

March 2024



Gilcrest Center

Care Delivered with Love and Respect

Gilcrest Center Doylestown | 593 Gates St, Doylestown OH 44230 | 330-658-7035



Special Days in March

- ♣ March 1st & 22nd
Movie and Popcorn
- ♣ March 4th Nutrition
Discussion
- ♣ March 13th Paint &
Sip
- ♣ March 15th Make
your own
Shamrock Shake
- ♣ March 18th & March
25th Manicure
Monday
- ♣ March 19th March
Madness Begins
- ♣ March 20th Oral
Health Day
Discussion
- ♣ March 21st
Ceramics
- ♣ March 27th & 28th
Egg Coloring
- ♣ March 29th Egg
Hunt

hello
SPRING

"Spring adds new life and new beauty
to all that is."

This month is:
Brain Injury Awareness Month
Women's History Month
National Nutrition Month



March Birthdays

Kim G- 3/1
Radica- 3/9
Robin- 3/9
Bev N- 3/15
Gary M- 3/16
Vernon K- 3/19
John N- 3/21
Deloris R- 3/25
Cookie M- 3/25
Brandon R- 3/27

Special Dates in March

- ♣ International Women's Day is March 8th.
- ♣ Day Light Saving is March 10th (Spring forward)
- ♣ St Patrick's Day March 17th
- ♣ Palm Sunday is March 24th.
- ♣ Good Friday is March 29th.
- ♣ Easter is March 31st.



Fun Facts About Leprechauns

1. Leprechauns are a type of fairy
2. Leprechauns are very sneaky
3. The word leprechaun means "small body"
4. Legend has it that they dance the Irish jig so much they wear out their shoes
5. They hide their gold at the end of the rainbow
6. There are leprechaun sightings back to the 13th century
7. They are the bankers & shoemakers of the fairy world
8. They originally wore all red
9. There are no girl leprechauns
10. If you catch a leprechaun they grant you 3 wishes in exchange for their freedom



MARCH IS BRAIN INJURY AWARENESS MONTH!

Here are SOME HEALTHY TIPS FOR MAINTAINING GOOD BRAIN HEALTH.

- ♥ Be careful with medicines & alcohol. (Drugs and alcohol can affect how brain cells communicate with one another.)
- ♥ Challenge your brain! (Just as physical activity keeps your body in shape, activities that engage your mind, keep your brain in shape.)
- ♥ Keep your blood vessels healthy! (Get your blood pressure, blood sugar and cholesterol checked regularly to keep your numbers in normal range!)
- ♥ Protect your head! (Seatbelts, helmets, help prevent falls/slips.)

Client Spotlight

Name: Brandon

Birthday: March 27th

Hometown: Canton OH

Favorite Food: Chicken Alfredo

Favorite Drink: Margarita

Favorite Color: Red

Favorite Part About Coming to
Gilcrest: Seeing all my friends.

Fun Fact About Me: I'm 31
years old.

Quote to live by: Live everyday
like its your last.



The Gilcrest Press

Name: Darlene

Position: Dispatch

Hobbies: Being outdoors,
horse back riding

Favorite food: Pasta &
seafood

Favorite drink: Pepsi

Favorite part about your job:
Clients and coworkers

Favorite Quote to live by:
Never lose hope.

Fun fact about you: Met Bruno
Mars when he was 3 years
old. He was dressed as an
Elvis Presley Impersonator.

