



# OAK LEAF

March 2023

## MARCH BIRTHDAYS

**Joan Bartos: March 3rd**

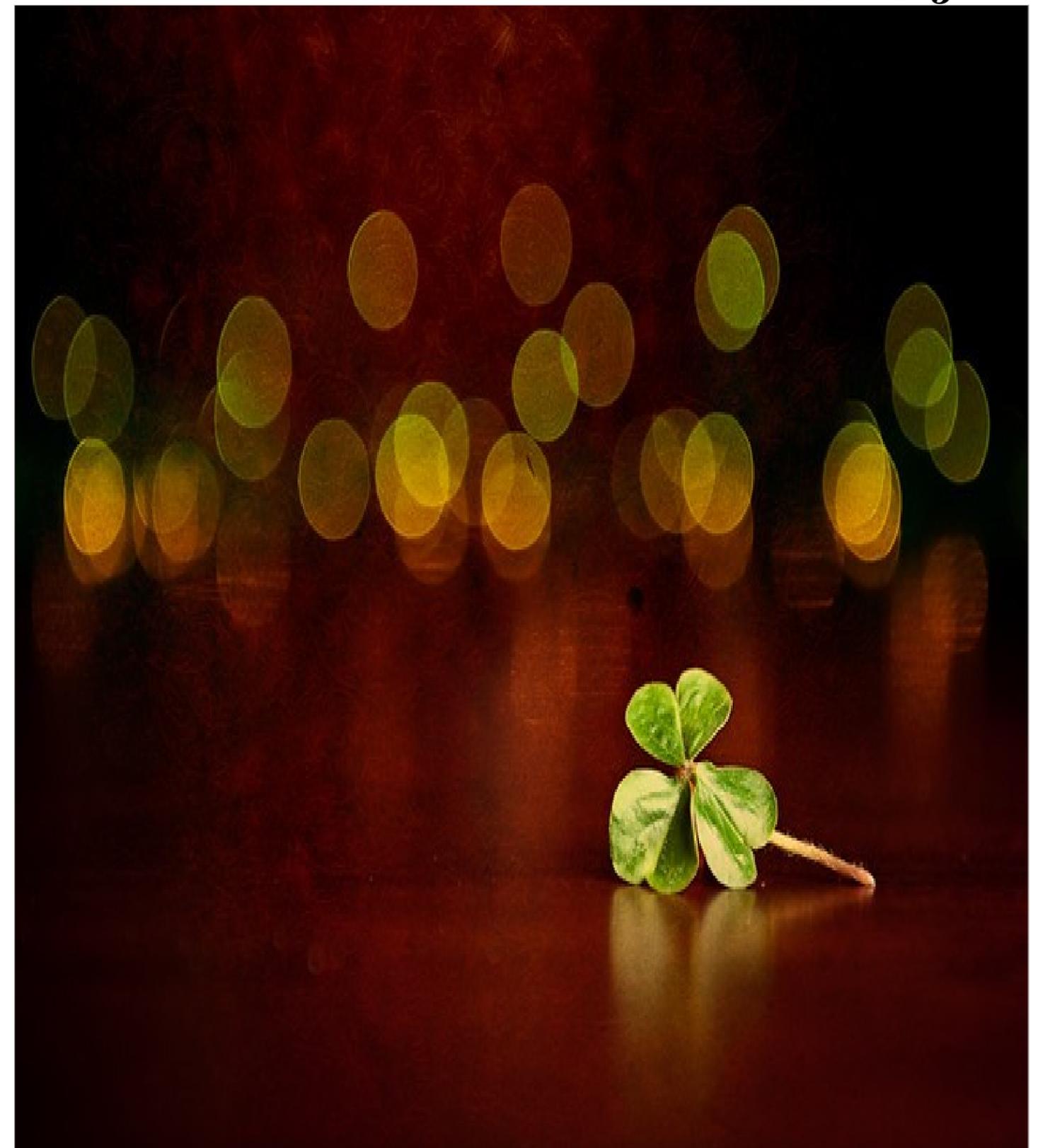
**Joyce Pratley: March 5th**

**Robert Bronder: March 12th**

**Ette Reed: March 12th**

**Carole Kozlowski: March 30th**

ADMINISTRATOR..... KATHY CLARK  
 HEALTH SERVICES DIRECTOR.....JACKIE DELLEDONNE  
 DIRECTOR OF RESIDENT CARE.....TRACY LUFT  
 DIETARY DIRECTOR..... ZACH KONOPKA  
 ACTIVITIES DIRECTOR.....LIZ MAGNELLI  
 MARKETING DIRECTOR..... CHRIS KUNST  
 SECURITY MANAGER..... TROY TAYLOR  
 CHAPLAIN..... INGRID KALCHTHALER



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# March Events

Music and Motion: Every Monday, Wednesday, and Friday at 10:00

Bingo: Every Monday, Wednesday, and Friday at 2:00

Birthday Party: Tuesday March 28th at 2:00

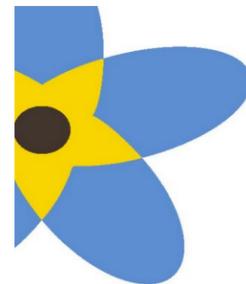
Happy Hour: Every Tuesday at 3:30

Sing a Long with Betsy: Thursday 's at 2:00

Monthly TV Series: Every Friday at 3:30

Morning News: Every Thursday at 10:00

Bible Study: Every Wednesday at 3:30



# Become a Dementia Friend

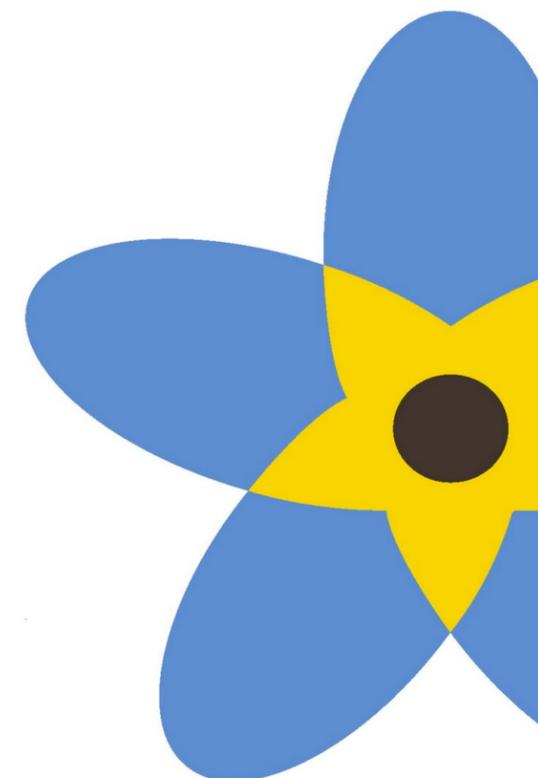
Dementia Friends gives people an understanding of dementia and the small things you can do that make a difference. Please join us in the Activities Room.

## WEDNESDAY, MARCH 29 AT 6:00 PM

All residents, family, loved ones and caregivers are more than welcome to attend this free, one-hour information session.

This session will be led by Fair Oaks Chaplain, Rev. Ingrid. She is a full-time librarian at the Shaler North Hills Library. Rev. Ingrid is a trained Dementia Friends Champion and offers Dementia Friends Information Sessions monthly at the Shaler Library. She and her co-leader Joyce Mangis, have led more than 100 people on the path to becoming Dementia Friends. She and Joyce are excited to bring this program here. There is so much we misunderstand about living with dementia. This session will provide information and simple tips that can make life a little easier for those living with dementia and the people who love them.

REGISTER WITH LIZ OR REV. INGRID OR SEND A TEXT TO (412) 219-2575.



A program of the



# RESIDENT MEMORIALS



Edythe Kuchnicki



Audrey Harper

# NEW RESIDENTS



Elaine Rose



Joan Yanosick



Virginia McKown

**First Day of Spring Tea**  
Tuesday March 21st @2:00  
Join us in the Activity Room to celebrate  
the First Day of Spring with a tea party!

**St. Patrick's Day Party**  
Thursday March 16th @2:00  
Join us in the Activity Room to celebrate  
St. Patrick's Day with a party!

## Zach's Snacks

### "Food For Thought"

Every year some 2.9 trillion pounds of food, about a third of all that the world's produces, never get consumed. Along the supply chain fruits and vegetables are lost or wasted at higher rates than other foods. Easily bruised and vulnerable to temperature swings en route from farm to table, they're also usually the first to get tossed at home. About 20% is lost initially during picking and sorting while another 20% goes uneaten and discarded in homes. Every year six billion pounds of U.S. fruits and vegetables go harvested or unsold, for aesthetic reasons. Here are some thoughts on how we can help to be responsible about food. At the store buy local and seasonal produce, consider misshapen produce. Purchase prepared meals from the deli and salad bar, which allows supermarkets to make use of imperfect produce. At the restaurant only order what you will eat and take your leftovers home. At home switch to smaller dishes to control portions. The standard plate is 36% larger than it was 50 years ago. Eat your leftovers; make it a regularly scheduled meal. Here at Fair Oaks we try to purchase locally and seasonal items. We also make every effort to make what we need and serve only as much as you want. "Take what you eat and eat what you take."

### March's Super food

Walnuts date back to roman days as gourmet additions to cheese, fruit and salads. The walnut is second in antioxidant capacity. Studies show walnuts help reduce inflammation, lower blood pressure, improve blood vessel function and lower the risk of type 2 diabetes. I bet you didn't know walnut trees live 75 years and have deep roots, which help them survive drought. Their hard hulls are used in commercial products ranging from plastics to insulation.



## Rev. Ing's Things

Dear Ones,

I am writing this on a chilly, grey, rainy morning. Looking at weather.com, however, I see that there will be sunshine this afternoon. It might even get up to 60 degrees today! It is all I can do not to wish the hours away, and hope that the cloudy morning passes quickly so I can get to the "good part" of the day!

The trouble is, the forecast is sometimes wrong, and the sun doesn't come out as predicted. In the past, I have wasted the whole day just waiting for the warm-up, and I have paid little attention to the beauty that is present in the grey.

On other days I have looked at the forecast on a dull morning, seen the prediction of continued clouds and showers for the next 24 hours, and allowed this forecast to dampen my mood only-- lo and behold-- what is that giant ball of light-- the sun has come out against all odds!

Living in Pittsburgh, where we can experience all four seasons in one day, I am not sure why this surprises me every time it happens.

Christians are now in the season of Lent, forty days between Ash Wednesday and Easter. The word "lent" has origins in the Anglo-Saxon word "lencten," which means "lengthen," and refers to the lengthening of the days as we move toward and through spring in the Northern Hemisphere.

We who live above the equator experience a seasonal spring and are invited to experience a "spiritual spring" as well, a reawakening of our faith. At the same time, those folks south of us are moving through fall. I used to think that wasn't fair to Christians living in the Southern Hemisphere. For us in the north, Easter comes in the spring; that makes sense! Color! Warmth! Bunnies! Blossoms! Christians in Sydney, Australia, celebrate the Resurrection in the fall! What! How weird is that! How sorta sad!

But then I remember there is beauty to be found in the fall, so very much of it. There is life to be found in the fall. There is beauty to be found RIGHT NOW on this chilly, grey, rainy morning. Our God of Love is always present, is constantly moving, and is always doing something new in and through God's people!

If it gets up to 60 degrees today, great! If the sun comes out, even better! But if it doesn't, I know that I can feel the warmth of my siblings in Love. I know that I can see the bright, shining face of the divine in all of God's blessed creation.

I see it in all of you.

May you and all those whom you love see the light of Love when you look at one another and in the mirror. May you and all those whom you love feel the warmth radiating from your own heart and the collective hearts of God's people everywhere!

Much love and gratitude,

Pastor Ingrid

Join us for an Irish-inspired  
brunch with our Fair Oaks  
Friends & Family to celebrate St.  
Patrick's Day!



Date: March 11th, 2023  
Time: 10:00AM-1:00PM  
Location: Fair Oaks Dining Room  
RSVP: [liz@fair-oaks.com](mailto:liz@fair-oaks.com)

## Kathy's Corner

Hi Everyone!

Happy St. Patrick's Day to  
all our Friends and Family  
at Fair Oaks!

This month we will be  
rolling out an email group  
for our POAs and family  
members. We are looking at  
different ways of doing this  
system so we appreciate  
your patience with us in re-  
starting a monthly update  
and newsletter in this  
format.

Please join us on March 11th  
for the Friends & Family St.  
Patrick's Day Brunch! We  
can't wait to see you all  
there.

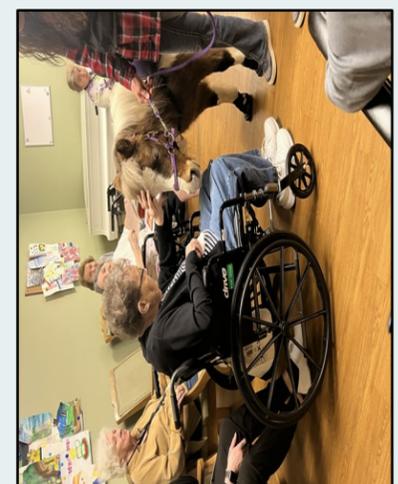
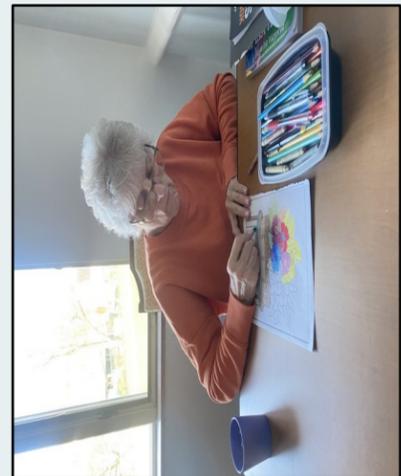
## Liz's Leisure's

Hello Everyone,  
Happy St. Patrick's Day! This  
March we are hosting a Friends  
& Family St. Patrick's Day  
Brunch on Parade Day! Please  
RSVP to [liz@fair-oaks.com](mailto:liz@fair-oaks.com) if you  
are able to join us!

This month we are also having a  
presentation from our own Rev.  
Ing who is a part of the Dementia  
Friends of Pennsylvania. She  
and her coworker will be  
presenting for Friends & Family  
of Fair Oaks in the Activity Room  
at 6PM on the 29th.

This month we are also  
scheduled to finish up our Fair  
Oaks Recipe Book! If you have  
any recipes from your loved one  
to submit you can email them to  
[liz@fair-oaks.com](mailto:liz@fair-oaks.com) or leave them  
at the front desk for me to add in  
to our book!

# AROUND FAIR OAKS

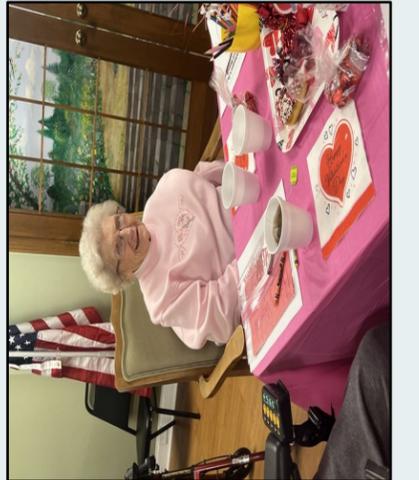
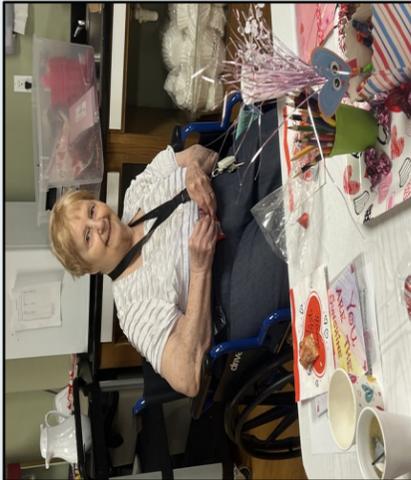
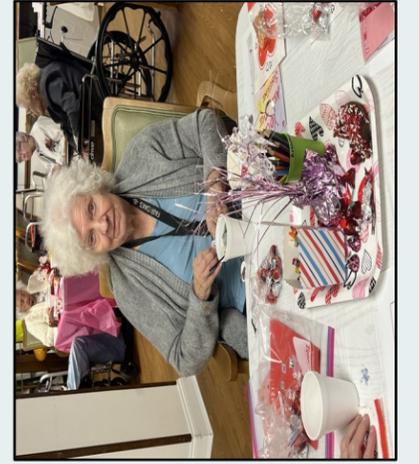
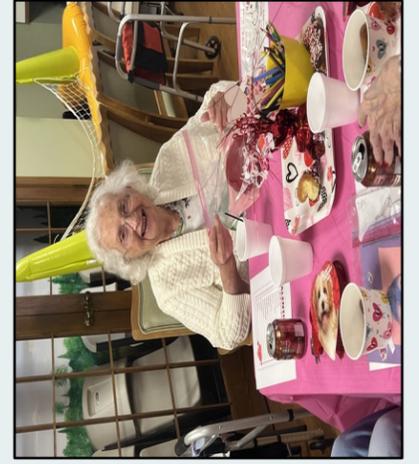


# AROUND FAIR OAKS

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# AROUND FAIR OAKS



SUN

MON

TUE

WED

THUR

FRI

SAT

**LOCATION KEY**

AR - Activity Room  
CH - Chapel  
DR - Dining Room  
LLL - Lazy Lemon Lounge

11:30 Catholic Communion (CH) **5**  
1:30 Chapel Service (CH)  
2:00 Crazy Bingo (AR)

10:00 Music and Motion (AR) **6**  
11:00 Creative Crafts (LLL)  
12:00 **Lunchtime Show with John Sarkis (DR)**  
1:30 Rosary (CH)  
2:00 BINGO (AR)

11:00 **Resident Round Table (AR)** **7**  
2:00 UNO (LLL)  
3:30 Happy Hour (LLL)

10:00 Music and Motion (AR) **8**  
11:00 **Tie Dying (AR)**  
2:00 BINGO (AR)  
3:30 Bible Study (AR)

10:00 Thursday Morning News (AR) **9**  
11:00 **Heinz History Center Outing (Heinz History Center)**  
2:00 Sing a Long with Betsy (AR)  
6:00 **Thursday Night Live with Music (AR)**

10:00 Music and Motion (AR) **10**  
11:00 Dominoes (AR)  
1:30 Mass with Father Bachner (CH)  
2:00 BINGO (AR)  
3:30 National Geographic: America's National ParksTV Series (AR)

11:00 Card Games: Rummy (LLL) **4**  
2:00 Creative Crafts (LLL)  
3:00 Matinee (AR)

*Daylight Savings Time Begins* **12**  
11:30 Catholic Communion (CH)  
1:30 Chapel Service (CH)  
2:00 Trivia (AR)

10:00 Music and Motion (AR) **13**  
11:00 Creative Crafts (LLL)  
1:30 Rosary (CH)  
2:00 BINGO (AR)

11:15 **Smokey Bones Lunch Outing (Smokey Bones)** **14**  
2:30 Matinee: Mary Poppins (AR)  
6:00 St. Patrick's Day Sing a Long with Frances (AR)

10:00 Music and Motion (AR) **15**  
11:00 Cornhole (AR)  
2:00 BINGO (AR)  
3:30 Bible Study (AR)

10:00 Thursday Morning News (AR) **16**  
11:00 Creative Crafts (LLL)  
2:00 Sing a Long with Betsy (AR)  
6:00 **Thursday Night Live with Music (AR)**

**St. Patrick's Day** **17**  
10:00 Music and Motion (AR)  
11:00 **Manicures (AR)**  
1:30 **Monthly Food Meeting (LLL)**  
2:00 BINGO (AR)  
3:30 National Geographic: America's National ParksTV Series (AR)

11:00 Volleyball (AR) **18**  
2:00 Jewelry (AR)  
3:00 Matinee (AR)  
6:00 Silly Sitcom Saturday (AR)

11:30 Catholic Communion (CH) **19**  
1:30 Chapel Service (CH)  
2:00 Crazy Bingo (AR)

10:00 Music and Motion (AR) **20**  
11:00 Painting (LLL)  
12:00 **Lunchtime show with Tracy Lee (DR)**  
1:30 Rosary (CH)  
2:00 BINGO (AR)

11:00 Poker Game (LLL) **21**  
2:00 **Spring Tea Party (AR)**

10:00 Music and Motion (AR) **22**  
11:00 Board Games: Apples 2 Apples (AR)  
2:00 BINGO (AR)  
3:30 Bible Study (AR)

10:00 Thursday Morning News (AR) **23**  
11:00 Fair Oaks Cookbook (LLL)  
2:00 Sing a Long with Betsy (AR)  
6:00 **Thursday Night Live with Music (AR)**

10:00 Music and Motion (AR) **24**  
11:00 **Day at the Races (AR)**  
1:30 Mass with Father Bachner (CH)  
2:00 BINGO (AR)  
3:30 National Geographic: America's National ParksTV Series (AR)

11:00 Painting (LLL) **25**  
2:00 Board Games: Monopoly (AR)  
3:00 Matinee (AR)

11:30 Catholic Communion (CH) **26**  
1:30 Chapel Service (CH)  
2:00 Wii Games (AR)

10:00 Music and Motion (AR) **27**  
11:00 UNO (LLL)  
1:30 Rosary (CH)  
2:00 BINGO (AR)

11:00 Scrabble (AR) **28**  
2:00 **Monthly Birthday Party (AR)**  
3:30 Happy Hour (LLL)

10:00 Music and Motion (AR) **29**  
11:00 Card Games: Spoons (LLL)  
2:00 BINGO (AR)  
3:30 Bible Study (AR)  
6:00 **Dementia Friends Presentation (AR)**

10:00 Thursday Morning News (AR) **30**  
11:00 Scrapbooking (LLL)  
2:00 Sing a Long with Betsy (AR)  
6:00 **Thursday Night Live with Music (AR)**

10:00 Music and Motion (AR) **31**  
11:00 **Manicures (AR)**  
2:00 BINGO (AR)  
3:30 National Geographic: America's National ParksTV Series (AR)

March 2023

Fair Oaks

