

March 2026

Newsletter

Golden Pond Retirement Community | 1270 N Ford St. | 303-271-0430



Celebrating March

**Irish American
Heritage Month**

Mad for Plaid Month

Women's History Month

**Employee Appreciation
Day**
March 6

Iditarod Begins
March 7

**Daylight Saving Time
Begins**
March 8

Plant a Flower Day
March 12

St. Patrick's Day
March 17

World Poetry Day
March 21

**International Hug a
Medievalist Day**
March 31

🌸 Celebrating Women's History Month at Golden Pond 🌸

March is a time to honor, celebrate, and reflect on the incredible contributions of women throughout history, and here at Golden Pond, we are surrounded by living history every single day.

This Women's History Month, we proudly recognize the remarkable women who call our community home. Each resident carries a lifetime of stories, achievements, resilience, and wisdom that have helped shape families, careers, and communities. From raising families and building careers, to overcoming challenges and breaking barriers, their journeys are nothing short of inspiring.

Throughout the month, we will be shining a special spotlight on some of the amazing women in our community. Through shared stories, memories, and moments, we hope to celebrate not only where they've been, but also the joy, strength, and connection they continue to bring to Golden Pond today.

Our residents have lived through decades of change, witnessing history unfold, contributing in meaningful ways, and paving the path for future generations. Their voices remind us of the importance of perseverance, kindness, and courage. Whether it's a story of love, a lesson learned, or a simple piece of advice, each one holds value and meaning.

We invite everyone, residents, staff, and families to join us in celebrating the women of Golden Pond. Take a moment to listen, to ask questions, and to learn from the incredible lives around you. You may discover a story that makes you smile, inspires you, or even changes your perspective.

Let's come together this March to honor the strength, grace, and legacy of the women who make our community so special.

Happy Women's History Month from all of us at Golden Pond!

Love, Life & Legacy Stories



Janie Hawkins

Born on July of 1927 in Fort Worth, Texas, Janie is a true inspiration and a shining example of passion that never fades. At 98 years young, Janie continues to share her love of art by teaching

painting right here at Golden Pond and she enjoys every moment of it. Janie spent an incredible 50 years teaching painting in Midland, Texas, where she inspired countless students with her creativity and dedication. Today, Janie continues to brighten our community not only through her art, but through her joyful spirit. When she's not painting, she enjoys dancing and bringing smiles to those around her. Her creativity, energy, and passion are truly something to celebrate this Women's History Month.



Karen Oxman was born in September of 1943 in Amherst, Ohio, a small town where life moved at a steady pace and expectations were often set long before dreams had the chance to fully form. Growing up in that era, Karen understood early

on those choices, especially for young women, were limited. After high school, she didn't spend long wondering what path to take. She chose nursing, not just because it was practical, but because it gave her the opportunity to care for others, something that came naturally to her. Now, looking back over the decades, Karen reflects on how much the world has changed. When asked about it, she simply says, "As you get older, you discard things that are no longer important and focus on different things, you prioritize."



Toni Holmes

Born in January 1936 in Bronx, New York, Toni Holmes carries a lifetime of wisdom, love, and heartfelt experiences. Her proudest moment was marrying her husband.

Throughout her life, Toni has learned the true value of communication and understanding others, something she believes is key to meaningful relationships. If she could give advice to her younger self, she would encourage her to be more confident. When asked what makes a strong woman, Toni shared a simple yet powerful thought: "Learning to love." Her words beautifully reflect a life rooted in compassion, growth, and connection.



Born in February of 1940 in Dunkirk, Indiana, **Kathy Boland** lived a life full of purpose, passion, and dedication to helping others. She spent 20 years as a Registered Clinical Dietitian, making a meaningful impact on

the health and well-being of those she served. Kathy considers her proudest accomplishment to be her two children. Her son is a successful Glaucoma surgeon, and her daughter works in Human Resources for British Aerospace, both reflections of her strong values and support as a mother.

When asked what advice she would share with the younger generation, Kathy says, "Don't be afraid to take risks. Seek your personal passion." Her words are a reminder to live boldly and follow what truly inspires you.

March Madness

 March Madness is Coming to Golden Pond!

Get ready, Golden Pond! It's time for our very own Senior Slam Dunk Showdown!

This March, we're bringing the excitement of March Madness right into our community with a fun, friendly, and laughter-filled basketball bracket tournament! Residents will go head-to-head in a soft basketball toss competition as they compete for the ultimate title of Golden Pond MVP Champion.

Cheer on your friends, enjoy the energy of game-day music, and watch as our bracket narrows down to one grand champion. Will it be a buzzer-beater? A Cinderella story? Or a staff vs. resident championship showdown? Anything can happen in March Madness!

Wellness Spotlight: Erin Brock, Certified Health Coach

Erin Brock is a certified health coach dedicated to supporting healthy aging and overall wellness in senior communities. Each month, she visits residents to share practical, easy-to-understand information on a variety of health topics, helping individuals feel informed, empowered, and confident in their everyday health choices.

Erin's approach is all about keeping things realistic and approachable. She focuses on simple strategies that promote strength, balance, and an improved quality of life, no matter your stage of aging.

Passionate about helping others feel their best, Erin creates a relaxed and welcoming environment during her visits. Her monthly talks are engaging, encouraging, and filled with helpful tips that residents can easily incorporate into their daily routines. Whether it's learning something new or reinforcing healthy habits, Erin ensures everyone walks away feeling confident and supported on their wellness journey.

Join Erin on March 31st, 2026 at 10:00 AM in the Cody Room! Don't miss it!

Reminders

Podiatry

 Tuesday, March 3rd from 9:00am–11:00am

Vision Clinic

 Tuesday, March 10th from 10:00am – 4:00pm

 Cody Room

Blood Pressure Clinic

 Tuesday, March 17th at 10:00am

 Cody Room

Hearing Clinic

 Thursday, March 26th from 10:00am – 4:00pm

 Private Dining Room

Golden Pond Activities & What to Expect

Sit & Be Fit – Gentle seated exercises designed to improve strength, flexibility, and circulation. Perfect for all fitness levels.

Better Balance – A class focused on posture, stability, and core strength to help prevent falls and boost confidence when moving.

Lunch Outings – Weekly trips to local restaurants for good food, fresh air, and socializing with friends.

Podiatry Clinic – On-site foot care provided the first Tuesday of every month, keeping residents comfortable and healthy.

Crafts & Creative Projects – Hands-on activities like painting, seasonal crafts, and DIY projects to spark creativity and fun.

Educational Classes – Informative sessions like Fraud Prevention to stay safe, prepared, and informed.

Happy Hours & Socials – Gather with neighbors for drinks, snacks, and live entertainment in a relaxed setting

Employee of the Year!

Freddy Medina

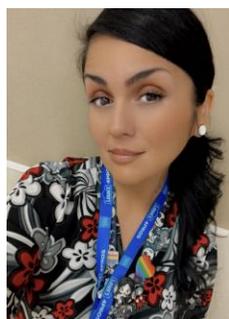


This year you have truly set the standard for what it means to be Employee of the Year. Your consistency is unmatched, you are dependable, reliable, and rarely, if ever, late or call out. You bring a positive attitude to work every single day, and over the past year we've seen tremendous growth in

your leadership. What makes that growth even more meaningful is your willingness to listen, accept feedback, and actively work on the areas you wanted to strengthen. You have taken direction with humility and used it to become an even stronger leader. There is not a single employee in this building for whom I have received more compliments than you. From day one, you have gone above and beyond, earning Employee of the Month within your first 60 days, and you have never slowed down since. You consistently support, coach, and train your team, always leading by example. Freddy, I am incredibly grateful to have you on our team, and I am so excited to see your continued growth over the next year. Congratulations, you truly deserve this.

-Leigh Boney
Executive Director

Employee of the Month!



Steph Chavez

Congratulations, Steph, on being named Employee of the Month! 🎉 This recognition is so well deserved. Your hard work, reliability, responsibility, and consistently positive attitude truly make a difference every day. You are an incredible leader, and we are so

lucky to have you on our team. Keep up the amazing work! 🙌

March Birthdays

Residents:

Carol Tveit 03/05
Miyoko Delaney 03/10
Bill Haefle 03/13
Donn Manly 03/15
James Ziegler 03/22
Eileen Bane 03/23
Joseph Bizzano 03/23
Leslie Preston 03/28
Ann Klosterman 03/29

Staff:

Maria Torres 03/01
Rain Wells 03/02
Gabby Sedillos 03/03
Liam Braun 03/11
Clara Hail 03/13
Hannah Laurance 03/16
Madi Armstrong 03/14
John Feely 03/17
Corey Legenos 03/22

🌸 March Birthday Spotlight 🍀

March is a month full of new beginnings, blooming flowers, and wonderful reasons to celebrate, especially our March birthdays! Those born this month are represented by the cheerful daffodil, a symbol of happiness and renewal, and the beautiful aquamarine gemstone, known for its calming energy.

March birthdays fall under the signs of Pisces and Aries, bringing together creativity, compassion, energy, and strong leadership. It's no surprise that many March-born individuals are known for their imagination, positivity, and vibrant spirit. Did you know? Being born in March is often linked to optimism and resilience, perfectly fitting for a month that welcomes the first days of spring!

We are so lucky to celebrate each of you this month. Wishing all of our March birthday residents and staff a joyful, laughter-filled, and truly special birthday! 🎉

