

**Waterford Manor is looking for resident volunteers!** If you are looking to get involved helping us around the Waterford, please reach out to Annette Wainio at 763-316-4806 or wainioannette@waterfordliving.org.

Here is what we are looking for:

- This person could help run a game or activity, such as teaching a painting class, leading a book reading, leading a craft, etc.
- Do you know how to play an instrument? This person could play music in the Manor Lobby.
- This person could lead a Sunday afternoon activity once a month (or more).
- This person could pay visits to the residents in Memory care or to those residents who don't get out much.
- A resident with a small, calm pet could visit residents in Memory Care regularly.
- This Manor resident could help welcome a new resident coming in to the Waterford Manor, accompanying them to meals, helping the new resident acclimate to their new home.

**Do you have an idea? Let us know!**

**(At this time, all volunteers must be up-to-date with COVID vaccinations. Thank you for your understanding.)**



**Waterford**  
A not-for-profit retirement community

**MARCH 2022**

**Waterford Talk**

**Daylight Saving  
Time**

**Sunday, March 13**



**Fascinating Facts for  
Women's History Month**

- Today, 71% of moms with kids under 18 work. In 1975, fewer than 47% did.
- Women currently hold 17% of Congressional and Senate seats and 18% of gubernatorial positions in the U.S.
- The two highest IQs ever recorded, through standardized testing, both belong to women.
- Mary, Queen of Scots is reported to be the first woman to play golf in Scotland.
- Roberta Gibb was the first woman to run and finish the Boston Marathon in 1966.
- In 1921, American novelist Edith Wharton was the first woman to receive a Pulitzer Prize for fiction.
- The earliest recorded female physician was Merit Ptah, a doctor in ancient Egypt who lived around 2700 B.C.

<https://www.mastersdegree.net/50-fascinating-facts-womens-history-month/>

Contact Us  
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**Waterford's Leadership Team**

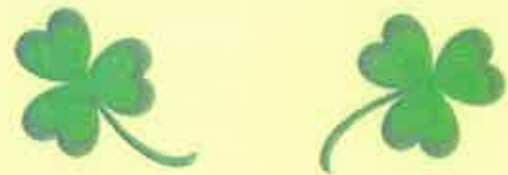
**SCOTT RICE, EXECUTIVE DIRECTOR**  
**CRYSTAL LEROL, BUSINESS OFFICE MANAGER**  
**PAUL SYVERTSON, DIRECTOR OF NURSING**  
**CASSIE JOKINEN, RESIDENT CARE MANAGER**  
**TOM HOMMES, DIRECTOR OF DINING SERVICES**  
**ANNETTE WAINIO, DIRECTOR OF LIFE ENRICHMENT**  
**WILLIE RAINEY, COMMUNITY RELATIONS DIRECTOR**  
**SHANNON McMAHON, DIRECTOR OF RESIDENT RELATIONS-ESTATES**





# Waterford Talk

There will be **NO** Waterford Bus Outings during the month of March ☹️  
Sorry for the inconvenience



**Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people.**

**In the centuries following Patrick's death (believed to have been on March 17th, 461), the mythology surrounding his life became ever more ingrained in the Irish culture. Perhaps the most well-known legend of St. Patrick is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.**

## March Birthstone: Aquamarine

March's birthstone is aquamarine, a beautiful blue-green stone with a calming, soothing energy. In ancient time, this aquatic-blue stone was believed to protect sailors on oceanic voyages.

Aquamarine is a mineral beryl forming from cooling magma deep inside the Earth. Beryl has many beautiful gem varieties: intense green emerald, blue to blue-green aquamarine, golden yellow heliodor, rare red beryl and pink morganite.



## March Flower—Daffodil

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. The daffodil also is used to celebrate a 10th wedding anniversary, but always in a bunch; lore has it that a single flower can foretell misfortune.



## Quote of The Month:

**"You never know what worse luck your bad luck has saved you from."**

**- Cormac McCarthy**



# Visiting Bermuda

Use the clues to fill in the crossword.



**ACROSS**

- Steep rock face
- Putting game
- Place to view marine life
- Edible crustacean
- \_\_\_\_\_ and turf
- Taking a ride on two wheels
- Stalactite material
- Swimmers with blowholes
- Large oceanic mammals

**DOWN**

- Palm tree fruit
- Yellowfin or albacore
- Underground chambers
- Vacation on a ship
- Seafarer's beacon
- Piña colada ingredient
- Underwater activity, scuba \_\_\_\_\_
- Geckos and monitors
- Sandy shore