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**WESTCHESTER
GARDENS**

Health & Rehabilitation

3301 North McMullen Booth Road, Clearwater, FL 33761
727-785-8335 | westchestergardens.com



MANAGED BY

The Goodman Group

TEAM MEMBERS

Executive Director

Travis Reed

Director of Nursing

Kevin Mimbs

Director of Admissions

Suzie Prince

Life Enrichment Director

Rachel Buell, ADC

Dietary Director

Michelle Forrest

Social Services Director

Maggie Carr

Maintenance Director

Dennis Stephens

Environmental Services Director

Steve Corbell

Receptionist

Margie Lozada



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Good Life NEWS

at Westchester Gardens Health & Rehabilitation

MARCH 2024

TEAM MEMBER SPOTLIGHT

Welcome Maggie and Nina to Westchester Gardens Health & Rehabilitation! They have been chosen for this month's team member spotlight.

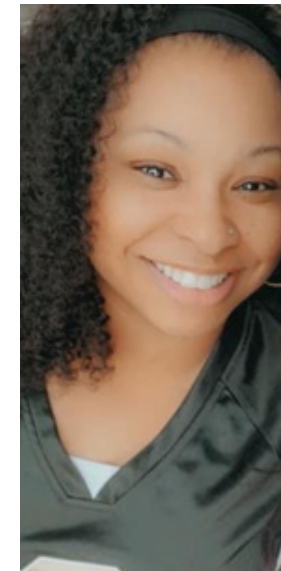
Maggie C. – Social Services Director

I was born and raised in St. Petersburg. I am married with four wonderful children. I have been in health care for 14 years and worked as a social worker for eight years. I enjoy spending time with my family and friends, gardening, arts and crafts, and fishing. I am very excited to be a part of the Westchester Gardens family and look forward to working with a wonderful team in providing residents and families with exceptional care and compassion.

Thomasina “Nina” J. – Social Worker



I born and raised in Washington, D.C. and moved to Florida in 1996. I have worked in various positions in long-term care with occasional breaks since 1997. I'm a proud Army veteran and Navy mom! I enjoy spending time with my family, friends and animals. Some of my hobbies include watching weekend sunrises, thrifting, gardening and reading, but I enjoy traveling the most. My last adventure was to Cameroon, Africa. My passion is providing outstanding resident interaction and care, and I look forward to working at Westchester Gardens Health & Rehabilitation!



SPRING AHEAD MARCH 10

In the U.S., daylight saving time starts on the second Sunday in March and ends on the first Sunday in November, (which will be Nov. 3 this year) with the time change taking place at 2 a.m. local time.



Don't forget to set your time-pieces ahead before you retire on Saturday, March 9.

RESIDENT SPOTLIGHT: ESTHER

Esther was born in Brooklyn, New York. Her dad played five instruments and her mom worked in a sewing factory. Esther was one of three children. Her two brothers served in World War II. She lived in Long Island most of her life before moving to Florida. Esther has five daughters, grandchildren, and great-grandchildren. Before retiring, Esther worked as a principal's secretary. She previously enjoyed cooking Italian food and hosting family holiday gatherings. In her leisure time, Esther enjoys watching her favorite shows: talk shows, “Little People, Big World” and “Blue Bloods.” She also enjoys doing crossword puzzles and spending time with her family who visit often.

Esther likes to attend various activities here at Westchester Gardens Health & Rehabilitation such as happy hours, ice cream socials, bingo, monthly Catholic Mass, crafts, spa hands, sports socials, tea parties and afternoon social groups. Esther has formed many friendships with other residents and enjoys spending time with her friends during and outside of group activities.

SOARING®: SUPPORTING THE SPIRIT

You might remember the song, “Turn, Turn, Turn.” It was originally written as a protest song by Pete Seeger in 1959, performed at folk venues in Greenwich Village, and became a #1 hit by The Byrds in 1965. A chorus of shaggy-haired musicians and activists pressed the nation to “turn, turn, turn”—to accept that change is inevitable, history is a cycle, strife is temporary, and to everything there is a season. The words are from Ecclesiastes 3:1-8, one of the Wisdom Books of the Old Testament. They still ring true.



As of March 1, I am entering the season of retirement. I have loved the work that I have been called to do in the fields of education and spirituality. I even had fun working at McDonald’s at age 16. I’ve been working for more than two-thirds of my life! Work can give a person value and meaning. Daily tasks and schedules define us, income is a motivator, and, if you’re lucky, you’ve been deeply enriched by the work and the people you have served. But there is another chapter ahead, and I find great joy in anticipating it. In my years of providing spiritual care with senior living residents, here’s what you have taught me about this “third act” of retired life:

- It is a time to look beyond the working surface of our lives and in to the deeper meaning that is a part of each of us.
- It is a time to gather the wisdom we have gained through the years and make it our own. A time to take what is valuable and leave the rest.
- Sometimes there is unfinished business. A trusted confidant can help us wade through those regrets and find inner freedom.
- There is a wellspring of creative work that can bubble up. It is never too late to learn something new or to enjoy developing an interest. Staying fit, in body, mind and spirit, is important, in whatever capacity we find ourselves.
- Multiple losses of family members and friends have taught us that love never ends when a person dies. These memories and treasures stay deep within our hearts.
- There is something, or someone, greater than ourselves, that can give us a source of guidance and courage. The love that God has for you, exactly as you are, is always available.
- We’re not meant to do this journey alone. We need others to bring us out of our own story, to mirror for us our strengths and gifts, and to show us that we still need to notice and care for the needs of our community, wherever we find ourselves.

I think it’s an incredible gift to be alive at this time in history. Thank you for modeling so well the “turning” of this season of retirement. May we all continue growing, learning and giving forward!

Cathy Nordheim
Director of Spiritual Care
The Goodman Group

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We value and appreciate your feedback. Your online review can also assist other families who are exploring senior living options for themselves or their loved ones.

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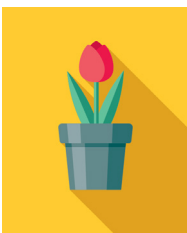


INTERNATIONAL
WOMEN’S DAY TRIVIA

1. What movement began on July 13, 1848, in Seneca Falls, New York?
2. Which famous Women’s Rights pioneer had a dollar coin named after her, making her the first woman to be depicted on U.S. currency?
3. Name four women who were part of the Women’s Rights movement during the late 19th century who traveled across the country for 40 years lecturing and organizing.
4. The 19th Amendment to the U.S. Constitution guarantees all American women the right to vote and was first introduced in January 1878. What year was this amendment finally ratified?
5. The following quote: “I think about how much we owe to the women who went before us—legions of women, some known but many more unknown. I applaud the bravery and resilience of those who helped all of us, you and me, to be here today.” was made by which famous American woman?
6. The Baltimore-Washington Parkway was named after what U.S. Congresswoman who represented the 5th congressional district of Maryland from 1975 to 1981.
7. What Maryland woman, born a slave around 1820, helped free slaves on the Underground Railroad?
8. In 1775 this woman became Postmaster of Baltimore and around 1777 printed the first copy of the Declaration of Independence to include the signer’s names.
9. Who was the first African American woman to serve as President of the Baltimore County Commission for Women?
10. The Declaration of Sentiments, drafted by Elizabeth Cady Stanton and presented in 1848, was framed after what American document?
11. In what year did American women win the right to vote?
12. Who was the first woman to run for president?
13. Jeannette Rankin was the first woman elected to what?
14. In 1849, Elizabeth Blackwell became the first woman to:
15. In 1932, Amelia Earhart was the first woman to:

See answers on page 3

SPRING INTO MARCH WORD FIND



G I Y B T F I Q S K T R E X F J L R D T
R Q V I L P L F W C X H S M D A A Z Y P
E X E S L O I O E I J Q N X T T Y J U D
E R B C P E O J W W P E F P R W M D U W
N A U S L L P M N E B O G P B I R I S H
V I N B H O H R Q O R W T G D D A M U I
G N N T T A V A E R Y S O O H U Y C Q V
W B Y N B M M E K C B G W C F U O I S E
K O P M W L P R R Z H T P X S G N I E A
H W O D Z M Q O O S L A H R N P O T I Y
M L U C K Y X M P C M S U A C U R L A G
A S Q V E G G S O W K K M N Z E K I D J
R D O O A B N V N K B K B A K L E R N M
C P H S T P A T R I C K S D A Y O Z Y G
H T J V Y E A S T E R D F E W A B K L Y

Bloom	Clover	Pot of gold	Bunny
March	Leprechaun	Irish	Spring
Flowers	Rainbow	Easter	St. Patrick’s Day
Lucky	Shamrock	Egg hunt	Green

THE HISTORY OF WOMEN’S DAY

March 8 marks International Women’s Day, a global holiday annually celebrated as a key focal point of the women’s rights movement. It sheds light on issues such as gender equality, reproductive rights, violence, and abuse against women.

On Feb. 28, 1909, in New York City, a Women’s Day observance called National Woman’s Day was held following a suggestion from activist Theresa Malkiel. A conference was organized in August 1910 in Copenhagen, Denmark, ahead of the general meeting of the Socialist Second International. At the conference, German delegates including Clara Zetkin, Käte Duncker, and Paula Thiede proposed the creation of an annual Women’s Day, though they did not specify a date. The proposal was met with agreement from the 100 delegates representing 17 countries, who saw it as a means to advance equal rights, including women’s suffrage.

Initially, International Women’s Day did not have a specific date, but it was commonly celebrated in late February or early March. In the United States, National Women’s Day continued to be celebrated on the last Sunday of February



Women’s suffragists parade in New York City in 1917, carrying placards with the signatures of more than a million women.

Trivia Answers

- | | | |
|--------------------------------|---------------------------|---------------------------------------|
| 1. The Women’s Rights Movement | 4. 1920 | 10. The Declaration of Independence |
| 2. Susan B. Anthony | 5. Ruth Bader Ginsburg | 11. 1920 |
| 3. Susan B. Anthony | 6. Gladys Noon Spellman | 12. Victoria Woodhull |
| Elizabeth Cady Stanton | 7. Harriet Tubman | 13. U.S. Congress |
| Lucy Stone | 8. Mary Katherine Goddard | 14. Earn a medical degree in the U.S. |
| Sojourner Truth | 9. LaFrance Muldrow | 15. Fly solo across the Atlantic |