

## A Note From Our Administrator

Greetings Everyone! The Eagles have lost their bid for the Super Bowl trophy and we are all disappointed but it has been a wild ride and there is always next year!

March is here and while we have had a mild winter, everyone is looking forward to the coming of spring. There is something about bird song and the promise of a garden in bloom that draws us all out onto our patio.

To quote the columnist Doug Larson, "Spring is when you feel like whistling, even with a shoe full of slush."



*Sunil Chacko, NHA*

Administrator, Renaissance Healthcare & Rehabilitation Center

## Our Department Leaders

- **Sunil Chacko, NHA**  
Administrator
- **Christina Bond**  
Director of Nursing
- **Gabrielle Winchester**  
Admissions Coordinator
- **Tammy Sears**  
Human Resources/Payroll
- **Yvette "Vickie" Chase**  
Business Office Manager
- **Dr. Joshua Uy**  
Medical Director
- **Getachew Temesgen**  
Staff Development/  
Infection Control
- **Christine Eagan**  
Activities Director
- **Daina Parackel**  
Director of Rehabilitation
- **Lynn Collins**  
Dietitian
- **Natasha Soto**  
Director of Food Services
- **Qumarah Leggett**  
Central Supply
- **Ira Gray**  
Director of Maintenance
- **Darlene Brown**  
Director of Housekeeping
- **Julie Borisova**  
Social Services
- **Megan Kranicki**  
RNAC



Fly Eagles Fly!



Miss Margaret and daughter Renee doing the Eagles Fight Song



Valentine's Day cards from St. Francis DeSales Prep



Valentine's Day Dance with Jimmy Wells

# March 2023 Activity Calendar

## Resident Birthdays

Valarie S. · 3/03  
 Rose W. · 3/07  
 Margaret R. · 3/08  
 Dicy J. · 3/11  
 Hazel J. · 3/11  
 Tiffany K. · 3/12  
 Brenda G. · 3/15  
 Dianna H. · 3/23  
 Sara H. · 3/30

## Staff Anniversaries

Tadesse M. · 20 years  
 Dorian W. · 10 years  
 Jeanette J. · 5 years  
 Michelle W. · 5 years  
 William B. · 4 years  
 Monica H. · 3 years  
 Dennis B. · 2 years  
 Thomas S. · 2 years  
 Brittany K. · 1 year  
 Thais M.-G. · 1 year



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MARCH</b>			1 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Famous & Unknown Women (2) 2:00 Black Women of Jazz (2) 3:00 Classic TV	2 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 You Be the Judge (1) 2:00 The Week in Sports (2) 3:00 Total Request Live	3 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Bingo (1) 2:00 Wildlife Facts (2) 3:00 Viewers' Choice	4 10:00-12:00 Exercise, Morning Chatter 2:00-4:00 Movie Matinee
5 10:00-12:00 Exercise, Daily Bread 2:00-4:00 Bible Study Movie Matinee	6 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Bingo (1) 2:00 Let's Talk Tennis (2) 3:00 Total Request Live <b>PURIM</b>	7 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Kitchen Kapers (1) 2:00 Concentration (2) 3:00 Viewers' Choice	8 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Women Authors (1) 2:00 What Does Your Name Mean? (2) 3:00 Classic TV	9 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Nat'l Anthem Day (1) 2:00 The Week in Sports (2) 3:00 Total Request Live	10 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Bingo (1) 2:00 Harriet Tubman Day (2) 3:00 Viewers' Choice	11 10:00-12:00 Exercise, Morning Chatter 2:00-4:00 Movie Matinee
12 10:00-12:00 Exercise, Daily Bread 2:00-4:00 Bible Study Movie Matinee <i>Spring Forward</i>	13 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Bingo (1) 2:00 States Trivia (2) 3:00 Total Request Live	14 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 What is Science? (1) 2:00 Kitchen Kapers (2) 3:00 Viewers' Choice	15 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Women Comedians (1) 2:00 Women Who Made History (2) 3:00 Classic TV	16 10:00 Game Show TV 11:00 Food Comm. Mtg. (1) 11:30 Morning Chatter 2:00 Resident Council Mtg. (1) 2:00 The Week in Sports (2) 3:00 Total Request Live	17 <b>WEAR IT GREEN DAY</b> 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Entertainment w/ Jimmy Wells <b>St. Patrick's Day</b>	18 10:00-12:00 Exercise, Morning Chatter 2:00-4:00 Movie Matinee
19 10:00-12:00 Exercise, Daily Bread 2:00-4:00 Bible Study Movie Matinee	20 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Bingo (1) 2:00 You Be the Judge (2) 3:00 Total Request Live	21 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Name 10 (1) 3:00 Poetry Reading (2) 3:00 Viewers' Choice	22 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 What is Ramadan? (1) 2:00 Finishing Lines (2) 3:00 Classic TV <b>KAMADAN</b>	23 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Women Chefs (1) 2:00 The Week In Sports (2) 3:00 Total Request Live	24 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Movie Matinee (1) 2:00 Fun in the Afternoon (2) 3:00 Viewers' Choice	25 10:00-12:00 Exercise, Morning Chatter 2:00-4:00 Movie Matinee
26 10:00-12:00 Exercise, Daily Bread 2:00-4:00 Bible Study Movie Matinee	27 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Fun in the Afternoon (1) 2:00 Movie Matinee (2) 3:00 Total Request Live	28 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Bingo (1) 2:00 Respect Your Cat Day (2) 3:00 Viewers' Choice	29 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Women in Sports (1) 2:00 Remembering Mom & Pop Stores (2) 3:00 Classic TV	30 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Nat'l Doctors Day (1) 2:00 The Week in Sports (2) 3:00 Total Request Live	31 10:00 Game Show TV 11:00 Exercise 11:30 Morning Chatter 2:00 Bingo (1) 2:00 Eiffel Tower Day (2) 3:00 Viewers' Choice	ALL PROGRAMS ARE HELD IN THE 1ST AND 2ND FLOOR DINING ROOMS. ANY CHANGES TO ACTIVITIES WILL BE POSTED IN DINING ROOMS.



## Resident of the Month: Leonard Roulac

Mr. Leonard Roulac was born in South Philadelphia, one of four children. There are many things he loves in his life; with his children, cars, music, and good food topping the list.

After attending the Edward W. Bok Technical High School and a GM training center, Mr. Roulac became an avid auto mechanic. Even today, the sight of a car, whether in motion or parked alongside of the street brings a smile to his face.

Mr. Roulac loves music as well, sharing that "I realized that music talks about everything going on in the world." Many of his stories include a precise recollection of a song or band that went along with the memory. When his daughters

come to visit, they make sure to turn on James Brown or Tina Turner so they can dance and sing together. As Mr. Roulac loves a delicious meal; whether it is okra, an Italian hoagie, or a nice bowl of peaches with milk, his daughters also make sure to bring along a tasty treat. Most important of all to Mr. Roulac is the happiness and welfare of his children. He loves to share how proud he is of them and the strength he derives from them.

Mr. Roulac is settling in here at Renaissance, and when not listening to music on his radio he loves a good game of bingo, a fresh baked cookie, or showing off some dance moves during live musical entertainment.

## Baileys Irish Cream Chocolate Chip Cookies (Makes 68 cookies)

### Ingredients:

- 2 cups butter, softened
- 2 cups brown sugar
- 1 cup granulated sugar
- 4 large eggs
- 2 teaspoons vanilla extract
- 1 cup + 2 tablespoons Baileys Irish Cream
- 5 1/3 cup flour
- 2 1/2 teaspoons baking soda
- 1/4 cup cocoa powder
- 1/2 teaspoon salt
- 24 ounces semisweet chocolate chips



### Instructions:

1. In a large mixing bowl cream together the butter and sugars until light and fluffy. Add in the vanilla and eggs, mixing well. Add in the Baileys, mix well.
2. In a medium sized bowl sift together dry ingredients. Slowly add to the butter mixture, mixing well after each addition. Hand mix in the chocolate chips.
3. Refrigerate dough for at least 2 hours or up to 24.
4. Preheat oven to 350° and line baking sheets with parchment paper.
5. Drop cookie dough by rounded tablespoonfuls onto the prepared baking sheets, placing about 1 1/2" apart.
6. Bake cookies for 9-11 minutes, taking them out as soon as they start turning brown. DO NOT overbake them.
7. Let cookies cool on baking sheets for 5 minutes before transferring them to a cooling rack.

## Hidden Words

Fill in the blanks with the words ARCH, BOW, EVEN, HAM, HILL, HIT, HOE, LAG, LID, LIME, LOVE, MAKE, OIL, OLD, PEN, RAIN, RANGE, ROCK, TEEN to reveal fourteen new words related to St Patrick's Day, Ireland and leprechauns!

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ANSWER: SEVENTEENTH, MARCH, HOUDA, WHITE, SHILLELAGH, GOLD, RAINBOW, SERPENTS, SHOEMAKER, ORANGE, TREFOL, SHAMROCK, CLOVER, LIMERICK.

HAPPY ST. PATRICK'S DAY  
MARCH 17

