



HEATHWOOD highlights

815 Hopkins Road . Williamsville, NY 14221 . 716-688-0111

March Highlights

- 3/3 Resident Council/MenuChat
- 3/4 Hospice Bouquet Sale
- 3/6 Birthday Luncheon
- 3/6 Mark Wolffer
- 3/11 Welcome New Resident
- 3/12 Girl Scout Cookie Sale
- 3/16 Irish Dancers
- 3/18 Amherst Center Singers
- 3/20 Lyle Stang
- 3/22 Music w/ KRE
- 3/23 Men's Luncheon
- 3/27 Young Elvis
- 3/30 Evening Music w/ Brian B



Raymond Geiser, Administrator



Administrator's
Accents

March is a month of transition and renewal, and here at Heathwood, we welcome it as a time to look ahead with optimism and purpose. As winter begins to loosen its grip, we're already seeing longer days, brighter mornings, and a renewed sense of energy throughout our community.

This month reminds us that small changes can bring meaningful growth—whether it's enjoying a favorite activity, reconnecting with a neighbor, or simply soaking in the promise of spring. Our team continues to focus on creating an environment where residents

feel supported, engaged, and truly at home. From thoughtfully-planned programs to everyday moments of care, our goal remains the same: to enhance quality of life in ways that matter.

March also gives us an opportunity to celebrate resilience. Just as the season shifts, many of our residents inspire us daily with their adaptability, wisdom, and positive outlook. Their stories and smiles are at the heart of what makes Heathwood such a special place.

To our families, thank you for your continued trust and partnership. Your involvement and support mean more than you know. As we move forward into Spring, we look forward to sharing more meaningful moments together.



Girl Scout Cookies

Who doesn't love Girl Scout Cookies? It's that time of year again, with those colorful boxes of the tasty treats. Please support our local troop #30048 by buying a box—or two or three! Girl Scouts will be selling cookies Thursday, March 12th
 Time: 6pm to 7:30pm
 Location: Living Room
 You will be able to charge your account for any of these purchases.



Hospice Flower Sale
 Wednesday, March 4th
 Time: 11am to 2:00pm
 Location: Front Lobby

Let's Sing With Julane

Friday, March 13th

Time: 2PM

Location: Wellness Room 1
 Everyone is welcome to come sing!

Following Shamrock Shakes



Shamrock Shake

For some, the return of the Shamrock Shake is the first green of the spring season. McDonald's famous mint-flavored, green-dyed milkshake goes on its menu for a limited time around St. Patrick's Day. Since it was introduced in 1970, more than 60 million of the shakes have been sold.

Amherst Center Singers

Wednesday, March 18th

Time: 2PM

Location: Wellness Room 2
 Come sing some Irish songs with the Amherst Singers!



Rince Na Tiarna
 Irish Dancers
 Monday, March 16th
 Time: 6:30PM
 Location: Wellness Room 2



Leprechaun Jokes To Make You Laugh!

Q: What do you call leprechauns who collect cans, bottles and cardboard boxes?

A: "Wee-cyclers!"

Q: Why are leprechauns so good at gardening?

A: Because they have green thumbs!

Q: What happened when the leprechaun walked in poison ivy?

A: He got a rash of good luck!

Q: What did the leprechaun say at the end of the soccer match?

A: "Game clover!"

Wearing of the Green

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.

**Wear Green on Tuesday,
March 17th!**



St. Patrick's Day History

St. Patrick's Day, celebrated each March 17, marks the date the patron saint and national apostle of Ireland died, after 40 years of missionary work, in 461 A.D.

Legend and myth surround St. Patrick, who was said to have freed Ireland of snakes, a metaphor illustrating Christianity's rise over paganism. His use of Ireland's sacred three-leaf shamrock to symbolize the holy trinity is a well-known story.

Patricius Magonus Sucatus was born around 390 A.D. to Roman citizens in Britain. He was kidnapped by raiders as a teenager and sold into slavery in Ireland. Toiling as a shepherd, Patrick found comfort in religion.

After six years, Patrick escaped, journeying home hundreds of miles over land and sea. Now devout, he studied for the priesthood, was ordained a bishop and returned to Ireland to spread Christianity.

In the fifth century, Patrick built churches, ordained priests and converted thousands of Irish people. The wandering bishop had a knack for combining Christianity and Irish culture, easing the transition for converts. For instance, he superimposed the Irish-revered sun over the Christian cross, creating the Celtic cross.

Memorable Melody: 'When Irish Eyes Are Smiling'

This beloved musical tribute to the Emerald Isle was written by three Americans in 1912, at a time when Irish ballads were enormously popular in the U.S. Chauncey Olcott, George Graff Jr. and Ernest Ball wrote the song for the Broadway play "The Isle O' Dreams," and its lighthearted lyrics and catchy melody appealed to audiences. Along with becoming a St. Patrick's Day standard, the tune has been featured in dozens of Irish-themed films and TV shows.

Baking Club

Pistachio Pudding Cookies

Tuesday, March 17th

Time: 2pm

Location: Wellness Room 1

Come help us make cookies for St. Patrick's Day!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <p>9:45 W2 Fitness Class 10:30 W2 Daily Chronicle 11:00 W2 OLV Virtual Mass Channel 5 1:30 W1 Card Games 2:00 W1 St. Patrick's Day Literature Event w/ Michaela 3:15 T Documentary in the Theater</p>	<p>2</p> <p>9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Mary 1:30 W2 Karaoke w/ Nicole 3:00 W1 Quarter Bingo \$</p>	<p>3</p> <p>9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Jean 1:30 W1 Card Games 2:00 W2 Resident Council/Menu Chat 3:15 A2 Book Club w/ Tabitha 3:15 T The Chosen Show 7:00 T Movie Night w/ Kristen</p>	<p>4</p> <p>Hospice Bouquet Sale 11am-2pm 9:45 W2 Walking Club w/ Tabitha 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Michele 2:00 W2 Protestant Service/Communion w/ Barbara 3:15 W2 Abiding in His Grace w/ Pastor Jack 3:15 W1 Board Games</p>	<p>5</p> <p>9:45 W2 Yoga w/ Nicole 10:30 W2 Daily Chronicle 10:45 A2 Stations of the Cross w/ Julane 1:30 W1 Tic-Tac-Toe 2:30 W2 Catholic Communion/ Rosary 3:15 W1 Quarter Bingo \$ 7:00 T Movie in the Theater</p>	<p>6</p> <p>9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 10:45 A2 Bible Study w/ Richard 11:30 W1 Monthly Birthday Luncheon 2:00 W2 Friday Music w/ Mark Wolffer 3:15 W1 '50s Records w/ Frank 3:15 W1 Manicures</p>	<p>7</p> <p>9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 2:00 W1 Quarter Bingo \$ w/ YES 3:15 W1 Words in Words 7:00 T Movie in the Theater</p>	
<p>8</p> <p>9:45 W2 Fitness Class 10:30 W2 Daily Chronicle 11:00 W2 OLV Virtual Mass Channel 5 1:30 W1 Card Games 2:00 T Movie in the Theater</p>	<p>9</p> <p>9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Mary 1:30 W1 Crafts w/ Jim 3:00 W1 Quarter Bingo \$</p>	<p>10</p> <p>9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Jean 1:30 W1 Card Games 2:00 W1 Art Therapy 3:15 T The Chosen Show 7:00 T Movie Night w/ Kristen</p>	<p>11</p> <p>9:45 W2 Walking Club w/ Tabitha 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Michele 2:00 W1 Welcome New Resident Social 3:15 W1 Board Games 3:15 W2 Circle of Friends w/ Pastor Jack 5:00 W1 Dinner w/ Julane★</p>	<p>12</p> <p>Girl Scouts Selling Cookies 6:00pm- 7:30pm 9:45 W2 Yoga w/ Nicole 10:30 W2 Daily Chronicle 10:45 A2 Stations of the Cross w/ Julane 1:30 W1 EZ Yahtzee 2:30 W2 Catholic Communion/ Rosary 3:15 W1 Quarter Bingo \$ 7:00 T Movie in the Theater</p>	<p>13</p> <p>9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 10:45 A2 Bible Study w/ Richard 2:00 W1 Let's Sing w/ Julane 3:15 W1 Shamrock Shakes</p>	<p>14</p> <p>9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 2:00 W1 Quarter Bingo \$ 3:15 W1 St. Patrick's Day Trivia 7:00 T Movie in the Theater</p>	
<p>15</p> <p>9:45 W2 Fitness Class 10:30 W2 Daily Chronicle 11:00 W2 OLV Virtual Mass Channel 5 1:30 W1 Card Games 2:00 W1 Around the Clock 3:15 T Documentary in the Theater</p>	<p>16</p> <p>9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Mary 1:30 W1 Wheel of Fortune 3:00 W1 Quarter Bingo \$ 6:30 W2 Irish Dancers' Performance</p>	<p>17</p> <p>9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Jean 1:30 W1 Card Games 2:00 W1 Baking Club 3:15 T The Chosen Show 7:00 T Movie Night w/ Kristen</p>	<p>18</p> <p>9:45 W2 Walking Club w/ Tabitha 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Michele 2:00 W2 Amherst Center Singers 3:15 W2 Abiding in His Grace w/ Pastor Jack 3:15 W1 Board Games</p>	<p>19</p> <p>9:45 W2 Yoga w/ Nicole 10:30 W2 Daily Chronicle 10:45 A2 Stations of the Cross w/ Julane 1:30 W1 Guess That TV Tune 2:30 W2 Catholic Mass 3:15 W1 Quarter Bingo \$ 7:00 T Movie in the Theater</p>	<p>20</p> <p>9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 10:45 A2 Bible Study w/ Richard 2:00 W2 Friday Music w/ Lyle Stang 3:15 W1 '50s Records w/ Frank 3:15 W1 Manicures</p>	<p>21</p> <p>9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 2:00 W1 Quarter Bingo \$ w/ Yes 3:15 W1 Board Games 7:00 T Movie in the Theater</p>	
<p>22</p> <p>9:45 W2 Fitness Class 10:30 W2 Daily Chronicle 11:00 W2 OLV Virtual Mass Channel 5 1:30 W1 Card Games 2:00 W2 Music w/ Kre 3:15 W1 Refreshments</p>	<p>23</p> <p>9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Mary 11:30 W1 Men's Luncheon 1:30 W1 Crafts w/ Jim 3:00 W1 Quarter Bingo \$</p>	<p>24</p> <p>9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Jean 1:30 W1 Card Games 2:00 W1 Volleyball Game 3:15 T The Chosen Show 7:00 T Movie Night w/ Kristen</p>	<p>25</p> <p>9:45 W2 Walking Club w/ Tabitha 10:30 W2 Daily Chronicle 10:30 W2 Pet Visit w/ Bandit and Bo 10:45 A2 Rosary w/ Michele 1:30 W2 Travelogue: London 3:15 W1 Board Games 3:15 W2 Circle of Friends w/ Pastor Jack</p>	<p>26</p> <p>9:45 W2 Yoga w/ Nicole 10:30 W2 Daily Chronicle 10:45 A2 Stations of the Cross w/ Julane 2:30 W2 Catholic Communion/ Rosary 3:15 W1 Quarter Bingo \$ 7:00 T Movie in the Theater</p>	<p>27</p> <p>9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 10:45 A2 Bible Study w/ Richard 2:00 W2 Friday Music w/ Young Elvis 3:15 W1 Jeopardy</p>	<p>28</p> <p>9:45 W2 Fitness Class w/ Melanie 10:30 W2 Daily Chronicle 2:00 W1 Quarter Bingo \$ 3:15 W1 Reminiscing the Past 7:00 T Movie in the Theater</p>	
<p>29</p> <p>9:45 W2 Fitness Class 10:30 W2 Daily Chronicle 11:00 W2 OLV Virtual Mass Channel 5 1:30 W1 Card Games 2:00 W1 Reading and Baking w/ Michaela</p>	<p>30</p> <p>9:45 W2 Better Balance w/ Lily 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Mary 2:00 W2 Passover Celebration 3:00 W1 Quarter Bingo \$ 6:30 W2 Monday Night Entertainment with Brian B</p>	<p>31</p> <p>9:45 W2 Fitness Class w/ Melanie 10:00 A2 Wii Bowling 10:30 W2 Daily Chronicle 10:45 A2 Rosary w/ Jean 1:30 W1 Card Games 2:00 W1 Baking Club 3:15 T The Chosen Show 7:00 T Movie Night w/ Kristen</p>	 				<p>All activities are subject to change. Please see the Daily Activity sheets for changes. If you have any questions, please feel free to see Tabitha Kennedy (716) 688-0111.</p>

Staff Birthdays and Anniversaries

Happy Birthday

1st

Dominic Bufalino

6th

Tabitha Kennedy

7th

Maria Kamens

8th

David Duffy

11th

Candice L Marrow

13th

Jason Khayat

16th

Lynn Fox

21st

Jacki Condon

22nd

Pamela Costa

28th

Doreen Zeisz

Happy Anniversary

23 years

Jenny Kalimu

8 years

Julane Beck

4 years

Rhonda Walker

Tabitha Kennedy

2 years

Tawny Johnson

1 year

Ainsley Cousins



Valentine's Day Craft with Forest Stream Volunteers



Betty McAvoy



Personality Profiles

Betty McAvoy was born on December 13, 1931, in Cincinnati, Ohio. Her parents were Alberta and Alphonse Reuter. Her father worked for the Cincinnati

Transit Company assisting in settling lawsuits and her mom stayed at home to raise the family. Betty had an older sister, Sylvia, and younger brothers Fred and John. Betty grew up in the Cincinnati, Ohio, area going to St. John's Catholic School until 8th grade, and then graduating from Regina High School, a private all-girls Catholic school.

Lazy summer days were spent at a local community pool. On a warm, sunny afternoon, Betty and a friend decided to take a dip at the swimming hole. There she met Richard McAvoy and his buddy. Richard was enamored with Betty, and his buddy and Betty's friend paired up. Betty gave Richard her number and he called the next day. From there it was full speed ahead. The two dated, were engaged for a year and married a few months later. They honeymooned in Gatlinburg, TN, taking in the natural beauty of the Great Smokey Mountains.

Richard began his career for the Phillip Morris Company in Ohio in sales. Betty began to

raise their five children in the Cincinnati region. A job transfer brought them to the east coast with a move to Springfield, MA. They lived there for about two and a half years. Another job transfer landed them in Williamsville, NY. Betty did not have outside employment until they got to Buffalo. The children were older, so she used her newfound time to do office work for the Williamsville School District. She retired from there after fifteen years of service.

Betty and Richard had five children. All of them attended UB. Marcia was a doctor in radiology. She is currently in the Baltimore, MD area. Richard worked for a chemical company and lives in Tonawanda. Ken retired from National Fuel and lives in Williamsville. Daughter Jane worked for a law firm and is living in Chicago. Youngest son John retired from Rand McNally and lives in the Chicago area. There are nine grandchildren, four boys and five girls, and one great-grandchild.

Betty now enjoys reading, warmly reminiscing the trips to parks and taking in the majesty of nature. Visiting Cape Cod was one of her favorite trips. She often visited Gatlinburg, TN, and of course, Cincinnati, OH, sadly more recently for funerals.

Resident Recognition

Happy Birthday

1st

Lucille Lignos

2nd

Ellie Worley

6th

Ruth Hillimon

10th

Donald Cyprys

13th

Shirley Verhage

17th

Tim Kane

19th

Sylvia Szymanski

23rd

Donald Ford

26th

Linda Huber

29th

Louise Hayes



Happy Birthday Donald!



Happy Birthday Linda!

Holiday ABCs for March

S is for Soaking up the Sun

P is for Plenty of Plants
in bloom

R is for Robins singing their
tunes

I is for Impressive colors
everywhere

N is for all of Nature's beauty

G is for Green grass growing



Spring Forward

Daylight saving time begins at 2 a.m. on the second Sunday in March. Remember to set your clocks ahead one hour, and enjoy the extra daylight in the evening.



Wit & Wisdom

"Spring, when the Earth tilts closer to the sun, runs a strict timetable of flowers."

—Alice Oswald

"In winter, I plot and plan. In Spring, I move."

—Henry Rollins

"Despite the forecast, live like it's Spring."

—Lilly Pulitzer

"With the coming of Spring, I am calm again."

—Gustav Mahler

—Lewis Grizzard

"Can words describe the fragrance of the very breath of Spring?"

—Neltje Blanchan

