

6501 Woodlake Dr.  
Richfield, MN 55423

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Instagram Link: <https://www.instagram.com/villageshores/>

Village Shores Website Link:

[www.villageshoresseniorcommunity.com](http://www.villageshoresseniorcommunity.com)



## Staff Directory

**\*All Village Shores Staff members are available by calling Reception Desk at  
612-861-1186**

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<b><u>Director of Maintenance</u></b> - Jeff Zwig 612.746.4701	<a href="mailto:jzwieg@villageshores.com">jzwieg@villageshores.com</a>
<b><u>Director of Wellness</u></b> - Tara Davenport 612.746.4712	<a href="mailto:tdavenport@villageshores.com">tdavenport@villageshores.com</a>
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MARCH  
2024



VILLAGE SHORES  
A SILVERCREST COMMUNITY



# SHORELINES

## Program Ponderings

*Brad Ray – Director of Programs*

**"May you always have Walls for the winds A roof for the rain Tea beside the fire  
Laughter to cheer you  
Those you love near you  
And all your heart might desire."**

**V**illage Shores gives you an Irish Blessing as we certainly wish that March will bring you good health and good fortune! They say that at the end of every rainbow you might find a place like Village Shores. Let's see what the fates have in store for March.

The month starts our with a sweet and warm ukulele concert by a young performer named **Grace McReady**. She is a real delight! Make sure to come to the bi-monthly **ALL RESIDENT MEETING** happening on 3/5. You can meet our new **Executive Director Antonio Rossini** and hear any important announcements he has to make. **MPR's Allison Young** returns to Village Shores to highlight her experiences hiking the Pacific Crest Trail. Art historian **Gary Hanson** returns to Village Shores for a presentation on the World's Most Expensive Art! Make sure to put a spring in your step when you come down to celebrate St. Patrick's Day with adult beverages and music by the **High Water Band**! The month rounds our with a birthday celebration for March babies with Brad's friends The **Way Way Back Band**! Also make sure to check into our Women's Health Collaboration seminar with **Peggy Babcock**, and also a lecture on financial safety with **Alex Nelson**, the branch manager of nearby BMO bank. We are also excited to welcome back Jim Christensen, an amazing classical pianist, to bring us into the realm of some of the greatest composers of all time. This will take place on the last Thursday of the month.

In addition to the great activities provided by Dezso and myself, we also welcome back **Robert Bozaich** (remember him from the elegant dinner?) and an old friend of mine, **James Shaw**. These two fellows will be providing our bio-monthly AL/Reflections concerts on 3rd floor Garden Café. Remember, if there is room after all of the AL and Reflections residents are seated, these concerts can be attended by other Village Shores residents.

Lastly, we are offering three opportunities to get out of Dodge and enjoy the sites and sounds of our city. There are still tickets available to the Ives Theatre production of **"On the Road"**, a dinner matinee featuring amazing country music. Also trips to the **Super Moon Chinese Buffet** and to the **Edina Galleria** for their annual "Floral Experience" still have seats available.

Thank you for being such vehement supporters of Dezso and myself in providing a diverse array of activities, entertainers, presenters, and outing experiences. We have a great number of residents who make our department successful by leading groups, helping us keep all of our ducks in a row **(WE NEED IT)** and making suggestions to help improve our community. Without you, we would; be just flapping in the breeze. Let's make this spring and summer one for the books!

~Brad





## Resident in the Spotlight- Michelle

Meet Michelle Cross! Our new resident in 511. She loves a challenge — and seeks them out. She steps out to try to make a difference.

Let's start with COMPASSION INTERNATIONAL (CI), a charity serving over 2 million children around the world with a budget of \$1billion plus. At \$38 per child per month, Michelle sponsored 20 children, sending over \$760 per month. When asked why she would do that, she said that she loves children, and since she does not have kids of her own, it is one way that she can give kids the support that they need. She gets to "know"

her kids indirectly through the letters she can send to them individually through Compassion International and the letters she gets back. Michelle's kids are in Africa, Asia, South America, Central America, and the Caribbean.

The cash does not go to the family, but rather the children receive food, schooling, health care, housing, clothes (and shoes), and protestant Christian religious training. Some children who have come through the 70 year old Compassion International program have gone through college and even become employees of CI after graduation.

Michelle adds fun to her sponsorships by choosing a child with qualities that are special to Michelle — such as a child who has the same birthday as her mother. WHO statistics estimate that 1 billion of the world's 2.2 billion children experience abuse, neglect and exploitation. One of the highest priorities of CI is that children and youth feel known, loved and protected. And that they have the support and education to develop their lives. To quote Judy Golz, the Board President of CI, "... the heart behind all of these efforts is to help set them on a path toward flourishing in their God-given potential."

Michelle Cross has taken on her part in that great project.

In needlework, Michelle also likes a challenge — with 7 projects going at a time in knitting, crochet, cross-stitch, needlepoint and quilting. The last 6 years Michelle has entered SOCK MADNESS, a knitting competition with an initial qualifier round that involves receiving the pattern and having the pair of socks knitted in two weeks. (She sends photos of her socks.) One year she made it all the way to the 5th round of 7 rounds. Sock Madness keeps it interesting to experienced knitters by sending out novel patterns and techniques.

Amidst all of this, Michelle still works remotely full time adding to her 29 years at Western National Insurance Company in the billing department. She likes a challenge at work, too, and seeks out new projects that 'use her brain'.

After coming to Minnesota for a year of travel school, Michelle, who was born and grew up in Michigan, migrated to Minneapolis (bringing her retired mother along). She lived in south Minneapolis until she bought her 3 bedroom house in east Richfield in 2007 near Centennial School. She enjoyed having her Mother live with her until her mother died in 2009.

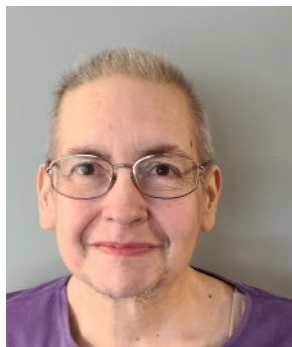
Michelle started taking on challenges young when in 1984 when she took an apprenticeship program in South Queensferry, Scotland, to teach 6 weeks of Vacation Bible School. She has been an active member of Grace Church in Edina where she taught elementary kids in church school classes.

To deepen her Biblical knowledge and make it more real, Michelle took a 10 day trip through Israel in 2017.

She was diagnosed with cancer a year ago and has gone through the ups and downs of chemo — which brought her to Village Shores. Her house is now on the market. She says that she chose VS because of the great programs.

Even with being in cancer recovery, Michelle is keen on the challenge of getting acquainted and involved at Village Shores.

When you meet her in the hallway or dining room, share one of *your* challenge stories with her.



***Celebrate March Birthdays!***  
***A rocking March Birthday Party***  
***The Way Way Back Band***  
***Friday, March 22 at 2:00***



***Main Dining  
Room***

## **Silver Advantage** **LETTER OF THE MONTH FOR IS "C"** **"COMMUNITY"**



**Robin**  
**(Overnight Staff)**  
Thanks for delivering  
the newspaper to my  
apartment door! That  
is above and beyond  
what an overnight re-  
ceptionist should have  
to do. Thank you so  
much!  
--Mac (505)

**Svan**  
You have taught me SO  
MUCH in my first month  
here! I get really excited  
to work with him every  
day!  
-Eric- Silver care Dining  
Services



**Dezso**  
You teach such  
great programs!  
It's fun to have  
college level cours-  
es at our age!  
-Evelyn (702)

**Allen**  
**Bistro Chef**  
*This GUY ALWAYS has a  
positive attitude not  
only some days, but  
EVERY DAY!*  
*I look forward to work-  
ing with him more!*  
- Eric  
*The New Bistro Chef*

**Tara (Wellness Director)**  
You "Post-Bingo "Wellness  
Moment" on Fridays is  
such a hit! I just love the  
great participation. There  
was no real need to add it  
to the already busy sched-  
ule, but it first PWER-  
FECTOLY! I just love all  
those gals stretching and  
feeling it together!  
-Brad Ray  
Director of Programs



**Silver Advantage is the Silvercrest Mantra of customer service. The acronym  
R.E.S.P.E.C.T. defines our goal in providing the best experience we can offer  
as far as being an excellent community to live and work in.**





Marketing Musings

Ann Huseby- Director of Marketing



Memorial Blood Center will be holding a blood drive at Village Shores! In order to do this, we will need at least 25 people to sign up to donate blood on this day. As some of you have suggested, the Droolin’ Moose chocolates would be a great gift to give. Village Shores has purchased 25 cups of the “Top Dog” chocolates for this event! In the month of February, Droolin’ Moose has donated \$15 dollars of every “Top Dog” chocolate to the First Responders in Burnsville affected by recent events. We were excited to partner with the Droolin’ Moose and Memorial Blood to support our community. Please let friends and family as well! Call Ann or Hala if you have any questions!

Ann Huseby- Marketing Director  
Village Shores Senior Community  
(P) 612-861-1186 (F) 612-861-0210  
(D) 612-746-4711  
[ahuseby@villageshores.com](mailto:ahuseby@villageshores.com)



Village Shores Resident Council Meeting Notes

- 1. Resident Jean Giradot attended and presented the concept of a Community Table in the Dining Room at lunch. This larger table encourages diners to join others for eating and socializing. Jean and Deann will discuss this with Les.
- 2. Concerns were expressed as to whether or not the kitchen is meeting the nutritional needs of residents. Residents are responsible for notifying the kitchen of their specific dietary needs such as gluten free, non-dairy, salt restrictions, limited or no fried food, etc. Diners should also notify the kitchen if their food is too salty.
- 3. It would be appreciated if if resident drivers and staff would comply with the 5mph speed limit in the garage. It would also be appreciated if drivers would look for pedestrians in the garage when entering and waiting for the door to close upon entering. It was suggested that this be mentioned at next All Residents Meeting.
- 4. Also in the garage - Some drivers who need to turn right to reach their parking spot which is often a difficult maneuver. It is made more difficult when vehicles are parked temporarily along the white wall. Is it possible to create a pass through space at the west end of the garage to alleviate this problem? Relevant staff will be contacted.

Search for a choir director continues. The following is a complete list of members of the Resident Council:

Let’s hear from you. Call:

Barbara  
Chairperson  
Jane  
Secretary

Please contact any of us if you have any suggestions or concerns. We can be reached via email and phone (see directory) as well as our hanging files.

Executive Director News

Welcome Antonio Rossini  
Village Shores new  
Executive Director!



Antonio Rossini joins SliverCrest at Village Shores as the Executive Director. Throughout his career he has worked to develop and motivate his teams. He has a contagious enthusiasm and passionate belief in people. He has served on many corporate advisory councils, working on strategic planning, policy development and systems streamlining.

Antonio, went to St. Cloud studied pre-hospital emergency medicine, after school he worked as a paramedic before starting a career in hospitality and was recruited into senior living where he has found a true passion. He has been leading teams in senior living for the past 10 years.

Antonio uses his positive attitude and tireless energy to encourage others to work hard and succeed. He is inspired daily by his wife, Mary and two children Sophia and Franco and their dog Jack. In his free time, when not completing projects at home, he volunteers with the US Air Force - Civil Air Patrol that he has been a part of for 36 years and holds the grade of LtCol. We are happy to have another veteran on our force!

Silver Care News

Diet and High Blood Pressure - Part 1

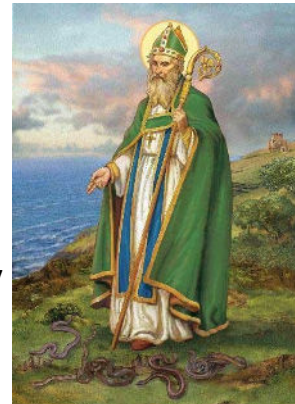
A diet rich in fruits, vegetables, whole grains, and low-fat dairy products can help you get your blood pressure under control.  
Key Takeaways!  
How can you lower naturally lower your blood pressure? Life-style factors such as diet can have a big impact on managing hypertension.  
Limiting your salt intake is helpful for lowering blood pressure, but it’s only part of the equation. What you do eat matters, too.  
A diet rich in fruits, vegetables, whole grains, and low-fat dairy products can help you get your blood pressure under control.  
If you’ve been diagnosed with high blood pressure, you may be wondering if the foods you eat could play a role in your condition. The answer is yes. Lifestyle factors such as diet can have a major impact on lowering blood pressure. In fact, some older adults are able to get their blood pressure under control just by changing what they eat. This in turn can potentially reduce or even eliminate their need for blood pressure medication.  
What about salt and high blood pressure?  
It’s well-understood that salt, which is primarily made up of the mineral sodium, can contribute to high blood pressure levels. According to the Centers for Disease Control and Prevention (CDC), Americans consume far more sodium than they need. The 2020–2025 Dietary Guidelines for Americans advise that adults should consume less than 2,300 mg of sodium each day. If you have high blood pressure, the American Heart Association recommends an intake of no more than 1,500 mg daily.  
While watching your salt intake is important, it's only one part of the equation. If you want to reduce your risk of heart attack, stroke, and other complications, fill your plate with blood pressure-friendly foods.  
How to lower blood pressure with food  
What food lowers blood pressure quickly? What is the fastest way to lower blood pressure naturally? Here are 10 foods that can promote normal blood pressure levels and support your overall health:  
Unsweetened yogurt. A recent study showed that yogurt may produce positive blood pressure outcomes for those with hypertension. This is attributed to its high amounts of the minerals calcium, potassium, and magnesium—all thought to help regulate blood pressure. Look for unsweetened natural and Greek yogurts, which can be blended with fruits, seeds, and nuts for a healthy breakfast or snack.

## Low Notes and High Notes with Dezso

The winter is winding down, spring is on its way, and Saint Patrick's Day approaches! With my love for all things historical, this month I thought to share a bit of the history of Saint Patrick's Day, in which you don't have to be Irish to be Irish (at least for a day)! Saint Patrick's Day was made an official Christian feast day in the early seventeenth century and is observed by the Catholic Church, the Anglican Communion (especially the Church of Ireland), the Eastern Orthodox Church, and the Lutheran Church. The day commemorates Saint Patrick and the arrival of Christianity in Ireland, but it also celebrates the heritage and culture of the Irish in general. Celebrations generally involve public parades and festivals, and the wearing of green attire or shamrocks. Some Christians also attend church services to celebrate this holiday, and historically the Lenten restrictions on eating and drinking alcohol were lifted for the day.

Saint Patrick's Day is a public holiday in the Republic of Ireland, Northern Ireland, Canada, Brazil, United States, Argentina, Australia, South Africa, and New Zealand, as well as other parts of the world influenced by Irish settlement. Saint Patrick's Day is celebrated in more countries than any other national festival, highly influenced by the worldwide Irish diaspora, especially in North America.

The historical Saint Patrick was a fifth century Romano-Christian missionary and Bishop in Ireland. Much of what we know of him comes from a text called the *Declaration*, allegedly written by Patrick himself. He was born in Roman Britain in the fourth century into a wealthy Romano-British family. His father was a deacon, and his grandfather was a priest in the Catholic church. According to his *Declaration*, at age 16 Patrick was kidnapped by Irish raiders and taken as a slave to Gaelic Ireland. He spent six years there as a shepherd and during that time he found God. According to this text God told him to flee to the coast, where a ship would be waiting to take him home. After making his way home, Patrick became a priest. Patrick then returned to Ireland to convert the pagan Irish to Christianity. The *Declaration* states that Patrick spent years evangelizing in Ireland and converted thousands. This is the root of the allegory that states that Patrick drove the "snakes" out of Ireland. Actually, it is a metaphor for heathen practices. In fact, snakes do not even inhabit Ireland. Tradition holds that Patrick died on March 17, accounting for the date that we celebrate today. Over the following centuries, many legends grew up around Patrick and he became Ireland's foremost saint. The holiday is perceived as the middle of spring on the Irish calendar. Whether or not you celebrate this holiday, it is a sure sign that beautiful spring is on its way!



## Computer/Technology Interest Group

We will have a round table discussion on how residents use technology for health maintenance. Let's share technology (websites, apps, etc.) that residents have found most interesting and helpful.

**NOTE: This will be the final meeting of the interest group unless 1 or 2 residents CALL BRAD to volunteer to help plan meetings.**

Speaking for Jeannine and myself, it has been fun group to work with--our thanks to all participants. Earl N. (210)

Earl N.  
Jeannine



## Words from Wellness

### *Tara Davenport—Director of Wellness*

Join the March Wellness challenge at The Club to move for a better world and a healthier you! When you try something new that supports your health and wellness or collect more *TechnoGym Moves* in March, you could win a prize! Chances are you'll feel better too.

A regular wellness routine improves our quality of life by making our activities of daily living more manageable and enjoyable. It can lift our spirits and boost our energy while reducing chronic diseases such as hypertension and depression.

Joining the challenge and entering to win can be as simple as stopping by The Club to speak with the Wellness Team including our new Wellness Coordinator Mitchell (read his introduction below).

Find the **Wellness March Movement Challenge** details on the back of the Club Calendar or in The Club. Prizes include Technogym "Move for a Better World" workout shirts, wellness snacks and 1:1 personal training sessions.

**We welcome Wellness Coordinator Mitchell Johnson!** He and Shira each work part-time in The Club as part of the Village Shores Wellness Team.

*Hello! My name is Mitchell and I'm excited to be at The Club. I recently got married and moved into the Richfield area, although I'm originally from Eagan. My wife and I own a nutrition club in Eden Prairie. I am a wrestling coach for Richfield High School and have enjoyed several different experiences in the health and wellness industry. I love music and movies.*



## Village Shores Reflections Community

*Lisa Klockmann - Director of Reflections*

As you may know, March in Minnesota can be many different seasons in one month. Even though we are in the "cold months", we are excited to see that our herb garden is blooming here in our Reflections Community. We have an abundant number of entertainers and have started many craft activities. We are excited to announce that we have a new nurse on our floor named Lexi. Please go to her with any questions or concerns. As we continue care conferences to introduce ourselves, we will be doing them together to help with any clinical questions you may have. We have a new medication nurse in our Reflections Community as well. Her name is Michelle. She will be able to address any medication questions you may have. Our 3<sup>rd</sup> floor community is getting a facelift as we have new carpet being installed. As we look forward to "springing the clocks forward," St. Patrick's Day and Easter we will continue to make warm memories for our residents here in our 3rd floor community.

~Lisa





## Maintenance Updates

*Jeff Zweig - Director of Maintenance*

Always remember to place a work order at the front desk if you have anything that needs tweaking in your new homes. With the arrival many new residents, we are anticipating more and more people taking advantage of our transportation services. Please understand the importance of signing up 24 hours ahead of time for appointments, grocery runs, outings, etc. Knowing the exact number of residents that will be riding really helps us in our planning for the day. Also, please adhere to the maximum number of residents for certain runs, especially grocery runs. We must save space for the groceries you purchase. Have a great March!

~Jeff



**Work Orders**  
Please Call Reception  
Desk  
**Our Team Will Fix It For  
You!!**  
612 - 861-1186



## "Hair Ye! Hair Ye!" Salon News

**Low humidity in Minnesota during winter can cause dry, irritated skin. Here are some tips to help you skin feel more comfortable when the air is dry:**

**1. Use a humidifier,** with the heat on and windows closed the air inside can make dryness and itching worse. Small, relatively inexpensive humidifiers can keep skin from drying and becoming cracked and itchy.

**2. Switch to an oil-based moisturizer and moisturize frequently.** Moisturizers that come in ointment form contain about 80% oil and 20% water. This water in oil emulsion forms a protective layer on the skin and makes it more moisturizing than lotions.

**3. Before going outside in the cold, grab those gloves.** Protecting hands from the cold air and low humidity play an important role in preventing dry cracked skin.

We hope these tips help you address your skin dryness problems. Soon our warmer weather will be with us and the moisture will naturally come back to our skin, hair and nails.

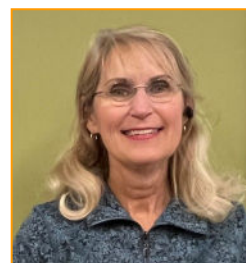
We also would like to say 'welcome' to our new residents, it's been a pleasure meeting you. And just a reminder to everyone, the salon can only accept payment with cash, check or credit card, we don't have the option to charge to the rooms.



## "The Shores" Hair Salon

*Lani  
McConnell -  
Owner*

**HOURS OF  
OPERATION:**  
**Monday - Friday**  
**8:00am - 5:00pm**  
**Walk In or**  
**By**  
**appointment**  
**612-746-4708**



## Food For Thought

*Les Johnson - Director of Dining Service*

We are excited to roll out our new menu this month! So far, some of the most popular items have been the sirloin steaks cooked to order. Medium, medium rare, and well. Also, we have new **"weekly"** featured menu entrees" and a **"daily"** featured menu entrees." This in is replacement of the "A" and "B" options that we used,. In addition, we are offering a nightly "featured salad". Another option available to diners **any night of the week** are pickled beets on greens, and

cottage cheese. Our kitchen staff is excited to roll out this new system, and so far, things have been going well! Here at Village Shores, you can have your steak and eat it too!

~Les



*Join your floormates for a special dinner night! We will have a large table reserved on these for residents from the following floors to dine together!*

March 6 Floor #7  
March 13 Floor #6  
March 20 Floor #5  
March 27 Floor #4

**Sign Up for  
Your Night!**



## St. Patrick's Day Evening Meal

SUNDAY- March 17 EVENING MEAL

Corn Beef  
Cabbage  
Boiled Potato  
Bailey Irish Cream Cake



## Easter Buffet Meal

SUNDAY- March 31 Served

Carved Honey Ham  
Sausage Egg Bake  
Cheesy Hashbrowns  
Mixed Berry Trifle

Asparagus  
Egg Sausage Strata  
Corn Muffin



## VIC'S CO:RNER

New Grocery / Banking Schedule Begins  
March 6

Take a look at your Programs Calendar to see that we are alternating Festival Foods and our Banking Runs every other week! Make sure to sign up and take advantage of this opportunity to help you get the things you need to accomplish done with efficiency!

VS Transportation Hotline  
952-254-7855



## March Outings

*Vic says "Hop in With Me! We'll Go Places!"*

**Watch for Outing Posters- Leisure Outings on Mondays (6 Spots Available for I/L on A/L Reflections Outing**

Outings are free to VS residents. However, you are responsible for meals and ticket costs.

**March 7- Ives Theatre- Minnesota Masonic**

**March 14- Super Moon Chinese Buffet**

**March 28- Edina Galleria Floral Experience**





# February

# Memories...



## Things You Should Know

- We have a free shuttle for medical appointments, grocery shopping, banking, restaurants, and casinos. Talk to Brad if you have more ideas.
- The meal charges that appear on your monthly invoice can be confusing. The date that appears next to your meal charges is the date that the charges were posted, NOT the date when you ate the meal. That date of posting includes all meal charges incurred over 30 days.
- If you have any comments please use the comment box on the sign-up table to leave them. We look trough them weekly and discuss them in our meetings.

## Important Dates to Remember in March

- Mar 1- National PiG Day
- Mar 2- National Old Stuff Day
- Mar 6- National Oreo Cookie Day
- Mar 8- International Women's Day
- Mar 10- Daylight Savings Begins
- Mar 11- National NAPPING Day
- Mar 14- National Pi Day
- Mar 15- BEWARE the Ides of March
- Mar 18- National Sloppy Joe Day
- Mar 19- Spring Equinox
- Mar 20=- National Ravioli Day
- Mar 21- World Poetry Day
- Mar 23- National Tamale Day
- Mar 24- Palm Sunday
- Mar 28- Respect Your Cat Day
- Mar 29- Vietnam Veterans Day
- Mar 31- Easter Sunday