



SENIOR LIVING COMMUNITY

1006 33rd Street • Vero Beach, FL 32960 • 772-567-5248

**Positive Thought**

“An optimist is the human personification of spring.” —Susan J. Bissonette

**Hidden Lakes Administration**

- Executive Director ..... Dan Bohler
- Administrator ..... Mary Anne Sherry
- Business Office Manager/HR ..... Joelly LaPaz
- Director of Nursing ..... Jasmine Bucklin
- Director of Therapy ..... Caitlin Roush
- Dietary Director ..... Elaine Weisse
- MDS Coordinator/LPN ..... Tracy Giuffrida
- Environmental Services ..... Nicole Jared
- Maintenance Director ..... Greg Garland
- Admissions Coordinator ..... Jordan Phillips
- Activities Director ..... Christina Bohler

**March Birthdays**

- 8 ..... Ed B.
- 14 ..... Kat W.
- 19 ..... Sharon G.
- 20 ..... Charles E.
- 21 ..... Beverly W.
- 24 ..... Betty A.
- 28 ..... Dean R.
- 30 ..... Judy H.



**The Time Springs Forward One Hour on Sunday, March 9th!**

**March 2025**

**Resident Spotlight Ed Blanton**

Ed Blanton was born in 1922. He will celebrate his 103rd birthday on March 8th! He proudly served our country in the Army for three years under General George Patton. He then worked in construction for thirty-seven years; he even did some of the concrete on our property. Ed was married to his wife, Leo, for seventy-five years and they have four children together. After accepting Jesus in 1948, he said he felt like he was starting a new life. Throughout his life, his hobbies included: flying his own airplane, boating and canoeing. More recently he enjoys playing bingo and dominoes. Ed has lived in the Hidden Lakes Clubhouse for four years and loves it!



## Important Dates in March

4	Mardi Gras Social
6	Italian Pizza Party
7	Ice Cream & Trivia
11	Ladies' Luncheon Outing
13	Pancake Breakfast
14	Casino Outing
17	Lucky Cookout
20	Men's Breakfast Outing
21	Antiques & Treats
27	Friends & Family
28	Movie Night

### Ladies' Luncheon

We are going to CJ Cannons for our ladies' luncheon on March 11th. We will meet at the Clubhouse at 11:30am and return at approximately 1:30pm. Please call the reception desk to reserve your spot.

### Friends & Family Dinner and Black & White Casino Night

This month we are having a Black & White Casino Night for our Friends & Family Event on March 27th. Please call the reception desk to reserve your spot. Some highlights will include:

- Everyone Dress in Black & White!
- Buffet-Style Dinner
- Casino-Style Games

### Movie Night

This month's Friday movie & popcorn night is Casino Royale - James Bond. The Sing Along starts at 5:45pm and the movie starts at 6:00pm in the Clubhouse.

## Wildlife Resident Spotlight Muscovy Duck by Gail Reiss

One of my favorite bird residents are the colorful Muscovy Ducks that spend their days walking around our community and enjoying the beautiful ponds. Last year I watched a devoted and protective mom raise her eight ducklings to adulthood.

Muscovy ducks are some of the oldest domesticated fowl species in the world. A Muscovy duck is often compared to a puppy dog because of its friendly, curious temperament, tendency to follow people around, and even a similar "wagging tail" behavior when happy, making them seem quite dog-like in their interactions with humans. The drake has a low breathy call, and the hen a quiet trilling coo. Weighing up to 15 pounds, male Muscovy ducks are the largest species of ducks in the world, with female Muscovy ducks being half the weight of the males. The most distinct characteristics are the red, warty caruncles around the eyes and bills which are more pronounced in males than in females. Muscovy ducks' feathers are glossy and can appear iridescent in the right light. They eat almost anything from small fish, termites, millipedes, small reptiles, insects, grass, grains and plants.



### Self-Care Corner: Dose of Daylight

Did you know sunlight is a natural mood booster? As spring starts, take advantage of longer daylight hours and schedule time for sunshine, whether it's eating lunch outdoors or going for a walk after dinner. Research shows that letting sunlight hit your eyes can raise levels of serotonin, which helps keep you calm, and regulate your sleep cycle.

### St. Patrick's Day Events

We will be celebrating St. Patrick's Day with a Green Pancake Breakfast at 8:30am on March 13th and a Lucky Cookout at 12:00pm on March 17th. Feel free to wear GREEN to these events!





## March Madness

It means office pools. Heartbreak. Buzzer beaters. Braggin' rights. "March Madness" strikes this month each year. The goal is to crown a national champion in college basketball. But did you know "March Madness" originally was coined in relation to high school hoops?

In 1939, Henry V. Porter, an administrator with the Illinois High School Association, referred to "March Madness" in an article he wrote describing the hoopla surrounding the Illinois state tournament.

When TV broadcaster Brent Musburger used the phrase "March Madness" during the

1982 NCAA tournament, it ignited an association with what has become a much-anticipated March staple.



## Brainteaser

Q: I go forward; I go back. I'm in some mattresses when you hit the sack! I'm also a break and a form of training. I'm a fever, water and a type of cleaning. What am I?

A: Spring!

## The Best Medicine Signs in Doctors' Waiting Rooms

At an optometrist's office: "If you don't see what you're looking for, you've come to the right place."

At a podiatrist's office: "Time wounds all heels."

At a veterinarian's office: "Back in 5 minutes. Sit! Stay!"

## Medical Terms Explained

Bacteria: The back door to a cafeteria

CAT scan: Searching for a kitty

Thorax: Character in a Dr. Seuss book

GI series: World Series of military baseball

## A Look Back at Good Times With Good Friends ...



A patient with a banana sticking out of his ear and a hot dog up his nose goes to the doctor and complains, "Doctor, I don't feel well." The doctor replies, "Well, it looks like you're not eating right."

A woman rushes into her doctor's office and declares, "I think I'm shrinking!" The doctor calmly responds, "Now, settle down and just be a little patient."

Patient: "When I poke my leg, it hurts, when I press my chest, it hurts, and when I poke my stomach, it hurts. What's wrong with me, Doc?"

Doctor: "That's easy; you have a sore finger!"

## Cartoon Characters

The world of animation has brought to life a wide range of characters over the years—everything from a Jazz Age flapper and a talking bear to a crime-solving dog and a sea sponge. Take a look at these popular cartoon characters and when they made their screen debuts.

Year	Character	Debut Cartoon/Series
1928	Mickey Mouse	"Steamboat Willie"
1930	Betty Boop	"Dizzy Dishes"
1940	Bugs Bunny	"A Wild Hare"
1958	Yogi Bear	"The Huckleberry Hound Show"
1969	Scooby-Doo	"Scooby-Doo, Where Are You!"
1989	Homer Simpson	"The Simpsons"
1999	SpongeBob SquarePants	"SpongeBob SquarePants"
2000	Dora	"Dora the Explorer"
2004	Peppa	"Peppa Pig"
2012	Daniel Tiger	"Daniel Tiger's Neighborhood"

"Then & Now"

## "This Month In History"

### MARCH

**1912:** The first parachute jump from a moving airplane takes place. U.S. Army Capt. Albert Berry made the leap over St. Louis, Mo.

**1936:** The Hoover Dam is complete! After five years of construction, the dam spanning the Colorado River between Arizona and Nevada was able to begin creating hydroelectric power.

**1941:** Nashville, Tenn., becomes the home of the first FM radio station. WSM-FM was a commercial station for the National Life and Accident Insurance Company.

**1958:** Elvis Presley enters the U.S. Army. Already a rock 'n' roll star, he remained an active duty soldier for two years.

**1964:** The first Ford Mustang rolls off the production assembly line.

**1977:** Scientists discover that Uranus has rings, like its fellow planet Saturn. Dark in color, the rings were only seen because a star blinked repeatedly as the planet's rings passed in front of it.

**1981:** President Ronald Reagan is shot and wounded in an assassination attempt. At the hospital, Reagan reportedly joked to his wife, "Honey, I forgot to duck."

**1998:** "Titanic" becomes the highest-grossing movie in box office history, earning over \$2.2 billion worldwide. It was later surpassed by "Avatar" (2009) and "Avengers: Endgame" (2019).

**2005:** The PlayStation Portable handheld gaming console debuts in North America. In five years, 17 million PSPs were sold in the U.S. alone.