

March 2024

# The Ressam Times

Ressam Gardens | 1041 West 5th St, Hamilton, ON | (289) 426-3074

## This March...

**International Women's Day**

*March 8th*

**Daylight Savings**

*March 10th*

**Ramadan Begins**

*March 11th*

**St. Patrick's Day**

*March 17th*

**Resident Birthday Party**

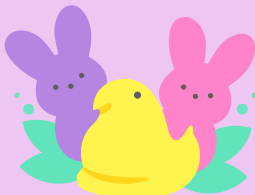
*March 22nd*

**Good Friday**

*March 29th*

**Easter Sunday**

*March 31st*



### A Message from our Life Enrichment Manager

Hello everyone,

The first day of Spring is around the corner and I know we are all looking forward to warmer, sunnier days. Along with spring, March brings many other exciting special days including St. Patrick's celebrations, Easter and International Women's Day.

March 8th is International Women's Day. It's a global day to recognize and celebrate women's and girls' social, economic, cultural, and political achievements. We have so many wonderful women who live and work here at Ressam Gardens and we want to make sure we recognize all of their achievements. We thank all of our staff for the hard work that you put in each and every day to ensure our wonderful residents are supported and cared for at the highest level and we appreciate all of our strong, independent, and inspirational residents who represent all that we celebrate on International Women's Day.

On another note, I will be heading on maternity leave as of March 1st to enjoy some time with my growing family. I have really enjoyed my time getting to know you all and looking forward to seeing you in a year!

Cheers,  
Sabrina



General Manager – Dr. Nafia Al-Mutawaly  
Clinical Director – Brooke Rioux  
Life Enrichment Manager – Sabrina Logan  
Maintenance Manager – Husam Hameed  
Front Reception - Christine Radke



March 2024

HAPPY  
EASTER

## Easter Sunday

Easter Sunday is an exciting and meaningful celebration in the Christian calendar, marking the resurrection of Jesus Christ with an explosion of joy and festivities! From vibrant church services to lively egg hunts and colorful parades, Easter Sunday is bursting with fun and excitement. Families gather for delicious feasts, laughter, and egg-citing games, symbolizing new beginnings!

## Ramadan

Ramadan is considered one of the holiest months of the year for Muslims. In Ramadan, Muslims commemorate the revelation of the Qur'an, and fast from food and drink during the sunlit hours as a means of drawing closer to God and cultivating self-control, gratitude, and compassion for those less fortunate. Ramadan is a month of intense spiritual rejuvenation with a heightened focus on devotion, during which Muslims spend extra time reading the Qur'an and performing special prayers.



Follow us on social media to stay up to date with the latest news, information, and fun photos!

@ressamgardens on Facebook, Instagram, and Youtube





## Vaccine Clinic

A special thank you to McMaster's Nursing Program for coming to our community last month and providing residents with their RSV vaccine. This clinic helps protect those most vulnerable to this common respiratory virus!



## International Women's Day

International Women's Day, celebrated annually on March 8th, honors women's achievements and advocates for gender equality. It recognizes the ongoing struggle for women's rights and promotes solidarity and celebrates women's resilience, strength, and diversity, aiming for a more inclusive and equitable future.



*Happy International Women's Day!*

## St. Patrick's Day

Celebrate the vibrant spirit of St. Patrick's Day on March 17th, honoring the patron saint of Ireland. Embrace Irish culture with green attire, parades, traditional music, and the warmth of Irish hospitality. Join the festivities, wear green to avoid leprechaun pinches, and enjoy the joyous atmosphere with friends and loved ones!



**RESSAM GARDENS**  
MEMORY CARE COMMUNITY

REISSAM GARDENS MEMORY CARE COMMUNITY



## Birthdays in March

### *Resident Birthdays*

Isabel - March 5th

### *Celebrity Birthdays*

Justin Bieber - March 1st

Shaquille O'Neal - March 6th

Bruce Willis - March 19th

Harry Houdini - March 24th

Lady Gaga - March 28th



## March Astrology

Those born from March 1–20 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional.

If you were born between March 21–31, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence mean they have big and outgoing personalities.

