



WATER LANTERN FESTIVAL  
**THE GLOW**

MARCH - ISSUE #3



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 **LANTERN+ FACEBOOK  
EXCLUSIVE**

# A LETTER FROM THE EDITOR

As the seasons begin to shift and we step closer to spring, i'm reminded of the quiet beauty of March - a time for renewal, possibility, and fresh beginnings. The air feels lighter, the days grow longer, and although spring isn't quite here, you can sense it on the horizon.

One of the things I love most about this time of year is the reminder that change doesn't happen all at once. It begins with something small - a single step forward, a spark of hope, a gentle light in the dark. March often feels like the intro to spring but it's more of the slow ends of winter. Throughout this months Glow, you can find inspiration from past attendees, a fun way to declutter to prepare for spring, a game of luck for a chance to win free tickets, and some of our March favorites to keep us going.

Wherever you are this month, I hope you take a moment to embrace the small changes, the quiet joys, and the simple beauty of new beginnings.

Wishing you warmth and luck.

Best,

*Helen Blodgett*



# THE COLOR GREEN – MEET THE MARVINS



**"We were at your event on 9/28 in Philadelphia. We came to honor the memory of my youngest daughter, she spent her last 3 months at the Children's Hospital of Philadelphia so I knew this would be the proper place to honor her memory. We decorated our lanterns with pictures of her, stickers and quotes that represented her. We lit our lanterns up in green to represent mitochondrial disease awareness. It was a magical experience and would highly recommend it." - Greg Marvin**



# THE PERFECT TIME FOR A FRESH START

Use the attached document for a quick declutter to start off spring!

## DIGITAL DECLUTTER

# Checklist

### Phone:

- Back Up Contacts/Photos
- Clean out Contacts List
- Update Software Version
- Turn off non-essential notifications
- Unfollow social accounts you don't love
- Remove unwanted apps
- Sort & organize apps on home screen
- Set app limits
- Delete old notes
- Delete old text messages

### Email:

- Clear Unread Emails
- Unsubscribe from unwanted email lists
- Sort remaining emails into category folders

### Computer:

- Clear downloads folder
- Clean desktop
- Organize documents folders
- Rename documents
- Backup files to a cloud service
- Delete unused apps
- Empty recycle bin

### Photos:

- Delete Duplicate/Blurry Photos
- Backup Photos to Cloud
- Rename photo files so they are easier to find



# MARCH TO DO!



Rather it's cold and winter feels never-ending or it's warm and you're soaking up the sun, here's a list of fun activities to enjoy with your loved ones!

## DATE NIGHTS

- PICNIC IN THE PARK

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- COFFEE SHOP AND BOOKSTORE

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- MOVIE NIGHT- OUTDOOR OR INDOOR, YOU PICK!

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- DIY CRAFT OR PAINT NIGHT

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- A SCENIC DRIVE TO ENJOY THE COMING OF SPRING

## FAMILY TIME

- VISIT THE ZOO OR AQUARIUM

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- GO ON A NATURE WALK OR HIKE

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- HAVE A ST. PATRICKS DAY CELEBRATION

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- PLAN A FAMILY GAME NIGHT

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- FAMILY COOKING NIGHT - COOK DINNER AND BAKE DESSERT

## SPRING BREAK

- BEACH GETWAY - ENJOY THE SUN!

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- SKI TRIP - EXPERIENCE THE WINTER VIBES

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- NATIONAL CHERRY BLOSSOM - WASHINGTON D.C.

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- COZY CABIN - FIND A NEAR BY MOUNTAIN TOWN AND GET COZY

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- THEME PARK ADVENTURE - DISNEY, SIX FLAGS, UNIVERSAL. GREAT FOR THRILL SEEKERS!

## ME TIME

- SPA DAY AT HOME - BUBBLE BATH, BOOKS, AND CANDLES

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- DO NOTHING DAY - STAY IN BED, RELAX, AND RECHARGE

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- SPRING CLEAN BY ORGANIZING YOUR CLOSET, JUNK DRAWER, CAR, ETC.

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- TAKE YOURSELF OUT FOR A COFFEE OR SWEET TREAT

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- TRY A NEW WORKOUT - PILATES, YOGA, DANCE SESSION





JOIN TODAY!

LANTERN+ FACEBOOK

