



**PLEASANT MANOR** RETIREMENT VILLAGE

**Flower of the Month – Daffodil**

By the time March rolls around, most of us are more than ready for spring to return. Finally, the snow begins to melt, and when the green stems of the daffodils shoot up toward the sky, it's official— spring has finally sprung! Though most parts of the daffodil plant are considered poisonous if consumed, it does have medicinal uses. The Japanese have used the bulb to treat wounds, and in some parts of the world, a compound called galantamine—found in the flower—is being studied to combat Alzheimer's disease. The daffodil also is used to celebrate a 10th wedding anniversary, but always in a bunch; lore has it that a single flower can foretell misfortune.

**Equinox Marks First Day of Season**

The vernal equinox, coming this year on March 20, is a day when both daylight and darkness are exactly 12 hours long. It marks the end of winter and the start of spring in the northern hemisphere, and the end of summer and start of fall in the southern hemisphere. The Chinese have long celebrated this equinox with feats of egg balancing. An unbroken egg, a symbol of fertility, is said to bring good luck and prosperity for the rest of the season. Early equinox celebrations in Germanic countries centered around Ostara, the Germanic goddess of spring. In Persia, the Achaemenian dynasty celebrated this equinox with the festival of No Ruz, meaning "New Day." And in Central America, the Mayans have celebrated this day for centuries—with a viewing of the sun as it sets on the El Castillo pyramid in Mexico.

**Dietary's Dish**

March is one of my favourite months. It is a reminder that spring is right around the corner. I would like to remind everyone that we have a Resident's choice meal once a month and that if people would like us to make something to let us know or leave us a comment in the comment boxes.

**Maintenance Muse**

Thanks to all for your patience this winter, as most of you know we are a little short staffed and the weather also has not cooperated with us very well. Just a reminder that it is very cold and icy and slippery out there so please be careful when leaving the buildings, also remember that there are buckets of salt at every entrance. If you notice that it is icy at the entrance please use the salt provided.

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**PLEASANT MANOR**

serving seniors with excellence, love and dignity

**Calendar Highlights**

- March 8 – Mennonite Youth Group singing in HP
- March 8 – Daylight Saving Time begins (Spring Forward)
- March 11 – **Tenant Fire Safety Training**
- March 20 – **First Day of Spring ☺**
- March 28 – **Auxiliary Spring Bazaar**
- March 30 – **Family Council in HP**



**Pleasant Manor Post**

March 2015

**From the Director's Desk**

I am happy to begin the month of March with a short vacation with family and friends. It reminds me how important, delightful and refreshing it is to surround oneself with people who love and support you. It is the heart of community. In the same way, my experience has been that here at Pleasant Manor, we have the blessing of community every day, being surrounded as we are with people - residents, tenants and staff - who are caring and supportive. It is an aspect of life here that is extra special, and something to be thankful for.



**Celebrating Valentine's Day!**

**Bonita's Bit**

It sure has been a cold winter, so far. I had the opportunity to attend an architectural gala, in Sudbury, the town in which my son now calls home. Talk about cold. I have never felt cold air as I did in Sudbury. It hurt! What was nice about the crisp, cold days was that the sun was shining and the sky was crystal blue in colour. Oh the beauty of the winter season. As I ponder upon life in Canada, at such a time as this, I am thankful for many things. The warmth and protection of my home, the love of family and friends and the freedom we have in this country. We truly are fortunate and blessed. I would be remiss not to mention the opportunity to travel to a warm climate as a pondering thought of mine. I wish warm and loving thoughts on each one of you as I ponder each life that is represented here in Heritage Place. Blessings to you and yours as travel through each season together.

