

A Note From Our Administrator

Hello residents, staff, and friends,

March is here! Which means the spring season is just around the corner (3/19) and March Madness! There are many health and education awareness events happening in the month of March, such as Disability Awareness Month and National Reading Month.

March Fun Fact: Did you know that March was the first month of the year in the Roman calendar due to its association with the first month of the spring season? It was not changed to the third month until the Gregorian calendar.

At Regal Heights, we are gearing up for our St. Patrick's Day celebration with our entertainer, Mr. John Daly, on March 15, 2024, and our Easter Event on March 27, 2024.



As always, we welcome volunteers. Please come and join us!

Thank you.

Sara Thompson, NHA

Administrator at Regal Heights Healthcare and Rehabilitation Center

Our Department Leaders

- **Sara Thompson**
Administrator
- **BethAnn Troy**
Director of Nursing
- **Jessica Reynolds**
Assistant Director of Nursing
- **Susan Ricciardi**
Admissions & Community Relations Director
- **Nicole Olinchak**
Human Resources/Payroll
- **Gail Patton**
Business Office Manager
- **Karen McGhee, DO**
Medical Director
- **Layla Tsang**
Wound Care Nurse/
Infection Control
- **Wanda Falice**
Staff Development
- **Nico Zaballero**
Activities Director
- **Kristin Zaballero**
Director of Rehabilitation
- **Carly Fisher**
Dietitian
- **Richard Horta**
Director of Food Services
- **Hyacinth Gordon**
Central Supply
- **John Taylor**
Director of Maintenance
- **Ernie Colon**
Director of Housekeeping
- **Jo Ellen Chesla
Taiwo Sapara**
Social Services
- **Annette Richardson
Brandi Grugan**
RNACs



Ms. Lucy Chariw's 101st Birthday Celebration



Wal-Mart Bus Trip



Valentines Arts and Crafts



Bowling Program on Eastburn Unit

March 2024 Activity Calendar

Resident Birthdays

Anna B. – 03/03
 Derond C. – 03/06
 Ronald A. – 03/10
 Charles F. – 03/13
 Charles S. – 03/15
 Herbert T. – 03/16
 Harry S. – 03/19
 David C. – 03/21
 Donne E. – 03/23
 Mary H. – 03/25
 Roy M. – 03/28
 Joan C. – 03/31

Staff Anniversaries

















Alusine K. – 16 years
 Alzia W. – 12 years
 Sheila P. – 10 years
 Jineen M. – 6 years
 Krystal L. – 3 years
 Brian S. – 1 year
 Hope K. – 1 year



March 2024

Due to COVID precautions, all programs are subject to change.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Carroll W. – 10/2/97 George M. – 12/1/88 Kenneth S. – 02/18 3 Harvey G. – 02/29 10:00 Hymns Ch. 8 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00 Community Room Programing (CR)	 4 10:30 Morning Expression (CR) 1:00 Movie Ch 8 2:30 Trivia (H) 5:00 Movie Special Channel 8	 5 10:30 Rosary (CR) 2:00 Regal Heights Baking Group (CR) 6:00 Bingo (CR) 	 6 10:30 Morning Expression (CR) 10:30 Bible Study (H) 10:30 Dollar Store Bus Trip 6:00 Around the World Meal Programing (CR)	 7 10:30 Baubles and Beads (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	1 10:30 Men's Group (CR) 2:00 Happy Hour Event w/ Mr. Joe Parker (CR) 5:00 Movie Special	2 Friendly Visits 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00-3:00 Saturday Bingo (CR)
10 Daylight Saving Time 10:00 Hymns Ch. 8 10:30 Eastburn Programing (E) 2:00 New Destiny Church (CR)	11 10:30 Morning Expression (CR) 1:00 Movie Ch 8 2:30 Trivia (H) 5:00 Movie Special Channel 8	12 10:30 Catholic Mass (CR) 2:00 Regal Heights Baking Group (CR) 6:00 Evening Bingo (CR)	13 10:30 Morning Expression (CR) 10:30 Bible Study (H) 5:00 Bon Appetite (CR)	14 10:30 Living Life Church (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	15  10:30 Men's Group (CR) 2:00 St. Patrick's Day Celebration w/ John Daly (CR) 5:00 Movie Special	16 Friendly Visits 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00-3:00 Saturday Bingo (CR)
17 St. Patrick's Day Friendly Visits 10:00 Hymns Ch. 8 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00 Re-Builders Ministries	18 10:30 Morning Expression (CR) 1:00 Movie Ch 8 2:30 Trivia (H) 5:00 Movie Special Channel 8	19 First Day of Spring 10:30 Rosary (CR) 2:00 Regal Heights Baking Group (CR) 2:30 Story Telling w/ Clem (E) 6:00 Evening Bingo (CR)	20 10:30 Bible Study (H) 10:30 Cheesecake Factory Restaurant Bus Trip 6:00 Around the World Meal Planning (CR)	21 10:30 Expression Group (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR) 	22 10:30 Men's Group (CR) 2:00 Happy Hour w/ Ms. Meeta Parker (CR) 5:00 Movie Special	23 Friendly Visits 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00-3:00 Saturday Bingo (CR)
24 10:00 Hymns Ch. 8 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00 Word Ministries Church (CR)	25 10:30 Morning Expressions (E) 1:00 Movie Ch. 8 2:30 Trivia (H) 5:00 Movie Special Channel 8	26 10:30 Rosary (CR) 2:00 Regal Heights Baking Group (CR) 6:00 Bingo (CR)	27  10:30 Morning Expression (CR) 10:30 Bible Study (H) 2:00-3:30 Regal Heights Easter Event (CR) 5:00 Bon Appetite (CR)	28 10:30 Living Life Church (CR) 2:30 Bingo (CR) 6:00 Pizza and Movie (CR)	29 10:30 Men's Group (CR) 2:00 Monthly Birthday Party w/ Ms. Veronica (CR) 5:00 Movie Special 	30 Friendly Visits 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00-3:00 Saturday Bingo (CR)
31 Easter Sunday 10:00 Hymns Ch. 8 10:30 Eastburn Programing (E) 1:00 Movie Ch. 8 2:00 Community Room Programing (CR)						



Resident of the Month: Donna Lee Eleazer

Our Resident of the Month for March is our wonderful Ms. Donna Lee Eleazer. She was born in the month of March in Long Island, NY.

Donna worked as a teacher for children with learning disabilities. She has one son and two beautiful grandchildren. She enjoys playing the violin, reading poetry, jazz music, watching sports, swimming, football, basketball, track & field and also movies and TV.

Donna would like to share this with her fellow residents at Regal Heights: "Live life to the fullest, love hard and laugh often, and stay blessed because tomorrow is never promised."





St. Patrick's Day Word Search



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



CLOVER
COINS
CORNED BEEF
TRADITION
GREEN

IRELAND
IRISH
LEPRECHAUN
LUCK
MARCH

PARADE
PATRICK
POT OF GOLD
RAINBOW
SHAMROCK



CRAYONSANDCRAYINGS.COM