



DO YOU HAVE A SPRING IN YOUR STEP?...

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Firstly, I must apologise in advance of my next statement, but we are now entering the first quarter of 2020. "Where has the time gone?" I hear some of you shout. However, there are some great things about to happen in the month of March.

The days are longer, the nights are warmer, and we can finally put our heavy coats and gloves in the back of the closet. Winter is gone and that means the clocks will change at the end of this month, going 1 hour forward. Spring flowers are appearing, the nesting activity of the birds will start.

March is the month when spring officially begins, but you might not know it from the weather. As the seasons change from winter to spring, take some time to review the special days, holidays, awareness weeks, and observances for March.

You can use them as inspiration for learning more about health challenges and healthy habits. This is a great time to explore historical facts, interesting people, new concepts, and hobbies. Health care organizations might plan activities in coordination with these observances.

The entire month of March is designated for these causes:

- ◇ Women's History Month
- ◇ Deaf History Month
- ◇ National Craft Month
- ◇ Optimism Month
- ◇ Honour Society Awareness Month
- ◇ National Foreign Language Month
- ◇ Irish American Heritage Month
- ◇ National Ethics Month
- ◇ Bleeding Disorders Awareness Month
- ◇ National Kidney Month
- ◇ National Nutrition Month
- ◇ National Colorectal Cancer Awareness Month

Week-Long Observances

The spotlight is on these causes for a single week in March:

- ◇ Read an E-Book Week (second week)
- ◇ National Bubble Week (second week)
- ◇ Celebrate Your Name Week (second week)
- ◇ Act Happy Week (starts on third Monday)
- ◇ International Brain Awareness Week (third week)
- ◇ World Folklore Tales and Fables Week (fourth week)

Special Days and Holidays

While some of these events happen on the same day every year, others are floating observances and the dates may vary from year to year. The dates listed are suggested dates only. Check the calendar to see when they happen in any one year.

First Week

- ◇ March 1: National Peanut Butter Lovers Day
- ◇ March 2: Dr. Seuss's Birthday
- ◇ March 2: Read Across America Day
- ◇ March 4: Hug a GI Day
- ◇ March 4: National Grammar Day
- ◇ March 5: World Book Day
- ◇ March 7: Fun Facts About Names Day

Second Week

- ◇ March 9: Read Aloud Day
- ◇ March 11: Johnny Appleseed Day
- ◇ March 12: Genealogy Day
- ◇ March 12: Plant a Flower Day
- ◇ March 13: K-9 Veterans Day
- ◇ March 14: National Pi Day



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Third Week

- ◇ March 15: Incredible Kid Day
- ◇ March 16: Freedom of Information Day
- ◇ March 17: St. Patrick's Day
- ◇ March 18: Supreme Sacrifice Day
- ◇ March 20: International Earth Day
- ◇ March 20: First Day of Spring
- ◇ March 21: National Teenager Day

Fourth Week

- ◇ March 22: American Diabetes Alert Day
- ◇ March 23: World Meteorology Day
- ◇ March 24: World Tuberculosis Day
- ◇ March 25: Tolkien Reading Day
- ◇ March 30: I Am in Control Day
- ◇ March 30: Take a Walk in the Park Day



IT'S NOT "ONE SIZE FITS ALL!"

Individualised, "person centred care" is essential. One reason many activities fail to generate enthusiasm at nursing homes and assisted living centres is a one-size-fits-all attitude on the part of staff. When planning activities, it's important to take the time to get to know the participants individually and learn their interests and abilities. When you know this, you can pinpoint precise, individual activities each person is sure to enjoy as well as successful group activities.

I wish you a truly active Spring Season

All my Best to you

Priscilla Holmes

