



OCEAN MEADOW

MEMORY CARE

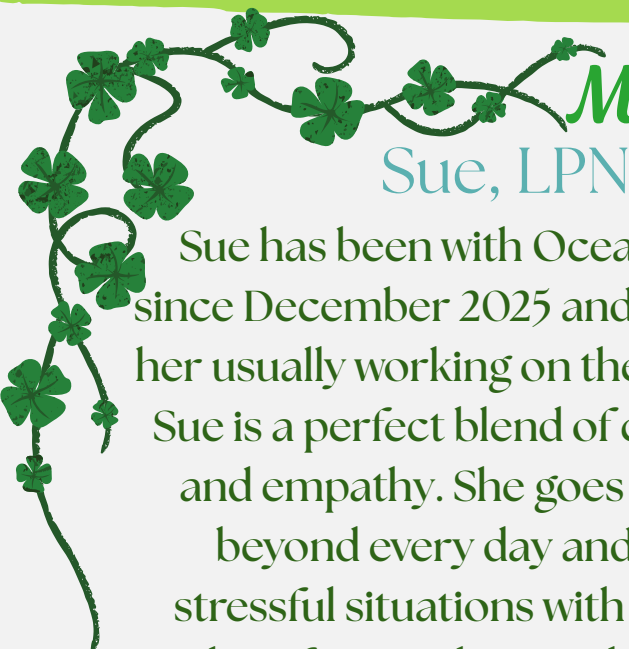
March 2026



*Doreen Converse*  
**Director of Operations**  
**doreen@oceanmeadowSL.com**



Happy March! I honestly cannot believe that this month is my first work anniversary at Ocean Meadow, and I am so blessed to have had the pleasure of meeting so many nice people. March 6th is National Employee Appreciation Day. We will be celebrating with our employees that day. Also, March 20th is International Day of Happiness. We plan to spread lots of smiles and laughter with our staff, families, and residents that day. This month, we have several employee birthdays to recognize. Happy Birthday! Daniels, Abi, and Emily. I also want to shout out to our staff who made it to work during the recent snowstorms. We have some very dedicated employees to care for our residents.



*March's who's been spotted?!*

*Sue, LPN*

Sue has been with Ocean Meadow since December 2025 and you can find her usually working on the upper level.

Sue is a perfect blend of clinical skills and empathy. She goes above and beyond every day and handles stressful situations with leadership and professionalism and ensures that each and every Resident. Thank you, Sue, for all that you do!



*Lisa Maratta*  
**Director of Nursing**  
**Lisa@oceanmeadowsl.com**



What is March for health?

March National Health Observances - Integracare Clinic

March is a busy month for national health observances. Two key organs that are often overlooked, your kidney and your colon, are highlighted this month. It is also National Nutrition Month, which is among the most universally applicable health months all year.

**5 Tips to Keep Your Kidneys Healthy.** To keep kidneys healthy, maintain a balanced lifestyle by staying hydrated, managing blood pressure and blood sugar, eating a low-salt, nutrient-rich diet, and exercising regularly. Key actions include avoiding smoking, limiting alcohol, reducing over-the-counter NSAID painkiller use (e.g., ibuprofen), and maintaining a healthy weight



A balanced diet provides the essential nutrients—carbohydrates, protein, fat, vitamins, and minerals—needed for optimal bodily function, energy, and long-term health.

### Fun Around the Building!!!



Wishing you a pot o' gold and all the joy your heart can hold.



*Erin Soucy*  
**Director of Marketing**  
**Service Coordinator**  
**Erin@oceanmeadowsl.com**



March is a month that's all about transition—longer days, a little more sunshine, and fresh routines. We are all excited to be inching towards Spring after a harsh winter! Below I have a few reminders;

- Resident mail is stored at the front desk. Please remember to pick up during your visits, so nothing important is left sitting!
- Residents enrolled in ACH will still receive statements from Quickbooks. This is just for your records. You can disregard when Quickbooks has labeled the payment "overdue".
- Please periodically remove any unused medical equipment or personal belongings to allow space for efficient care and tidiness.

**HAPPY BIRTHDAY**



*Welcome*

Welcome to the following

New Residents!

*Chris W and Jo C  
and Patricia C!*

Pat K, Sylvia K, Elaine R and  
Chris W!



For each petal on the shamrock, this brings a wish your way: Good health, good luck, and happiness for today and every day.” —Irish blessing.

# HAPPY ST. PATRICK'S DAY

## March Highlights:

St. Patrick's Party  
3/17

My Fair Lady Soiree  
3/23

Live Music  
3/9 & 3/25

Activity Director  
*Debbie Williams*

**Did you Know?**

St. Patrick wasn't Irish: **He was actually British!**

His name wasn't Patrick: **His name is actually  
"Maewyn Succat"**

The First Parade Was Not in Ireland: **It was held in Boston,  
Ma in 1737**

Green isn't the original colour associated with St. Patrick: **It  
is actually Blue!**

Corned beef and cabbage are considered an American  
dish rather than a traditional Irish one: **It originated in the  
U.S. and started being served in city's like New York city  
as a meal for Irish Immigrants.**



## Dining Operations Assistant *Jane O'Connor*



Happy March & a very green St. Paddy's Day!

With a name like O'Connor, who needs to wear green, not me! This Italian girl acquired the name through marriage, but this is an interesting fact about my name!

The surname "O'Connor" comes from the Gaelic O' Conchobhair, meaning (Lover of hounds or wolves). It originated in Ireland and was associated with several powerful ruling families, particularly in Connacht and Munster. Let's move on to a traditional Irish recipe. Irish soda bread is delicious, yet simple to make and pretty soon you will see the bread at your grocery store!

3 cups flour, 1 cup whole wheat flour, ½ cup sugar, 2 tsp baking soda, 1 tsp salt, 4 TBS butter, 1 cup dry currants and 1 ½ cup plain yogurt.

Combine the dry ingredients, add butter until pea size, stir in currants and yogurt. Turn the dough on a floured board, shape into a round loaf and score an X. Bake at 350 degrees for 45-50 minutes. Enjoy!

We can't forget that March Madness starts on Sunday the 15th, which is the popular name for the NCAA Division / Men's & Women's basketball tournaments.

Shout out to Laura Tiezzi! GO UCONN!!

"Wherever you go, whatever you do, may the luck of the Irish be with you."