



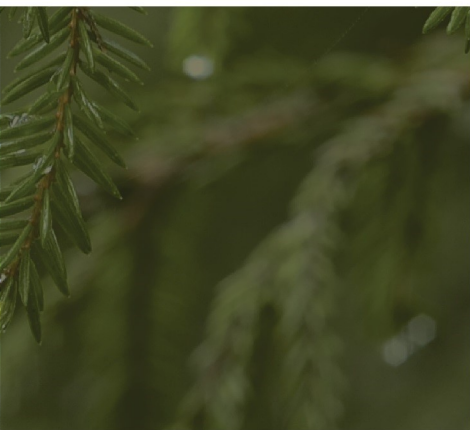
Vocational Wellness

Vocational wellness is the ability to achieve personal satisfaction and fulfillment from our work, maintain balance in our lives and make a positive impact within the organizations where we work and the communities where we live.

Vocational wellness is subjective – it’s based on your feelings or opinions. It is about your perception, attitude, outlook and reaction to the work you take part in. Ambition, desire for satisfaction and yearning for advancement vary from person to person; each person is on their own path with their own set of vocational wellness goals. A vocationally well person selects an occupation that utilizes their gifts, strengths and skills and aligns with their interests and values. A vocationally well person strives to balance work and non-work obligations and activities, including learning how to say “no” to maintain that balance.

At Gable Pines you will see your vocational wellness dimension in leading groups, or participating in committees that affect change, like town hall, or the activities committee. You also may see this dimension on activities that involve helping other people, like volunteering in memory care, or participating in a food drive. In march we are also going on an outing to volunteer at Feed My Starving children.

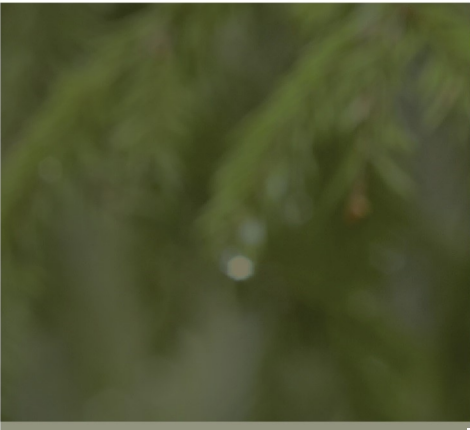
Feed My Starving Children (FMSC) is a Christian nonprofit dedicated to providing nutritious meals to children worldwide. FMSC meals are hand-packed by volunteers and sent to an incredible network of partner organizations who distribute them to those in need. We will be assisting in the food packing, weighing and boxing for children in need. This outing is scheduled for March 25th, from 9:30-11:30am. You may sign up at the concierge desk if you are interested in participating. Please see Kendra if you have any questions about this outing, or about vocational wellness in general.



Resident Meeting

At our March meeting we will be discussing your ideas for making Gable Pines a greener community, as well as discussing what you all would like to see in our raised garden beds this year. In addition to that we will provide departmental updates, and address any concerns you may have. If you wish to remain anonymous please leave a note with your comment or suggestion in the check drop off box in the card room. The next town hall meeting is scheduled for :

MARCH 12th
at 2pm
IN THE THEATER



Breakfast for a cause updates:

Thank you all for participating in February’s breakfast fundraiser for CLASS! In total we raised: \$423

Next Month we will be raising money for Bear Boating, a non-profit group offering fishing and boating excursions for Seniors, Active Duty Military, Veterans, and Disabled in our community. .

We look forward to seeing you on March 20th from 7:30am-9:30am! Don’t forget to invite your friends!
Cost: \$5
suggested donation



St. Patrick's Day Word Search

P	O	T	O	F	G	O	L	D	B	E	E	T	S	L
O	S	F	R	A	C	H	G	C	U	I	V	E	L	U
S	O	H	B	O	W	S	C	L	O	V	E	R	E	W
T	A	M	A	R	C	H	R	A	D	O	W	S	P	I
L	R	U	C	M	U	C	K	Y	L	O	E	P	R	A
U	C	W	I	K	R	A	I	N	B	O	W	K	E	Y
K	A	T	R	S	G	O	N	D	U	R	L	U	C	K
T	H	E	T	G	O	S	C	P	L	E	R	P	H	A
C	T	O	I	R	N	T	D	K	O	G	M	R	A	I
C	O	R	N	E	D	B	E	E	F	R	C	A	U	R
E	T	I	R	E	L	A	N	D	O	S	H	E	N	I
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CLOVER
COINS
CORNED BEEF
TRADITION
GREEN

IRELAND
IRISH
LEPRECHAUN
LUCK
MARCH

PARADE
PATRICK
POT OF GOLD
RAINBOW
SHAMROCK

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