

MARCH 2020

# HOSPICE HAPPENINGS

HOPE HOSPICE AND PALLIATIVE CARE

## SPRING IS JUST AROUND THE CORNER



As winter bids farewell and the days start warming and brightening, it's possible to start feeling your mood improve, as you're less weighed down by the cold and dreary days of winter. Spring is a time to renew your goals, refresh your home, and to unearth your garden from its wintry layers. As the ever-growing days beckon you to spend more time outside, you'll easily find many ways to keep you outside of the house enjoying the fresh spring days.

**Spring clean.** This age-old tradition of clearing away the cobwebs of winter will give your house a fresh beginning for the warmer months ahead and make the house and surrounds more inviting and enjoyable for you and your family and friends. Spring is a great time to do thorough cleaning because many of us have pent-up energy to expend and after being cooped up for much of winter, the energy levels are on the rise again. Spring cleaning isn't as mundane as routine cleaning because it's about making space, and clearing out things

**Get outside more often.** While the 'TV season is still well underway, timing your life by the TV timetable seems less sensible as the days begin to lengthen and the sun shines more often. Find lots of ways to spend time outdoors, including exercising, walking the dog, gardening, getting back into team sports, or simply taking regular walks to enjoy the scenery.

**Smile** and take time to check out what's changing around you. Listen to the birds sing, watch the birds building their nests, look out for animals beginning to have their young, and watch the plant life around you emerge, shoot ahead, and finally start to blossom. Every week brings subtle changes until suddenly it seems as if spring is in full bloom around you. Set yourself a goal of noticing all the little changes that get spring to this point.



# March is Social Work Month

We as a team at Hope Hospice & Palliative Care, Inc. would like to say thank you  
and good job to our 2 wonderful Social Workers,  
Nicole Syryczuk and Missy Zuleger. You both give your all and then some.  
We appreciate everything that you both do!  
Keep up the good work!



**JUST A REMINDER THAT  
MARCH 8TH WE NEED TO PUT  
OUR CLOCKS AHEAD 1 HOUR**



**SATURDAY, MARCH 21, 2020**

**10 AM TO 2PM**

**MEDFORD AREA ELEMENTARY SCHOOL**

**1065 W BROADWAY AVE. MEDFORD**

**FREE ADMISSION**

**BRING THE WHOLE FAMILY!**

**THERE'S SOMETHING FOR EVERYONE.**



# Hope Hospice & Palliative Care Annual Fundraiser

@ CHELSEA CONSERVATION CLUB  
APRIL 24<sup>th</sup>, 2020

*Featuring:*

INTERWALD WANDERERS  
**FISH BOIL**  
(other food items available)

**\$15.00**  
per person

**BBQ PLATE**

**\$7.00**  
per person

*SERVING YOUR LOCAL  
COMMUNITY SINCE 1985*



**SERVING BEGINS AT 4:30 PM UNTIL GONE**

- **RAFFLES ALL EVENING**
- **WINNING TICKETS DRAWN @ 9:00 PM**  
NEED NOT BE PRESENT TO WIN

*Music throughout the evening*

**(RAFFLE PRESALES THURS, APRIL 23<sup>RD</sup> • 4:00 - 7:00 PM)**

**ANYONE INTERESTED IN DONATING ITEMS FOR  
THE BUCKET RAFFLES AT THE FISH BOIL PLEASE  
BRING THEM TO THE OFFICE BY APRIL 13TH. ALSO  
IF ANYONE IS INTERESTED IN MAKING DESSERTS  
OR SNACKS PLEASE LET US KNOW BY CALLING**

**715-748-3434**





Please help welcome Jan Tischendorf to our  
Volunteer team.

## Daily Calendar Bizarre, Special and Unique Holidays March, 2020

- |  |  |
|--|--|
| 1 <a href="#">Namesake Day</a>   | 17 <a href="#">Corned Beef and Cabbage Day</a>                     |
| 1 <a href="#">National Pig Day</a>   | 17 <a href="#">Submarine Day</a> - the hero sandwich or the boat?? |
| 1 <a href="#">Peace Corps Day</a>  | 17 <a href="#">Saint Patrick's Day</a>                             |
| 1 <a href="#">Peanut Butter Lovers' Day</a>  | 18 <a href="#">Goddess of Fertility Day</a>                        |
| 1 <a href="#">World Compliment Day</a>   | 18 <a href="#">Supreme Sacrifice Day</a>                           |
| 2 <a href="#">Old Stuff Day</a>  | 19 <a href="#">Poultry Day</a>                                     |
| 3 <a href="#">Caregiver Appreciation Day</a>   | 19 <a href="#">Tea for Two Tuesday</a>                             |
| 3 <a href="#">I Want You to be Happy Day</a>   | 20 <a href="#">International Earth Day</a>                         |
| 3 <a href="#">If Pets Had Thumbs Day</a>   | 20 <a href="#">Extraterrestrial Abductions Day</a>                 |
| 3 <a href="#">National Anthem Day</a>  | 20 <a href="#">Proposal Day</a>                                    |
| 3 <a href="#">Peach Blossom Day</a>  | 20 <a href="#">National Agriculture Day</a>                        |
| 4 <a href="#">Holy Experiment Day</a>  | 20 <a href="#">Spring (Vernal) Equinox</a>                         |
| 4 <a href="#">Hug a GI Day</a>   | 21 <a href="#">Absolutely Incredible Kid Day</a>                   |
| 5 <a href="#">Multiple Personality Day</a>   | 21 <a href="#">Credit Card Reduction Day</a>                       |
| 6 <a href="#">Employee Appreciation Day</a>  | 21 <a href="#">Fragrance Day</a>                                   |
| 6 <a href="#">Dentist's Day</a>  | 21 <a href="#">Purim</a> - begins at sundown                       |
| 6 <a href="#">National Frozen Food Day</a>   | 22 <a href="#">National Goof Off Day</a>                           |
| 7 <a href="#">National Crown Roast of Pork Day</a>   | 23 <a href="#">Melba Toast Day</a>                                 |
| 8 Daylight Savings begins at 2:a.m.  | 23 <a href="#">National Chip and Dip Day</a>                       |
| 8 <a href="#">Be Nasty Day</a>   | 23 <a href="#">National Puppy Day</a>                              |
| 8 <a href="#">International (Working) Women's Day</a>                                      | 23 <a href="#">Near Miss Day</a>                                   |
| 9 <a href="#">Panic Day</a>  | 24 <a href="#">National Chocolate Covered Raisin Day</a>           |
| 10 <a href="#">International Find a Pay Phone Booth Day</a>                                | 25 <a href="#">Feast of the Annunciation</a>                       |
| 10 <a href="#">Middle Name Pride Day</a>   | 25 <a href="#">Pecan Day</a>                                       |
| 11 <a href="#">Johnny Appleseed Day</a>  | 25 <a href="#">Waffle Day</a>                                      |
| 11 <a href="#">Worship of Tools Day</a> - guys, you can relate                             | 26 <a href="#">Make Up Your Own Holiday Day</a>                    |
| 12 <a href="#">Girl Scouts Day</a>   | 26 <a href="#">National Spinach Day</a>                            |
| 12 <a href="#">Plant a Flower Day</a>  | 27 <a href="#">National "Joe" Day</a>                              |
| 13 <a href="#">Ear Muff Day</a>  | 28 <a href="#">Something on a Stick Day</a>                        |
| 13 <a href="#">Jewel Day</a>   | 28 <a href="#">Weed Appreciation Day</a>                           |
| 14 <a href="#">Learn about Butterflies Day</a>   | 29 <a href="#">National Mom and Pop Business Owners Day</a>        |
| 14 <a href="#">National Potato Chip Day</a>  | 29 <a href="#">Smoke and Mirrors Day</a>                           |
| 14 <a href="#">National Pi Day</a> - Why today? Because today is<br>3.14, the value of Pi. | 30 <a href="#">I am in Control Day</a>                             |
| 14 <a href="#">Popcorn Lover's Day</a>   | 30 <a href="#">National Doctor's Day</a>                           |
| 15 <a href="#">Dumbstruck Day</a>  | 30 <a href="#">Take a Walk in the Park Day</a>                     |
| 15 <a href="#">Everything You Think is Wrong Day</a>                                       | 30 <a href="#">Turkey Neck Soup Day</a>                            |
| 15 <a href="#">Ides of March</a>   | 31 <a href="#">Bunsen Burner Day</a>                               |
| 16 <a href="#">Everything You Do is Right Day</a>  | 31 <a href="#">National Clam on the Half Shell Day</a>             |
| 16 <a href="#">Freedom of Information Day</a>  | 31 <a href="#">World Backup Day</a>                                |
| 16 <a href="#">International Sports Car Racing Day</a>                                     |  |
| 16 <a href="#">National Quilting Day</a>   |  |





# MARCH 2020

BIRTHSTONE: AQUAMARINE

FLOWER: DAFFODIL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 IDT 8AM	6 EMPLOYEE APPRECIATION DAY	7
8 	9	10	11	12	13 PAYDAY	14
15	16 BOARD MEETING 4:30 PM	17 	18	19 IDT 8AM 	20	21 Health & Safety Fair 10AM to 2PM
22	23	24	25	26	27 PAYDAY	28
29	30	31				

# SOCIAL WORK MONTH