

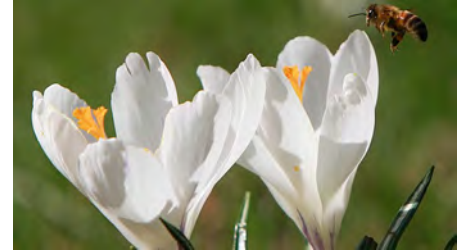
# Shepherd's Ledger

**Highlights:**

- \* HealthDirect Pharmacy Services
- \* Lunch with the Chef
- \* St. Patrick's Day Dinner
- \* Easter Brunch
- \*Bingo!
- \*Bassoon Quartet
- \* Visit: Owego, New York
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**Spring is in Sight**

March is an amazing month filled with exciting events and new beginnings. We have so much to look forward to, including St. Patrick's Day, Easter, daylight savings, and the first day of spring. As we eagerly await the arrival of spring, we can't help but feel excited about the beautiful blooms and sweet melodies that come with this season. Let's take a moment to appreciate all the beautiful things happening this month and prepare to embrace the sunny days ahead. With so much to celebrate, we can't wait to see what March has in store for us at the Village!



**St. Paddy's Day in Plants**

**Wednesday, March 13th**  
**2:00 pm ~ Social Hall**



We all know about the shamrock and the absence of snakes in Ireland, but there is far more to St. Patrick's Day. Many plants are associated with "the wearing of the green" and other fascinating facts and trivia.

**Red Hot Chili Pipers**

**Friday, March 15th**  
**7:00 pm ~ Bus Departs Village Center**  
**Cost: \$ 22.50**



Join us to celebrate St. Patrick's Day at the Anderson Center to see The Red Hot Chili Pipers (that's pipers, not peppers). Their passion for pipes will leave you breathless! Please sign up at the Front Desk to ensure your ticket purchase.

**Committee Meetings**



**RESIDENT'S COUNCIL**

Thursday,  
March 14th  
3:00 pm  
Social Hall

\*\*\*\*\*

**Environmental**

Tuesday,  
March 5th  
11:00 am  
Social Hall

\*\*\*\*\*

**Dining & Exercise**

Thursday,  
March 7th  
9:30 am  
Dining Room

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**Events & Excursions**

Wednesday,  
March 6th  
1:00 pm  
Dining Room

\*\*\*\*\*

**Fellowship**  
Will meet  
again soon!

\*\*\*\*\*

# Announcements

## NEW PHARMACY SERVICE AVAILABLE FOR INDEPENDENT LIVING RESIDENTS



HealthDirect is a division of KPH Healthcare Services, Inc; an employee owned company with more than 110 years of pharmacy experience.

Exclusive **PERKS** offered for residents of the Good Shepherd Community include:

- **FREE** routine delivery
- Specialized medication-packaging systems tailored to your needs



### HEALTHDIRECT WILL HOLD AN INFORMATIONAL SESSION ON CAMPUS

**DATE: TBA (KEEP AN EYE OUT FOR UPDATES)**

### Water in Motion

Our Water in Motion fitness class is going through some changes. We will now have only two weekly classes, which will be held on Tuesdays and Thursdays. We hope to see everyone who attended our Wednesday 1:15 pm class at our Tuesday and Thursday 11:00 am classes. However, if you cannot make it to these classes, don't worry. We have open swim sessions from Monday to Friday, from 12:15 pm to 1:15 pm.



### Security

We have recently hired Kyle Brown as the new security guard. He has been tasked with the responsibility of ensuring the safety and well-being of everyone here at the Village.

With Kyle on board, we're confident that our campus is in good hands. Be sure to give him a warm welcome if you see him walking around our Village.



# Resident News

## **Raised Garden Beds**

As Spring approaches, it's time to start thinking about your gardening plans. We have two smaller raised garden beds and one large raised garden bed available for planting in the courtyard. If you're interested in growing flowers, vegetables, or herbs, please send an email to Jessica Shaver at [JShaver@gsvillage.org](mailto:JShaver@gsvillage.org) to let her know that you'd like to reserve a garden bed.



## **Poetry Group**

**Friday March 15th**  
**10:00 am ~ Cottage 159 Village Drive**

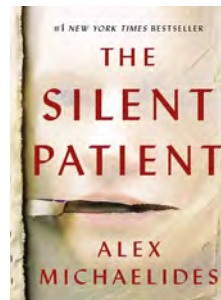


Would you like to join a group of individuals who share a love for reading poetry? Whether you enjoy reciting poems out loud, appreciating the rhythm and rhyme, or simply pondering obscure passages, this group is for you. Please bring a copy of a short poem or two to share and let the group appreciate them. If you'd rather listen, that's perfectly fine, too. We will discuss everyone's interests and decide if, when, and where we want to proceed.

~ Eileen Patch

## **Book Club**

**Monday January 15th**  
**2:30 pm ~ Social Hall**



Don't miss out on the opportunity to be part of the exciting Book Club's discussion of *The Silent Patient* by Alex Michaelides. Get your hands on a copy of this gripping novel by contacting Carol Petrusis at 607-727-2582 today.

## **Recycling**

At our recent recycling program, we learned that Broome County Recycling does not accept any food or take-out containers due to contamination issues. Instead, we are encouraged to reuse containers; when we're done with them, they should be disposed of in the garbage.

## **Interest Groups and Activities**

### **Bridge**

Tuesdays-2:45 pm  
Vistaview Apartment Bldg  
\*\*\*\*\*

### **Mah Jong**

Fridays-2:00 pm  
Dining Room  
\*\*\*\*\*

### **Sunday Night Movie**

7:00 pm  
Lower Level Game Room  
\*\*\*\*\*

### **Rosary**

Wednesdays  
10:00am  
Social Hall  
\*\*\*\*\*

### **Gathering Services**

1st, 3rd, and 4th  
Sunday  
2:00 pm  
Social Hall  
\*\*\*\*\*

### **Parkinson's Webinar**

3rd Thursday  
at 12:00 pm  
Lower Level Game Room  
\*\*\*\*\*

### **Dominoes**

Sundays-3:00 pm  
Social Hall  
\*\*\*\*\*

### **Java Joe Jammers**

2nd Tuesday  
6:30 pm  
Social Hall

# Dining

## Sunday Brunch



**Sundays**  
**11:00 am -**  
**1:30 pm**  
**Dining Room**

Indulge in a scrumptious Sunday brunch with us every week at the Village.

We offer a mouth-watering spread of freshly made pancakes, eggs, fruit, bacon, sausage, and more. Satisfy your cravings and join us for a delightful meal that will leave you feeling energized and ready to take on the day.

## Coffee with Dining Services

**Thursday, March 7th**  
**9:30 am ~ Dining Room**

Enjoy a fresh brewed cup of coffee and conversation with the Dining Services team and the Dining and Exercise Committee! Dining Services team members will field questions, take suggestions and give updates on dining renovations. Remember: A sign-up is **no longer required** to attend this event.



## Fish Friday

**Every Friday in March**  
**Lunch & Dinner**

Satisfy your cravings with mouth-watering fish sandwiches for lunch and fish & chips for dinner every Friday during Lent. Don't miss out on this opportunity to indulge in a delectable meal until March 29th.



## St. Patrick's Day

**Sunday, March 17th**  
**5:00 pm - 7:00 pm**

Celebrate St. Patrick's Day with an authentic Irish meal featuring delicious starters such as Irish soda bread, potato and leek soup, and your choice between three entrees including Corned Beef, Guinness-braised Shepherd's Pie, or Potato-wrapped baked cod. Select from a variety of four sides, including Braised cabbage, Steamed baby carrots, Boiled red potatoes, or Irish Potato Cakes. Don't forget to indulge in a Shamrock brownie for dessert.



## **National Corn Dog Day**

**Tuesday, March 19th**

**11:00am-2:00 pm**

Indulge in this delicious treat and enjoy the perfect combination of crispy batter and juicy hot dog in honor of National Corn Dog Day. Don't miss out on the celebration, grab a corn dog or two.



## **Lunch with the Chef**

**Thursday, March 28th**

**12:00 pm~ Dining Room**

Join Good Shepherd's Executive Chef Matt Tarantino for a delicious lunch. The menu is still being finalized and will be released soon.

This event is for reservation only, so please sign up at the Front Desk. Don't miss out on this unforgettable culinary experience.



## **Easter Brunch**

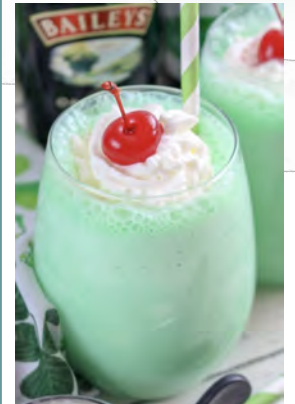
**Sunday, March 31st**

**11:00 am - 1:30 pm**

Join us for a delightful Easter brunch, prepared with care by our exceptional dining services team. Select from a variety of mouth-watering entrées, such as Sliced Ham, Chicken Breast stuffed with Spinach and Artichokes, or Quiche Florentine. Make your meal complete by choosing from a range of delicious sides, including Au Gratin Potatoes, Glazed Carrots, Creamed Spinach, Cheesy Broccoli Rice Casserole, or Deviled Eggs. We have several salad options available, including Broccoli, Fruit, and Garden Salad. After you have finished your brunch, indulge in one of our tempting desserts, such as Carrot Cake.



## **Boozy Shamrock Shake**



**Friday,  
March 15th  
4:00 pm-5:00 pm**

Satisfy your thirst with a deliciously Boozy Shamrock Shake, available during Happy Hour. Join us and indulge in a refreshing and invigorating treat that blends the perfect balance of creamy and minty flavors, just in time for St. Patrick's Day.

**Happy Hour  
Monday-Saturday  
4:00 pm - 5:00 pm**

# Events

## Shopping

### Excursions

Wegman's /  
Aldi's

### **TUESDAY**

March 5th,  
12th, 19th and  
26th ~11:00 am  
\*\*\*\*\*

Park Manor  
Plaza

### **THURSDAY**

March 7th,  
14th, 21st and  
28th ~ 9:00 am  
\*\*\*\*\*

Local Banks  
**THURSDAY**

March 7th  
11:00 am  
\*\*\*\*\*

Vestal  
Parkway

### **THURSDAY**

March 14th  
11:00 am  
\*\*\*\*\*

Boscov's  
**THURSDAY**

March 21st  
11:00 am  
\*\*\*\*\*

Oakdale  
Commons

### **THURSDAY**

March 28th  
11:00 am

**Please sign up at  
the Front Desk.**

### Taylor Garbage Presentation

Tuesday, March 5th  
10:00 am ~ Social Hall

Don't miss the chance to learn from Taylor Garbage experts. They will present and answer questions about garbage and recycling, providing valuable insights for improving your knowledge.



### How Memory Works

Friday, March 8th  
3:00 pm ~ Social Hall

Join us for the first talk in a three-part series by our resident speaker, Ralph Miller. With his expertise, you'll better understand how memory works.



### Bingo!

Tuesday, March 12th  
3:00 pm ~ Social Hall

Come and join the fun with one of the most popular games at the Village - Bingo! Although it is known as a game of chance, some people believe there is more to it than just luck. The lucky winners will receive exciting and one-of-a-kind prizes. If you are interested in participating, please sign up at the Front Desk.



### Bassoon Quartet

Tuesday, March 19th  
7:00 pm ~ Social Hall

Celebrate Women's History Month with the Festive Fagotti Bassoon Quartet, an all-female group that will captivate you with their mesmerizing music.



# Events

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## **What is Internet, and How Does It Work? - Ted Brewster**

Wednesday, March 20th

1:30 pm ~ Social Hall

A network of networks, the Internet underpins almost everything we do on our “devices” these days. Let’s explore what it is, where it came from, how it developed, and how it connects us to the world.

## **Craft: Spring Wreath**

Thursday, March 21st

2:00 pm ~ Dining Room

Brighten up your home this spring by creating a stunning beaded wreath with colorful flowers.

Follow our simple instructions and bring the beauty of spring indoors. Please be sure to sign up at the Front Desk.



## **Visit: Owego, New York**

Tuesday, March 26th

1:00 pm ~ Bus Departs Village Center

Come and explore the charming village of Owego, New York. Visit many small locally owned shops like the bookstore, antique Center, and clothing stores, or stop at the bakery for a sweet treat. There is much to do and explore, all within a few blocks. If you are interested in joining, please sign up at the Front Desk.



## **How To Get The Most From Your Smartphone- Ted Brewster**

Thursday, March 28th

1:00 pm ~ Social Hall

Of course, you can use your phone to make calls, but what other features does it offer? Am I missing out on something? Is it really as intelligent as people say it is? Let's explore the apps, gestures, connectivity, carriers, other features and more. If you have a phone, bring it along. If you don't have one, why would you want one?

## **Movie: Belfast**



Wednesday,

March 6th

2:00 pm

Social Hall

## **Met Opera Live:**

### **La Forza**

### **Del Destino**



Saturday,

March 9th

11:30 am

Social Hall

## **Met Opera Live:**

### **Romeo Et**

### **Juliette**



Saturday,

March 23rd

12:30 pm

Social Hall

Good Shepherd Village at Endwell has been awarded a \$250,000 grant from The Decker Foundation to procure and enhance therapy and fitness equipment as part of The Village's \$15 million renovation project. The new equipment will allow Good Shepherd Village at Endwell to offer residents state-of-the-art equipment for physical therapy and overall fitness. In addition, this investment helps connect our therapy program to those in the community who need physical therapy on an outpatient basis. Good Shepherd Village at Endwell will be able to offer some amenities thanks to the grant: **new treatment spaces, additional electric high-low therapy exam tables, state-of-the-art recumbent cross trainers, and hydrotherapy equipment.** The Decker Grant funds will also be used to purchase the **Biodex Balance System.** This advanced technology will help us proactively identify our resident's fall risk through analytical balance. This will help promote functional independence as they continue to live at Good Shepherd Village at Endwell. "We're excited to be the recipients of this wonderful grant from The Decker Foundation," said Jason Santiago, CEO of Good Shepherd Communities; "The funds are an enormous gift that will go towards helping us improve our resident's well-being while maintaining a high level of independence for our residents at Good Shepherd Village at Endwell for years to come." "I am very pleased we were awarded this grant from The Decker Foundation. This will allow us to enhance care for our residents in the present and the future," said Mary Kay McKinney, Executive Director of Good Shepherd Village at Endwell. I appreciate the support given to me by the management team in submitting the grant request. I am so happy that the Foundation was able to support our senior population with this effort.

Tammie Boerner ~ Foundation Director

**We would like to take a moment to remember those we have lost:**

~Judith Walsh~

February 24, 1941 ~ February 1, 2024

~Kent Turner~

April 14, 1931 ~ February 4, 2024

~Donald Spoor~

September 23, 1937 ~ February 26, 2024



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