

**Independent and Assisted Living
Resident Council Meeting**

Will be held on
Wednesday, March 12,
in the DePiro Room.
The meeting will start
promptly at **1:30.**

Per your request
Department Managers
will be available for questions
and comments.

Welcome New Residents

Sandra Sward Apt 325
Katherine McQuarry Apt 118 B
Bruce Garretson Apt 225

Please greet them and make them
Welcome!



Resident Birthdays

Daniel Bain	3rd
Debra Edgar	4th
John Hoarn	4th
Sandra Bright	7th
Gerald Brown	8th
Connie Porter	12th
Peggy Bidwell	11th
Bob Surdukowski	15th
Virginia Roy	16th
Vickie Parr	22nd
Jenny Ryalls	28th
Paul Kehler	31st

We will celebrate March Birthdays
on **Tuesday, March 25,** at your
regular dinner seating.



Staff Birthdays

Geoffrey Orori	1st
Linda Cabell	3rd
Ashley Pace	10th
Cameron Tanous	11th
Brianna Clarkson	17th
Rebecca Morris	20th
Maritza Arizmendi	22nd
Keona Thompson	24th
Sherry Beverage	26th
Delano Logan	27th
Dell Washington	26th



Tidings of Peace

March 2025

Volume 34 Issue 3



**ADVICE FROM A
GARDEN**

**Cultivate lasting
friendships
Sow seeds of kindness
Listen to sage advice
Don't let the little
things bug you
Be outstanding in
your field**

**Take thyme for
yourself**

**ADVICE FROM A
HONEY BEE**

**Create a Buzz
Sip life's sweet
moments
Mind your own
beeswax
Work together
Always find your way
home
Stick close to your
honey
Bee yourself!**

Mardi Gras



Mardi Gras also known as **Shrove Tuesday** is the final day of Carnival. It thus falls on the day before the beginning of Lent on Ash Wednesday. **Mardi Gras** is French for "**Fat Tuesday**", referring to it being the last day of consuming rich, fatty foods, most notably red meat, in preparation for the Christian fasting season of Lent, during which such foods are avoided. Join your OLOP friends and neighbors for a **Mardi Gras Happy Hour on Tuesday, March 4, at 2:00** in the **DePiro Room**. Your tables for the evening meal will be adorned with masks and beads for you to wear and a New Orleans style dinner will be served.

St. Patrick's Day



We will celebrate St. Patrick's Day with a music program by **Matthew O'Donnell** on **Monday, March 17, at 2:00** in the Dining Room. Listen to Matthew sing Danny Boy like no other can. We will serve light snacks and green punch. Wear something Green!



Daylight Savings Time
Turn your clocks forward one hour
Saturday night, March 9!

Virginia History with Rick Britton

Come hear historian **Rick Britton** deliver two talks in March.

On **Monday, March 3, at 2:00** Rick will talk about **“Filippo Mazzei; Italian Genius, American Patriot.”** Thomas Jefferson was a firm believer in the value of longstanding friendships; and his 40-year friendship with Mazzei is a case in point. Talented, colorful, and ambitious, Mazzei became one of Albemarle County’s first Italian-born residents.

On **Monday, March 31, at 2:00** Rick will present **“The Battle of Trevilian Station.”** This intense combat—the Civil War’s largest all-cavalry battle—pitted Union General Philip Sheridan against Confederate General Wade Hampton. Fought in Louisa County on June 11 and 12, 1864, Trevilian Station was Hampton’s desperate attempt to stop Sheridan from reaching his goal in Charlottesville. Both lectures will be in the DePiro Room.

Outing to Yoder's

We will be going to Madison for an outing to **Yoder’s** on **Tuesday, March 11**. As you walk through the front doors, a warm country feel envelopes you and you realize that you are not in just any store. The hickory rockers in the entryway invite you to relax and enjoy your stay. The aroma of simmering soup or fresh pork barbecue wafts to you from the kitchen. This is Yoder’s Country Market and they want you to feel at home, so come on in and look around! We will be eating lunch there as well. If you would like to join us on this outing, **sign up at the mailboxes on Tuesday, March 4.** ~Taken in part from Yoder’s webpage~

Lunch out at El Mariachi

On **Thursday, March 20**, we will be going out to lunch at **El Mariachi’s** Mexican restaurant at Zion’s Cross Roads. Choose from a variety of delicious Mexican dishes. If you would like to go **sign up** at the **mailboxes on Thursday, March 13.**

Lunch In from A Taste of China

We will be ordering Chinese food from A Taste of China on **Wednesday, March 12**. If you would like to partake in this lunch in **sign up** at the **mailboxes on Wednesday, March 5**. More info for these outings will be on a flyer.

Men’s Group

The Men’s group will meet on **Tuesday, March 25, at 2:00** in the Card room. Enjoy a light snack and good conversation.

Grab and Go

March is Kidney Awareness Month, we will be handing out cranberry juice and a cranberry snack on **Thursday, March 13, at 1:30** on the 1st floor.

Monday, March 24, at 1:30 we will be handing out fresh baked cookies on the 1st Floor.

The Pancake Breakfast for Caring for Creatures was a big success!
Thank you to everyone that participated.





Students from St. Anne's Bellfield stopped in for one last craft project for this semester and to thank the residents for welcoming them into their home.

They hope to come back in the third semester.



February was National Heart Health month. Our Lady of Peace staff and residents wore red to inspire hope and awareness about heart disease.

They gathered together for a photo in a heart formation

Spring Equinox

In 2025, the March equinox happens on **March 20 at 5:01 A.M.** This falls on a Thursday and is the astronomical beginning of the spring season in the Northern Hemisphere and the autumn season in the Southern Hemisphere. If you thought that the spring equinox only ever occurred on March 21, you may be dating yourself. The civil calendar date of the equinox continues to shift every year. Spring brings rising temperatures, blooming flowers, budding trees, longer days, and new beginnings. We will welcome Spring with a Poetry Contest! Submit your *original* spring themed poem to the Life Enrichment Department by **Monday, March 17.** We will choose a winner and award a prize on March 20. All pomes submitted will be displayed.

March is Color Therapy Month

March is Color Therapy Month. March also reminds us that soon, the snow will leave us and the amazing colors of spring will surface. These colors make us smile, they pick us up and they put the world back into perspective. Color is powerful—it sends a message. One of the best ways to show the world you mean business is to wear the color which best conveys “I-am-trustworthy **Blue** or I-am-passionate **Red** or I-am-so-imaginative **Indigo**”. We will put out weekly coloring pages for you to do, as well as literature on how, different colors can affect your mood and other interesting facts about colors. Notice if you feel a difference when you see certain colors!

March Madness

What is March Madness? March Madness is one of the most anticipated and watched events in all of sports. Here's everything you need to know about the NCAA Division I men's basketball tournament, which has been played since 1939. The NCAA Division I men's basketball tournament is a single-elimination tournament of 68 teams that compete in seven rounds for the national championship. March 16, is Selection Sunday. This is the day when the Selection Committee reveals the full NCAA tournament bracket, including all teams and all seeds. The penultimate round is known as the Final Four, when (you guessed it) only four teams are left. Join us on **Wednesday, March 19, at 2:00 in the Main Lobby** as we celebrate **March Madness with a Tailgate Party!** Enjoy several different types of wings, chips, dips and other goodies.

Happenings in March

Join fellow resident **Joe Giovanelli** in the **DePiro Room** on **Monday, March 10, at 2:00**. Joe will delight you with his musical talent. Invite a friend and enjoy the show!

Join fellow resident **Bill Porter** for an evening of music and songs on **Wednesday, March 12, at 6:30** in the **Main Lobby**.

Friday, March 21, at 2:00 in the **DePiro Room**, **We Bring the Music** has brought us another top entertainer **Stephanie Nakasian**. Since she began touring and singing with vocal jazz master Jon Hendricks, Stephanie has performed and recorded with jazz legends including Phil Woods, Pat Metheny, Bobby McFerrin, Milt Hinton, and Clark Terry. Bring a friend and enjoy the show.

~ Taken in part from We Bring the Music web page ~

Jodie and Frankie will be back on **Wednesday, March 26, at 2:00** in the **Main Lobby**. Join them for music and songs. Song books will be provided and they encourage you to sing along with them.

Volunteer **Elizabeth Waterbury** will be here on the following **Wednesdays**, in **March, the 5th, 12th, and 26th, at 3:30** in the Library. She is very knowledgeable in **teaching** and **showing** you how to use your devices. She is **unable to fix or repair them**.

Volunteer **Fred Schneider** will be showing the following movies on **Sundays** at **7:00** in the Theater.

March 2nd, Harry Potter and The Sorcerer's Stone

March 9th, Downton Abbey: The Movie

March 16, The Prime of Miss Jean Brodie

March 23, Quartet March

March 30, Downton Abbey: A New Era

Friendly reminder to turn off your phone before entering the Theater!

Hearing at Home

A representative from Hearing at Home will be at Our Lady of Peace on **Wednesday, March 12, at 10:30** in the Chapel. While they are not able to fix your hearing aids, they do offer free cleanings, minor work, and answer questions about your hearing aid!

Minda's Boutique

Minda will be at Our Lady of Peace on **Tuesday, March 25, from 10:00-3:00** in the **Main Lobby**. Stop by and browse through her beautiful clothing, jewelry, and accessories. You can shop till you drop without leaving the comfort of your home.

Crafts and More

Calling All Crafters. We will be offering several opportunities for crafts and flower arranging this month. All supplies will be provided.

On **Tuesday, March 11, at 2:00** join your OLOP friends and neighbors in the Life Enrichment room for flower arranging. You can make an arrangement for yourself or give it to a friend. Flowers and vases will be provided.

On **Wednesday, March 12**, join Cameron for a **Chinese painting project** in the Life Enrichment room. Cameron will also have a second painting project on **Saturday, March 15, at 10:00**.

On **Tuesday, March 18, at 10:30** in the Life Enrichment room we will be making a spring themed craft.

On **Monday, March 24**, we will be a very unique project with stuffed animals. We have a collection of stuffed animals and heart shaped voice recorders, so that you can choose a stuffed animal and record a personalized message on it for your loved one.

On **Friday, March 28, at 3:00** in the Life Enrichment room, we will be painting Rainbows on rocks. They will be placed around the Our Lady of Peace and Hillsdale Drive community to bring a smile to the face of whoever finds them!

Hot Tea and Good News

Are you ready for some **GOOD NEWS?** Join the Life Enrichment staff for a cup of hot tea and Good News on **Thursday, March 6 at 10:00** and on **Wednesday, March 26, at 10:00**. Both Teas will be held in the Lounge. If you have some good news you would like to share tell us about it one these days!