



SENIOR LIVING COMMUNITY

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

### 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  
 Admissions Coordinator ..... Jordan Phillips  
 Activities Director ..... Christina Bohler  
 Wellness Director ..... Lisa Hernandez  
 Dietary Director ..... Nancy Paulson

### March Birthdays

8 ..... Ed B.  
 19 ..... Sharon G.  
 20 ..... Charles E.  
 24 ..... Betty A.  
 28 ..... Dean R.

### Important Dates in March

6 ..... Movie Night & Popcorn  
 9 ..... Brevard Zoo Outing  
 12 ..... Pancake Breakfast  
 17 ..... St. Patrick's Day Lunch  
 19 ..... Men's Breakfast Outing  
 19 ..... Shamrock Shake Social  
 24 ..... Ladies' Luncheon  
 25 ..... Resident Council  
 26 ..... Family & Friends Dinner



## March 2026

### Resident Spotlight - Judi Backof



Judi Backof

Judi was born in Baltimore, Maryland. She was married for twenty-seven years. She has two children, one son and one daughter. She worked in a Medical Records Department for 39 years. Her hobbies include reading and playing Mahjong. A fun event she enjoyed at Hidden Lakes was making wreaths. Judi is Jewish so instead of a Christmas

wreath, she made a beautiful Hanukkah wreath! She is a lifetime member of the Girl Scouts and is very proud of working with the Red Cross. She moved to Hidden Lakes after she decided to downsize. She sold her house and moved into a Villa six months ago. When we asked her what she liked about Hidden Lakes, she said the friendly people and the great, helpful staff!

### Specific March Event Information

- 6 - Movie Night & Popcorn at the Clubhouse - "Irish Wish"
- 9-Brevard Zoo Outing - Admission \$29, make your payment at the office in advance, we will pay for your lunch at the zoo
- 19 - Men's Breakfast Outing - Nettie's Roadside Restaurant
- 24 - Ladies' Luncheon - Applebee's
- 26 - Friends & Family - March Madness Basketball Theme with Entertainment by Country Artist Kyle Kraft

## Wit & Wisdom

"Diligence is the mother of good luck."

—Benjamin Franklin

"If one is lucky, a solitary fantasy can totally transform one million realities."

—Maya Angelou

"Good luck beats early rising."

—Irish proverb

"I think we consider too much the good luck of the early bird and not enough the bad luck of the early worm."

—Franklin D. Roosevelt

"Luck is believing you're lucky."

—Tennessee Williams

"Luck is not chance; it's toil. Fortune's expensive smile is earned."

—Emily Dickinson

"Nothing is as obnoxious as other people's luck."

—F. Scott Fitzgerald

"People always call it luck when you've acted more sensibly than they have."

—Anne Tyler

"The day you decide to do it is your lucky day."

—Japanese proverb

"I busted a mirror and got seven years' bad luck, but my lawyer thinks he can get me five."

—Steven Wright

## Wildlife Resident Spotlight by Gail Reiss



Osprey

### Wildlife

Resident Spotlight by Gail Reiss

The **Osprey**, or Sea Eagle, is a

large member of the hawk family that is commonly seen circling above lakes, rivers, streams and ponds, or perched on dead trees or telephone poles. It is almost the size of an eagle and is dark brown with a white head and a brown mask from the eyes down to the cheeks. It also has a white and brown breast and underside. The Osprey has large talons that allow it to "fish" by diving down and gripping onto fish. Additionally, the skin of the Osprey's feet is rough and prickly, helping the bird maintain its grip on a slippery fish. After catching a fish, the Osprey returns to its perch to eat or feed its young. Occasionally an Osprey will lock its talons in a fish that is too big for the bird to lift out of the water, but an Osprey can usually lift up to a 4-pound fish out of water. Although resident Florida Ospreys do not migrate, their out-of-town family members migrate north in the spring from wintering grounds in South America, Mexico or the southern United States. During migration, one Osprey was timed in flight going between 20 and 80 miles per hour!



## Employee of the Month



Nepsie Brown

Congratulate Nepsie on being Employee of the Month! Nepsie has been a valuable asset to our Dietary Department for over 20 years. She always greets residents with a smile and makes sure their dining experience is enjoyable! Her dependability, loyalty, and commitment to excellence are just some of her outstanding qualities. She is always helpful as a coworker and often puts the needs of the residents above her own. The clubhouse restaurant would not be the same without her!

INTERNATIONAL Day of

*Happiness*

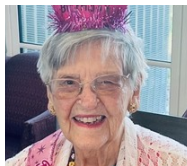
March 20



# Happy Birthday



## Special 100 Club Birthdays!



On February 7th, Eleanor Carson turned 103 years old!!



On March 8th, Ed Blanton will turn 104 years old!

## Walk in the Sand

The arrival of spring promises warmer temps, and the Saturday after the vernal equinox celebrates a favorite sunny activity: long walks on the beach. For over a decade, Walk in the Sand Day has raised awareness about the world's beaches by reminding folks of the physical and mental health benefits of strolling on the shore. Walk in the Sand Day is a good opportunity to participate in coastal cleanup or donate to a beach-friendly cause.

## SPRING FORWARD

Sunday, March 8th, the time will spring forward an hour at 2:00am.

## Poetry Puzzlers

Readers around the world celebrate World Poetry Day on March 21 each year. Roses are red, violets are blue, can you match these verses to writers and poems, too?

1. "Two roads diverged in a wood, and I—I took the one less traveled by, and that has made all the difference."

2. "But still, like air, I'll rise."

3. "What's in a name? That which we call a rose by any other name would smell as sweet."

4. "This being human is a guest house. Every morning a new arrival."

5. "Hope is the thing with feathers that perches in the soul ..."

6. "I love you without knowing how, or when, or from where ..."

7. "O Captain! my Captain! our fearful trip is done ..."

Answers:

1. Robert Frost, "The Road Not Taken"

2. Maya Angelou, "Still I Rise"

3. William Shakespeare, "Romeo and Juliet"

4. Jalaluddin Rumi, "The Guest House," translated by Coleman Barks

5. Emily Dickinson, "'Hope' is the thing with feathers"


6. Pablo Neruda, "Sonnet XVII"

7. Walt Whitman, "O Captain! My Captain"

## Good Times With Good Friends



## March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	 17	18	19	<i>Spring is in the air</i> 20	21
22	23	24	25	26	27	28
29	30	31	<i>March</i>			

## "This Month In History" MARCH

**1918:** Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

**1941:** The pioneering squadron of African American military aviators known as the Tuskegee Airmen is activated for service in World War II.

**1959:** Barbie makes her debut at the American International Toy Fair in New York City.

**1962:** In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points

playing against the New York Knicks. It's still the record for most points scored in a single game.

**1974:** People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

**1987:** To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

**2006:** Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.