



## March 2026 Newsletter

### A letter from Karen Howes

March comes in like a lion and out like a lamb. I am looking forward to milder weather. Although I appreciate the changing seasons, I have had enough of the cold and the snow! I know that Spring is a gradual process and fluctuations in weather are just part of the transformation.

Much like the weather we have been busy with transformations of our own. Over the past month we have replaced the carpet on the first floor with new plank flooring giving us a whole new look. We are also completing external work in the courtyard, so we can open the courtyard in time for Spring flowers. Symbolically, spring represents rebirth, rejuvenation, and new beginnings. We have new projects starting this Spring too including updating our fire alarm and HVAC systems. Lots of exciting updates happening here Citizens.

The days are starting to get a little longer and we will be getting some glimpses of warmer weather. I am looking forward the signs of Spring soon to come.

**"In March, we shed  
the weight of winter  
and embrace the  
lightness of Spring"**





## Last Call for Landlines

After a long lifetime, more than 100 years, America's telephone infrastructure is showing its age. Disappearing, too, are the engineers and technicians who maintain traditional landline service, according to professor of telecommunications Rob Frieden. Not so fast, say those who celebrate Landline Telephone Day on March 10. Consumer Reports still recommends keeping a landline: sound quality is often better, and because numbers are directly linked to a home address, emergency calls from landlines remain highly reliable. When power goes out, some landlines continue to work, thanks to backup batteries, though these are becoming less common. Telephone companies, however, are shifting to digital networks that are cheaper to maintain. So enjoy landlines while you can—before they disappear.

## Trivia questions

What Color should you not wear on St. Patrick's Day?

- A. Green
- B. Purple
- C. Yellow
- D. Orange

*March Madness: When you realize your New Year's resolutions are just as crazy as the weather.*

## Snack and Drink that are recognized for March



Peanut Butter

Oreo cookies

Corndog

Hot Toddy

*March is the best time to start again, because if Spring can do it, why can't we*

## THE SHAMROCK

The three green leaves of the Shamrock is more than the unofficial symbol of Ireland and one of the marshmallows in Lucky Charms. The Shamrock has held meaning to most of Ireland's historic cultures. The Druids believed the Shamrock was sacred plant that could ward off evil. The Celts believed the Shamrock had mystical properties due to the plant's three heart-shaped leaves. The Celts believed three was a sacred number. Some Christians also believed the Shamrock had special meaning - the three leaves representing the Holy Trinity.



## Trivia answers

What Color should you not wear on St. Patrick's Day?

D. Orange

## Bulletin Board

### Resident Refrigerator Reminder

Containers must have the resident's name and delivery date. **AFTER three (3) days**, the container and contents will be discarded.

### Clothing

All clothing needs to be left with the receptionist to be labeled.

### Volunteering

Interested in volunteering with the Citizen Activities Department

You can contact  
Cathie Troxell  
240-772-9229

[ctroxell@citizenssnf.com](mailto:ctroxell@citizenssnf.com)

### Auxiliary Group

The group is looking for members to join  
Gift Shop

Is open daily from  
1:00pm - 4:00pm

### REMINDER

Spring forward on March  
8th  
Spring starts on March 20th