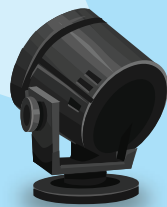


In The Spotlight

Sheila Thompson



Sheila Thompson has been a resident here at Blaire of Worcester since January 20, 2021. She is married and has one son who is a captain in the U.S. Coast Guard. Sheila taught school for 15 years and was Teacher of the Year. Sheila loves to read and also enjoys adult coloring.



BLACK HISTORY MONTH

February marks the start of Black History Month, a federally recognized celebration of the contributions African Americans have made to this country and a time to reflect on the continued struggle for racial justice. Carter G. Woodson, known as the “Father of Black History,” developed Black History Month. Woodson, whose parents were enslaved, was an author, historian and the second African American to earn a Ph.D. at Harvard University.

Gloria B., a resident at Blaire House of Worcester, expresses her thoughts on African American History. “Most African Americans were bought to this country as slaves and were freed by Abraham Lincoln. Many lived in the south and later migrated to the North. African Americans contributed to American History, people like Martin Luther King and Malcolm X in the Civil Rights Movement.”

IMPORTANT TO REMEMBER:

- **HOLY COMMUNION AND ROSARY** with Deacon Paul of St. George’s Catholic Church has been suspended until further notice (due to Pandemic Infection Control Precautions.) It will resume on Thursday, April 22nd.

BEAUTY/BARBER SHOP:

Our hairdresser/barber is Jemma Hanna. Barbershop hours are every first Saturday of the month.

Hairdresser hours are every Monday beginning at 2:00 PM and Thursday beginning at 9:45 AM.

WEEKLY SPIRITUAL:

Catholic Mass is every Friday morning at 10:00 AM and every Sunday morning at 10:00 AM.

Blaire House of Worcester

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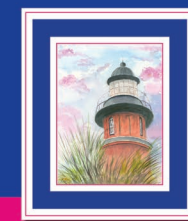
DIRECTORY

Executive Director: Faith Bandama
Director of Nursing: Cheryl Singh
Asst. Director of Nursing/Infection Protectionist: Brooke Sells
Staff Development Coordinator:
Business Office Manager: Jo LeBlanc
Human Resources: Erica Aye
Social Worker: Debra MacDonald
Activity Director: Charleen Forbes
Admissions Coordinator: Carrie Webster
Plant Maintenance: Robert Carpenter
Food Service Director: Edwin Rodriquez
Housekeeping/Laundry: Jose Martinez

Family Owned & Operated

EXTENSION

3300
3301
3301
3362
3306
3307
3319
3305
5232
3303
3302
3304



HIGHLIGHTS

Blaire House of Worcester

SENIOR CARE NEWSLETTER

SPRING 2021



Understanding the Spring Solstice

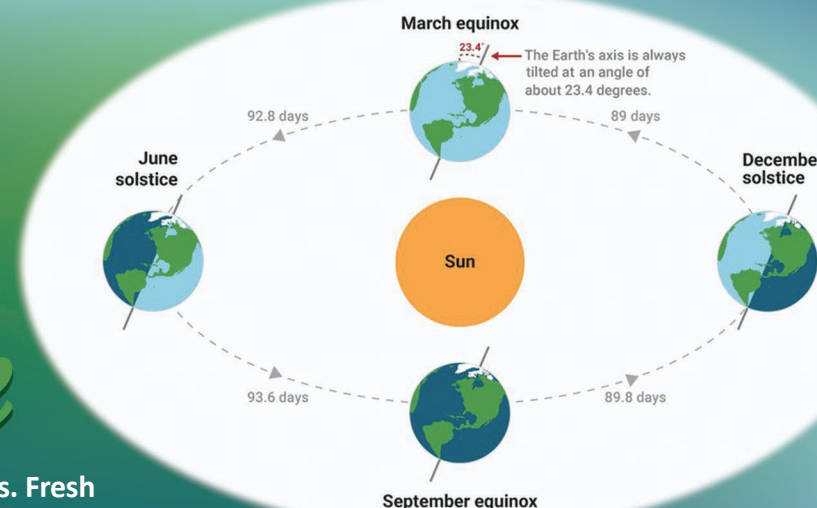
Spring is the season of new beginnings. Fresh buds bloom, animals awaken and the earth seems to come to life again. Farmers and gardeners plant their seeds and temperatures slowly rise. The timing of these changes varies depending upon location.

What most people call spring relies on the astronomical definition of the word. Spring is generally considered the period between the spring equinox and the summer solstice. Defined by the angle of Earth’s tilt toward the sun, astronomical spring relies on equinoxes and solstices to define it.

Equinoxes are special days during the year when day and night are almost equal. There are two equinoxes, one in the spring and one in the fall. The spring, or vernal, equinox occurs around March 20th in the Northern Hemisphere and around September 22nd in the Southern Hemisphere.

According to the National Oceanic and Atmospheric Administration (NOAA), spring is one of two times when the Earth’s axis is not pointed toward or away from the sun. In the

By Nola Taylor Redd - Live Science Contributor



Northern Hemisphere, the North Pole is tipped at its greatest angle toward the sun during the summer solstice, which occurs around June 21st. In the Southern Hemisphere, around December 21st, it is the South Pole’s turn to be nearer. As such, in the Northern Hemisphere, astronomical spring runs from March 21st to June 21st, while in the Southern Hemisphere it encompasses September 21st to December 21st, though the dates may shift slightly from year to year. The air may lose its winter chill before the middle of March or September, though. Weather forecasters define meteorological spring as a three-month period based on rising temperatures. North of the equator, meteorological spring takes place in March, April and May, while in the south it is characterized by the months of September, October and November, according to NOAA.

“Hope sleeps in our bones like a bear waiting for spring to rise and walk.”

— Marge Piercy

