

## A Note From Our Administrator



**Karen Hurst, NHA**

*Administrator, Polaris Healthcare & Rehabilitation Center*

## Our Department Leaders

- **Karen Hurst**  
Administrator
- **Jackee Donofrio**  
Director of Nursing
- **Christopher King**  
Assistant Director of Nursing
- **Jessica Granger**  
Admissions & Community Relations Director
- **Jennifer Jarvis**  
**Vanessa Cannon**  
Human Resources/Payroll
- **Elizabeth Bostic**  
Business Office Manager
- **Dr. Vidyarani Subbaraya**  
Medical Director
- **Helen Krum**  
Infection Control
- **Jordyn Valenti**  
Staff Development
- **Carrie Geyer**  
Activities Director
- **Sabrina Farren**  
Director of Rehabilitation
- **Karen Grohoski**  
Dietitian
- **Ashley Baldino**  
Dining Services Manager
- **Jensy Zavala**  
Central Supply
- **Walt Muzyk**  
Director of Maintenance
- **Arynn Ebert**  
Environmental Services
- **Lesmine Gray**  
Social Services Director
- **Lori Stafford-Dulin**  
RNAC



Happy Valentine's Day from roommates, Jeannie and Karen



Bernice is up for challenge with Apples to Apples



Weekly card game with Mary and her visitor and good friend, Tom



Mardi Gras parade fun. Throw me some beads, Janet!

# March 2024 Activity Calendar
















## Resident Birthdays

- Monserrate S. – 03/01
- Marche N. – 03/06
- Barbara B. – 03/11
- Bessie P. – 03/13
- Charles L. – 03/21
- Maria G. – 03/29
- Nancy W. – 03/30

## Welcome New Employees

- Chris King, ADON
- Helen Krum, Infection Control
- Jordyn Valenti, Staff Development
- Naomi DeGroat, CNA
- Leslie Reyna Lopez, CNA
- Sharane LeGrand, CNA
- Aliesha Allen, CNA
- Kim Jennings, CNA



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Sewing Group</b> Mon and Tues 10:30 and 1:00 	Activities subject to change; check daily chronicles for updates.			1 11:00 Decorating for Easter 2:00 Noodle Soccer	2 Activity Cart and Room Visits 2:00 
3 10:30 Brew Crew Coffee Hour 2:00 Conversation and Coloring	4 11:00 <b>BINGOCIZE</b> 2:00 <b>SKY BRADY</b> Entertainer 	5 10:30 Crafts/Sewing 2:00 	6 10:00 Nail Care Room Visits 2:00 Church Service	7 10:30 Learn to Crochet 11:00 <b>BINGOCIZE</b> 2:00 Tai Chi	8 11:00 Dominoes 2:00 Baking Peanut Butter Cookies	9 Activity Cart and Room Visits 2:00 
10 10:30 Brew Crew Coffee Hour 2:00 Crafts with Sue	11 11:00 <b>BINGOCIZE</b> 2:00 Silver Sneakers	12 10:30 Crafts/Sewing 2:00 <b>Resident Council</b>	13 10:00 Nail Care Room Visits 2:00 Church Service	14 10:30 Learn to Crochet 11:00 <b>BINGOCIZE</b> 2:00 Tai Chi	15 11:00 Scrabble 2:00 <b>BEN ROSA</b> Musician 	16 Activity Cart and Room Visits 2:00 
17 <b>St. Patrick's Day</b> 10:30 Brew Crew Coffee Hour 2:00 Sing a Long	18 11:00 <b>BINGOCIZE</b> 2:00 Silver Sneakers	19 10:30 Crafts/Sewing 2:00 	20 10:00 Nail Care 2:00 Church Service 2:45 Announcing Quilt Winner 	21 10:30 Learn to Crochet 11:00 <b>BINGOCIZE</b> 2:00 Tai Chi	22 11:00 UNO 2:00 Balloon Volleyball	23 Activity Cart and Room Visits 2:00 
24 <b>Palm Sunday</b> 10:30 Brew Crew Coffee Hour 2:00 Conversation and Coloring	25 11:00 <b>BINGOCIZE</b> 2:00 Silver Sneakers	26 <b>Wear A Hat Day</b> 10:30 Crafts/Sewing 2:00 Food Committee and March Birthday Party	27 10:00 Nail Care Room Visits 2:00 Church Service	28 10:30 Learn to Crochet 11:00 <b>BINGOCIZE</b> 2:00 Tai Chi	29 <b>GOOD FRIDAY</b> 11:00 Dying Easter Eggs 2:00 National Waffle Day Social	30 Activity Cart and Room Visits 2:00 
31 <b>Easter</b> 10:30 Brew Crew Coffee Hour 2:00 Crafts with Sue						



## Polaris Sewing Club:

For National Quilting Month, we are honoring our Sewing Club Members. Pictured left to right are: Carolyn Spiezio (Instructor), our Residents Barbara Koepfinger, Josey Stringer, Karen Harris, and Activity Assistant, Holly Pepper. Also being honored is our Resident Cat McPherson.

This group has made a double-size quilt, 3 Veteran quilts, 5 lap quilts, tote bags and walker bags. Donations have come from Carolyn Spiezio, Delaware Sewing Center, staff and the community. We are currently raffling off the double bed-size quilt to benefit the sewing club.

# \* SPRING \* WORD SEARCH

A	U	H	B	B	N	D	Q	H	R	P	M	O	T	U	F	X	U	P	R
S	W	O	K	U	E	U	R	J	K	O	S	L	M	Q	D	P	K	B	T
L	K	M	G	Y	N	N	M	N	C	M	T	I	M	S	Y	C	S	H	Q
V	W	K	W	N	U	N	W	X	I	P	G	Z	D	R	G	D	P	X	K
G	J	A	G	I	B	J	Y	O	H	L	P	M	O	O	L	B	I	A	O
O	A	F	M	B	Q	S	J	H	C	M	N	D	V	R	V	K	L	D	V
S	D	R	N	L	P	E	E	D	G	H	G	W	H	K	J	U	U	Y	Z
V	N	O	D	N	Z	E	J	I	E	G	M	O	V	V	S	H	T	C	V
O	N	N	R	E	N	D	O	N	I	A	R	Z	R	Y	U	S	P	P	B
S	C	Z	G	S	N	S	G	W	D	T	V	N	B	E	B	R	Y	O	H
C	E	D	Y	P	V	M	L	R	G	S	Z	T	S	F	S	E	Y	V	S
F	T	B	L	O	S	S	O	M	E	Q	O	Z	H	V	R	W	E	E	O
X	S	U	N	S	H	I	N	E	D	E	R	I	A	H	W	O	F	A	Z
C	A	T	E	R	P	I	L	L	A	R	N	Z	S	T	T	H	L	Y	U
F	A	T	I	J	Z	F	P	N	F	H	J	M	G	Q	X	S	O	D	K
A	P	E	X	P	B	R	Y	Z	F	V	O	Y	G	P	K	Z	W	W	N
F	R	R	S	Y	I	Z	N	G	O	U	B	V	E	F	O	J	E	V	V
R	I	F	H	H	U	Z	V	F	D	Q	G	R	O	W	J	R	G	H	H
P	L	L	C	R	S	P	Z	O	I	G	R	A	S	S	S	B	S	H	S
S	V	Y	J	A	M	J	D	F	L	W	C	P	O	C	L	E	R	U	L

**BLOOM**  
APRIL  
TULIPS  
BUNNY


**BUTTERFLY**  
CHIRP  
DAFFODIL  
FLOWERS

**GREEN**  
GROW  
SEEDS  
RAIN

**SUNSHINE**  
BLOSSOM  
CHICK  
GRASS

**SHOWERS**  
EGGS  
GARDEN  
CATERPILLAR

## RAINBOW BREATHING *exercise*





Place your finger at the bottom of the rainbow, on left.

Take a deep breath in as you move your finger half way up the first rainbow color toward the arrow.

When you reach the arrow, begin to exhale as you keep moving your finger to the end of the rainbow, on right.

Repeat with every color to help you feel calm and grounded.

