Bialik. Each host brought their unique flair while honoring Trebek's legacy. Beginning with Season 40, Jennings took the reins as full-time host. As the winner of 74 games of the show, there is no doubt that he's qualified for the job!

## Smoking Message

Attention residents, staff and visitors. Smoking is prohibited in front of the Oakcrossing LTC doors. You must be at least 9 meters from the entrance. It is everyone's responsibility to ensure these rules are followed. Thank you for your understanding.

Please join us on Friday March 1<sup>st</sup> @ 9:45am for a presentation on smoking safety by Middlesex-London Health Unit.





## In Praise of Weeds



Gardeners get giddy in March as the ground begins to thaw and green buds burst forth showing signs of spring. However, not all of those buds are welcome, and gardeners will begin their assault on unwanted weeds. But wait! Before you break your back pulling out garden

invaders, take some time to understand these pests. March 28 is Weed Appreciation Day.

Many weeds are native species of flowers that provide important pollen and nectar for bees and butterflies as well as seeds for a variety of birds. They may not be always be pretty, but they are important. For example, the humble clover may be undesirable, but it has tremendous benefits. It grows easily and in abundance, is a tasty and nutritious crop for grazing animals, fixes its own nitrogen (which means less need for fertilizer), and grows in a wide variety of climates and soils. It is also one of the honeybee's main sources of nectar.

Many other weeds are edible and healthy. The roots of the burdock plant are regularly eaten in Japan and Korea. They taste similar to artichokes and are high in fiber and potassium. Dandelion

and burdock are combined to make a tasty drink that is popular in England and tastes similar to root beer.

The leaves of lamb's quarters, also known as goosefoot or pigweed, are a good substitute for spinach. The seeds, known as quinoa, are a popular alternative to rice and other grains and are high in protein and vitamin A.

Purslane is eaten all over the world in salads, stir-fry dishes, and soups. It contains more of the all-important omega-3 fatty acids than any other leafy green. So this March, before you yank, consider whether that weed may actually be a boon for you and your woodland friends.

## Upcoming Council Meetings

Next **residents' council** meeting is March 5<sup>th</sup> @ 10:45am in the back lounge of Norway Spruce.

Next **family council meeting** is Wednesday March 20<sup>th</sup> @ 7:00pm via zoom. Zoom link will be sent the week of.

## *In Memory Of* Charlotte M, Ryan G & Anthony S

*Our deepest thoughts and sympathies go out  
to the family and friends.*

"He spoke well who said that graves are the  
footprints of angels.

~Henry Wadsworth Longfellow





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# St. Patrick's Day

## Word Search Puzzle

G M Q M J E P O J Z H K H C  
Y R C E L E B R A T E G W D  
V J E P O T P H N K O Z E T  
J D U E A X I O G L C F P P  
I V N V N I P R O V O F A A  
M A G I C U E S L Z I X Y T  
G E A N F A O E D R N U X R  
O K M A R C H S W X S D E I  
O L E P R E C H A U N V S C  
D D X K R Q A O C H O F H K  
L N Y F S Y P E N L J S J F  
U M V Q J Y T N C S U Y J J  
C R D V W A G I R E L A N D  
K P B Q H N R A I N B O W U

POT	CLOVER	CELEBRATE	HORSESHOE
PIPE	MARCH	GOOD LUCK	GOLD
LEPRECHAUN	HAT	COINS	RAINBOW
PATRICK	MAGIC	GREEN	IRELAND





# EASTER

## WORD SCRAMBLE



1. TABKSE \_\_\_\_\_
2. NBYNU \_\_\_\_\_
3. HICCK \_\_\_\_\_
4. ALCOTECHO \_\_\_\_\_
5. ANYDC \_\_\_\_\_
6. OECETADR \_\_\_\_\_
7. SERETA \_\_\_\_\_
8. SGGE \_\_\_\_\_
9. WFROELS \_\_\_\_\_
10. BJESNLAEYL \_\_\_\_\_

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## March Jokes

- What March flowers grow on face? **Tulips**
- What falls during March but never gets hurt? **Rain**
- What goes up when March comes down? **An Umbrella**
- Can February March? No, but **April May**
- Which type of bow can't be tired in March? **A rainbow**

## SPOT THE DIFFERENCE

Can you spot the 11 differences between these two pictures?



## February was Therapeutic Recreation Awareness Month

*Have you heard of Therapeutic Recreation? It's a health profession that uses meaningful participation in recreation and leisure as a process to help individuals with disabilities and/or limitations achieve quality of life, optimal health, and to maximize their independence and improve functioning.*

### Definition of Therapeutic Recreation

*Therapeutic Recreation is a process that utilizes functional intervention, education and recreation participation to enable persons with physical, cognitive, emotional and/or social limitations to acquire and/or maintain the skills, knowledge and behaviours that will allow them to enjoy their leisure optimally, function independently with the least amount of assistance and participate as fully as possible in society. Therapeutic Recreation intervention is provided by trained professionals in clinical and/or community settings.*

### What do TR Professionals Do?

- Work with persons who may benefit from assistance to improve their quality of life
- Use recreation and leisure to help maximize an individual's independence
- Make necessary adaptations to recreation and leisure opportunities to allow for full participation
- Educate individuals about the skills and resources required to participate in recreation and leisure

### TR Professionals use Recreation and Leisure to help people...

- Improve physical and cognitive abilities
- Increase confidence and self-esteem
- Foster greater involvement in the community
- Strengthen interpersonal skills and relationships
- Improve coping and adaptation skills
- Enhance wellbeing
- encourage a greater sense of accomplishment
- realize the benefits of a healthy leisure lifestyle

### Your Oakcrossing Rec Team:

- \* Rebecca C – White Pine
- \* Abbey M – Sugar Maple
- \* Alycia G – Juniper
- \* Chelsea H – Norway Spruce
- \* Matthew D
- \* Zeinab Z

**Please take a moment to recognize the Recreation team at Oakcrossing for their continued dedication in providing meaning and purpose in our residents' lives.**

# Reminisce

Every now and then you have time to reminisce  
Between the work and worries that occupy your days.  
On those days when the woes and cares are buried,  
You have the time to look at your life and see behind the scenes.

There are many things in the background that are buried  
By the troubles and the everyday things we all endure.  
Suppose we take our spare and free moments to look behind us  
Take the time to bring forth those thoughts and feelings hidden.

What an awakening we might have as we glimpse the past,  
The amazing things we see that have been there for years  
See love, births, deaths, the highest of highs and lowest of lows,

From all this we see one of the greatest gifts we have had,  
Clarity

Bob Morrison  
2<sup>nd</sup> Floor Sugar Maple

*Stay tuned for a published poem book written by Robert Morrison.*



## March Birthdays

Resident	Birthday
Mary V	March 06
Mary M	March 11
Monique P	March 14
Marjorie S	March 16
Marlene H	March 17
Doreen B	March 19
Marion M	March 20
Donald O	March 20
Brenda B	March 22
Ray R	March 29
Jean T	March 29

## Welcome to Oakcrossing



**Karl Winter** – Sugar Maple

*We look forward to getting to know you.*



## Famous March Birthdays

Those born from March 1–20 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional. If you were born between March 21–31, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence mean they have big and outgoing personalities.

Dr. Seuss (author) – March 2, 1904

Jackie Joyner-Kersey (athlete) – March 3, 1962

Lou Costello (comedian) – March 6, 1906

Sam Donaldson (journalist) – March 11, 1934

Geoff Sprung (OD Bassist) – March 17<sup>th</sup> 1978

Glenn Close (actress) – March 19, 1947

Chaka Khan (singer) – March 23, 1953

Danica Patrick (driver) – March 25, 1982

Walt Frazier (ball player) – March 29, 1945

Gordie Howe (hockey player) – March 31, 1928

## Verses and Voices



World Poetry Day, initiated by UNESCO in 1999, arrives on March 21 to honor globally the artistry and diversity of poetry. It pays

homage to poets who craft words into emotion, images, and storytelling, transcending boundaries and enriching human experiences.

You can mark the occasion by sharing favorite poems with friends or family, attending poetry readings or events, or even trying your hand at writing a short poem. Dive into different poetic styles, from traditional sonnets to modern spoken word, exploring the richness of expression they offer. You might also support local poets or poetry organizations, sharing their work on social media or attending their performances. Whether you choose to write, read, or listen to poetry performed, World Poetry Day invites us to immerse ourselves in the beauty and power of words.