

MARCH RUNNER

*"March brings breezes loud and shrill,
stirs the dancing daffodil."*

~ Sara Coleridge



Plant of the Month – Peace Lily

Peace lilies are a popular, low-maintenance houseplant that typically bloom in the spring and sometimes in the fall. This lovely decorative indoor plant wows with its snowy white petals and bright green leaves. Despite its name, the peace lily is not a true lily. Instead, it is part of the Araceae family, which also includes calla lilies. In addition to their beauty, peace lilies function as natural air purifiers, absorbing toxic substances from the air like carbon monoxide and formaldehyde. They can also absorb some excess air moisture, which may contribute to reducing



mold. Adaptable and hardy, the peace lily thrives in low light and requires watering when the soil feels dry. Its blooms symbolize peace, solace, and remembrance and are often given to people in times of struggle or grief. Due to its tranquil, calming qualities, placing a peace lily in your bedroom can create a restful environment.

Special Days

Mardi Gras/Shrove Tuesday
March 4

Ash Wednesday
March 5

Daylight Saving Time Begins
March 9

Purim Begins at Sunset
March 13

St. Patrick's Day
March 17

Doctors' Day
March 30

Flower – Daffodil



March's flower is the daffodil, also known as the jonquil or narcissus. In the language of flowers, giving jonquils signals a desire for affection to be returned. However, if you give daffodils as a gift, make sure to give a full bouquet. A single daffodil is said to bring the recipient bad luck and make them narcissistic. Also, according to superstition, a bride should not carry yellow daffodils, as they will cause her to become vain (although white daffodils are acceptable, apparently).

Birthstone – Aquamarine



As its name might suggest, March's stunning blue birthstone is inherently associated with water. *Aquamarine* comes from the Latin words for "sea" and "water," and indeed, its calming, light-blue shades remind us of the cool, refreshing, melodic waters of the ocean. Aquamarine is believed to absorb the energy of young love, so grooms would often give an aquamarine to their brides as a wedding gift. The gemstone for the 19th wedding anniversary, aquamarine is also said to reawaken the love of married couples.

Celebrate the Arrival of Spring

The vernal equinox falls on March 20 this year. It is a day when daylight and darkness are approximately equal in length. On this day, the sun crosses the celestial equator—the “line” in the sky above Earth’s midline. It marks the end of winter and the start of spring in the northern hemisphere and the end of summer and the start of fall in the southern hemisphere.

The Chinese have celebrated the equinox with feats of egg balancing, where an unbroken egg, a symbol of fertility, is said to bring good luck and prosperity for the rest of the season.

Early equinox celebrations in Germanic countries centered around Ostara, the Germanic goddess of spring. In Persia, the Achaemenid dynasty celebrated the equinox with the festival of *Nowruz*, meaning “new day.” And finally, in Central America, the Mayans celebrated this day for centuries with a viewing of the sun as it sets on the El Castillo pyramid in Mexico.



Punny Spring

Spring is the ideal time to turn over a new leaf.

Q: How do you tell someone winter is over?

A: You spring it on them!

Q: What did the florist say when it was springtime?

A: Business is blooming!

March Zodiacs

Pisces (The Fish)
March 1–20

Aries (The Ram)
March 21–31

March gets its name from Mars, the Roman god of war. The name seemed like a logical choice to Romans because with the gradually warming weather, military campaigns could begin again. The Finnish call March *maaliskuu*, which means “earthly month.” That also makes sense, for as the snow melts, you can once again see the ground. March is also a good time to begin planting gardens. *März* is German for March. In Spanish, it is *marzo*. In French, it is *mars*.

March’s Full Moon

The full moon of March is known by a few names. Some Native American tribes call it the worm moon because, as the temperature warms and the ground begins to thaw, earthworms appear, which brings the return of the robins. Others call it the full crow moon because the cawing of crows signals the end of winter. The full moon that occurs after March 21 is called the paschal moon and is used to determine the date of Easter.

What’s Lucky in March?

Lucky Color: Green

Lucky Animal: Rabbit

Lucky Letters: Z and E

Lucky Day: Saturday

Lucky Plant: Fuchsia



March Birthdays

Ron Howard (director) – March 1, 1954

Desi Arnaz (actor) – March 2, 1917

Howard Pyle (illustrator) – March 5, 1853

Ina Boyle (composer) – March 8, 1889

Agathe von Trapp (singer) – March 12, 1913

Hank Ketcham (cartoonist) – March 14, 1920

Anna Atkins (photographer) – March 16, 1799

Mia Hamm (soccer player) – March 17, 1972

Bruce Willis (actor) – March 19, 1955

Marcel Marceau (mime) – March 22, 1923

Dorothy Height (activist) – March 24, 1912

Sarah Vaughan (jazz singer) – March 27, 1924

Jerry Lucas (NBA center) – March 30, 1940

Liz Claiborne (fashion designer) – March 31, 1929



March marks the transition from winter to spring, bringing longer days and milder weather. For Philadelphians, it is a time to enjoy history, sports, and cherry blossoms in our beloved Fairmount Park and other green spaces across the city.

Last week, from March 1–9, we welcomed the Philadelphia Flower Show, the nation's largest and longest-running horticultural event, hosted by the Pennsylvania Horticultural Society. Next week, on March 17, we will celebrate the Philadelphia St. Patrick's Day Parade, one of the oldest in the U.S., dating back to 1771.

As a diverse city, we also recognize Women's History Month, honoring the contributions of women to history, culture, and society. And as a city that loves its sports, March brings the Philadelphia Marathon's Half Marathon (Love Run), March Madness, and the excitement of Phillies Spring Training as fans gear up for the home opener on March 31, 2025, at 3:05 PM.

Announcements & Reminders for Paul's Run

Emergency Assistance: If you have an emergency or need assistance, please call the front desk. Security will respond to your home and coordinate with EMS upon their arrival. The front desk is staffed 24/7 for your safety. The phone number is 215-934-3000.

Fire Drills: During our town halls this month, we discussed fire drills. When the fire alarm is activated, our staff and the fire department immediately respond to the area where the alarm was triggered. The fire alarm system cannot be silenced until the fire department has declared the area safe. Once the alarm is silenced, you may return to your apartment—there is no need to wait for further instruction.

Maintenance Requests: If you notice something in need of repair, please report it immediately. We will address it as soon as possible or place an "Out of Order" sign if we are waiting for parts.

New Resident Services Coordinator: I am happy to announce that Amanda Palau has accepted the position of Resident Services Coordinator! Many of you know Amanda from the Sales and Marketing Office. She will begin her new role on Monday, March 17.

Be on the lookout! We will be conducting a Food Service/Dining-specific survey starting this month. The more participation and feedback we receive, the better we can serve you and enhance your dining experience

Thank you all for your continued engagement and support!

Sincerely,

A handwritten signature in black ink, appearing to read "Frank Beech", with a long horizontal line extending to the right.

Frank Beech
Executive Director



Frank Beech
Executive Director

Frank is the Executive Director of Paul's Run, where he oversees all community operations. With nearly 25 years of experience in both non-profit and for-profit senior living communities, he brings extensive knowledge, leadership, and a passion for cultivating vibrant communities.

Frank is an honorably discharged veteran. He holds a master's degree in organizational development and leadership from Saint Joseph's University and a bachelor's degree from Temple University. Frank is a licensed Nursing Home Administrator, certified as a Personal Care/Assisted Living administrator, and is a Certified Compliance and Ethics Professional (CCEP) as well as Certified in Healthcare Compliance (CHC).

Frank can be reached at 215-934-3046 or via email at frankb@paulsrun.org.



Kevins Wheeler
Director of Facilities

As the Director of Facilities at Paul's Run, I am committed to maintaining a safe, comfortable, and well-kept environment for all residents. With 20 years of experience in facilities management, I oversee daily operations, maintenance, and improvements to enhance our community's quality of life. My goal is to create a welcoming and secure space where residents feel truly at home.

Kevins can be reached at 215-934-3083 or via email at kevinsw@paulsrun.org.



Kimberly Griffies-Edwards, RN, NHA
Administrator

I am the Administrator of Healthcare at Paul's Run. As a Holy Family alumna, I have been a registered nurse for over 30 years and an administrator for the past 12 years. My career has been dedicated to promoting the health, welfare, and dignity of our aging population. Born and raised in Northeast Philadelphia, I am honored to care for your loved ones and ensure the highest quality of care for everyone in our community.

Kimberly can be reached at 215-934-3068 or via email at kimberlyg@paulsrun.org.



I have been an RN since 1993, joined Liberty in 1998, and became part of Paul's Run in 2009. The Wellness Staff provides Independent Living residents with additional support services, such as assistance with showers and medication reminders, to help them remain in their apartments as long as possible.

Kim Biletz, RN
Director of
Wellness Services

We also respond to emergency needs. If you feel your needs are changing or would like to explore available services and options, please reach out to me. I would be happy to meet with you and discuss how we can assist you.

Kim can be reached at 215-934-3050 or via email at kbiletz@paulsrun.org.



Stacey
Wildsmith
Personal Care
Administrator

I have been a nurse for over 23 years and have worked at Paul's Run Personal Care for seven years, serving as the Personal Care Administrator for the past three years. I enjoy working in Personal Care, helping residents feel supported while promoting their independence and quality of life.

Stacey can be reached at 215-934-3089 or via email at staceyw@paulsrun.org.



Molly has been with Paul's Run since 2017, initially serving as a music therapist before transitioning to her current role as Director of Community Life in January 2023. A Missouri native, she holds a Bachelor of Arts in Vocal Music from Truman State University and a Master of Music Education in Music Therapy from the University of Kansas. In her free time, she enjoys rowing on the Schuylkill, biking, and spending time outdoors.

Molly can be reached at 215-934-3030 or via email at mollyb@paulsrun.org.

Molly Bybee, MME, MT-BC
Director of Community Life



Kimberly Braccia
Director of Sales and
Marketing

Kim has been with Paul's Run for two years and brings 18 years of experience as a medical office manager. She has also owned and operated a small pharmacy and has spent the last six years as a Director of Sales and Marketing.

In her work, Kim enjoys developing and fostering personalized relationships with residents and their families. Her goal in every relationship is to make a difference and ensure a smooth transition. She truly enjoys working with seniors!

Kim can be reached at 215-934-3011 or via email at kimberlyb@paulsrun.org.

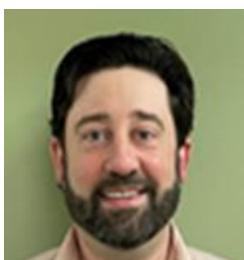


Rebecca Michels
Director Sales &
Marketing

After many years in the senior living industry, Rebecca joined the Paul's Run team in March 2021 as a Sales Coordinator. She was promoted to Director of Sales and Marketing for Independent and Personal Care in June 2023.

With a strong background in sales, customer service, and care navigation, Rebecca expertly guides prospective residents through the exciting journey of making Paul's Run their home.

Rebecca can be reached at 215-934-3074 or via email at rebeccam@paulsrun.org.



Christopher Ferrigno
Director of Food Services

Chris brings 25 years of experience in the hospitality industry, including restaurants, hotels, country clubs, and senior living. He was promoted from Assistant Director of Dining to Director of Dining in May 2023.

Chris holds college degrees in Hospitality Management and Culinary Arts. He is dedicated to enhancing everyday life by promoting a healthier future, reducing food waste, and creating opportunities for all.

Chris can be reached at 215-934-3044 or via email at christopherf@paulsrun.org.



Rev. Michelle Wildride
Director of Spiritual Life/ Chaplain

My goal as the chaplain is to provide a safe and welcoming space where staff and residents can openly share their thoughts and feel heard. From a spiritual standpoint, I strive to lead the community with spiritual and religious principles, ensuring that everyone—regardless of faith—feels cared for, valued, and loved.

I aim to be genuine, transparent, and open to new ideas on how we can engage in faith and spirituality together as a community at Paul's Run.

Michelle can be reached at 215-934-3059 or via email at michellew@paulsrun.org.



Sharon L. Guilfoyle
Director,
Human Resources

Sharon has been with Liberty Lutheran for 13 years. Her passion for working with people and solving challenging situations makes her an excellent fit for Paul's Run. She brings over 40 years of Human Resources experience, beginning her journey at RCA Laboratories in Princeton, NJ. Sharon spent approximately 29 years there before taking on a few assignments and eventually joining the Liberty team.

She is a highly skilled professional with expertise in various areas of HR, including recruitment, compensation and benefits, health and safety, labor law compliance, training and performance management, and company culture and engagement. Sharon holds a Bachelor's Degree in Applied Social Sciences from Rider University.

Sharon can be reached at 215-934-3063 or via email at sguilfoyle@libertylutheran.org.



In Honor Of:
Dining Services – Brikena Caliku
By: Mrs. Julie Bamberger-Herrmann

Nourish to Flourish: Healthy Eating for Seniors!

ESSENTIAL NUTRIENTS FOR SENIORS:

- **Protein:** Supports muscles and strength.
- **Calcium & Vitamin D:** For strong bones.
- **Fiber:** Aids digestion and heart health.
- **Omega-3s:** Protect heart and brain health.

PRACTICAL TIPS:

- Plan meals with protein, vegetables, and whole grains.
- Stay hydrated with water and fresh fruits.
- Choose seasonal, nutrient-dense foods.

Call Curana Health at **215-934-3072**
to schedule an appointment with a
Curana Health provider.



CH-2025-0206



Final Submission from Arnie Escourt, Paul's Run resident who passed on 2-25-25

Quitting Time?

I decided that I will continue living and learning
I helped raise a family. I loved, lived and now I write
But events tell us you cannot dwell on yesteryear
I have lost my dear wife, her parents and mine

Dying, with its misery is tragic and unbearable
The loss of a loved one puts us in an agonizing, miserable state
Considering ideas like, "we could have", "we should have tried"
These feelings of "maybe's" do not work as a path to recovery

We learn from death and suffering as the months go by
Memories are reminders still filled with hurt and sorrow
We need to choose activities to bypass yesterdays sad distress
We need to focus on the future, its promises and expectations

We cannot consider quitting or staying in a state of sorrow
We know we should try to get back into reality
When should we quit... at the end of meaningful lifetime?
When? It is a secret; we need to wait for our turn to be called



Bustleton area 1904
By Richard Mansley

Between 1904 and 1907 a man who called himself Veritas Truth wrote a series of articles for the North American newspaper. They were short brief items about Bustleton and vicinity. Some of them cast doubts on his name – Veritas.

The North American newspaper printed the following article about Bustleton to prove what Veritas wrote was indeed TRUTH!

It was on page 2 of the magazine section on Sunday, January 24, 1904. It appeared with a map of Bustleton surrounded by a panoramic drawing of the adjacent farm lands. Two articles appeared. The following is from the more important of the two.

The Truth About Bustleton and “Our Correspondent”

A Town Almost As Primitive As IT Was Before The Revolution – Yet All Of Its Inhabitants Are Satisfied – Factories Try In Vain To Locate There.

For a number of Months the North American has published from day to day letters from Bustleton, giving the news happenings of that town. In doing this no attempt has been made at facetiousness; the paragraphs printed over the signature of “Veritas” are sober, honest and, as far as possible, complete.

The verity of this news has frequently been impugned, some of the more unthinking going so far as to doubt that there is a Bustleton. For the benefit of these persons the North American wishes to assert that Bustleton is a real town of real people, who have a large interest in life, and gives here a description of the place and its location....

The town of Bustleton is a community of persons who trace their ancestry back dozens of decades before there was even a vestige of independence, or even the thought of it, in what is now the United States.

It has been the stamping ground of the redskin and the fertile field of the white man these last 250 years or more.

Bustleton 1904 By Richard Mansley continued

On each recurring anniversary of the republic, the Declaration of Independence is read in the Town Hall, the big brass cannon is hauled out and fired scores of times and the children have their firecrackers and torpedoes by day and their rockets by night.

But there is no bustle in Bustleton. In a way, it is as quiet and primitive as it was in days long antedating the Revolution. To some of the people – perhaps to most of the 800 souls who live there – this is as it should be.

There are a few, however, who scan the horizon of the future for signs of improvement. But there are few such signs. No new railroad is fighting for entrance. The men who build trolley lines have passed the village by.

Bustleton is four and half miles away from the river as the crow flies, and so not even the dull piping of a steamboat's warning whistle has been heard there; the place altogether is the antithesis of its name.

Historians differ as to the date of the settlement of Bustleton. Certain it is that more than two centuries and half have elapsed since the Indian who pitches his tent there for ages before first saw the white man.

As proof of the early advent of the white settler there yet remains in good condition a sturdy stone Baptist church, begun, a veracious citizen asserts, in 1637. It is many years since the Gospel was preached from its platform; grim and silent as the grave itself, it stands as an enduring memorial to the settler's piety. Another Baptist church now fills its place, a building more modern in appointments and contributing in greater degree to the physical comforts of its congregation.

From the viewpoint of the sanitarian, Bustleton could not have been better located. It is on a very high ground and the soil is richly prolific.

Bustleton 1904 by Richard Mansley continued

Out of the earth has come the small fortunes which have made the foundations of larger ones made in the great world outside – that world of which Bustleton scarcely seems to be a part, and really stands aloof from.

Bustleton avenue is the chief highway of this little place, and that thoroughfare is not without pretentiousness. It is about fifty feet wide, and “has a good top” as the farmers say, although the farmers have little use for it, except sometimes to drive to church on Sunday.

Heavily – laden produce wagons seldom trail its length. Such crops as are grown have been garnered and sent off to the city; but even agriculture is dying out in Bustleton.

The drive to the city is too long; the railroad’s shipping rates are arbitrary and excessive. These facts act like a damper, but it really matters little, after all, for there is scarcely a farmer in Bustleton who has not enough of the world’s good to see him to the end of life in peace and comfort and with something left for the children.

Most of the farmers have retired from business; those who haven’t till just enough soil each year to “keep their hands in.” A porker or two is fattened, a few birds grow plump and drowsy in the barn yard until they decorate the holiday dinner table in honor of children come home for a visit. So much for the industry of Bustleton.

Indications are that this condition will go on for years to come. There have been efforts to infuse life, but they have been frowned down by the more conservative residents who want Bustleton to be just as they have known it always.

One day an important-looking man got into the village. When he alighted from one of the few trains which crawl up to the weather-beaten station daily he was eyed curiously, for every person knew he was a stranger. He strolled around the place and went away in an hour or two.

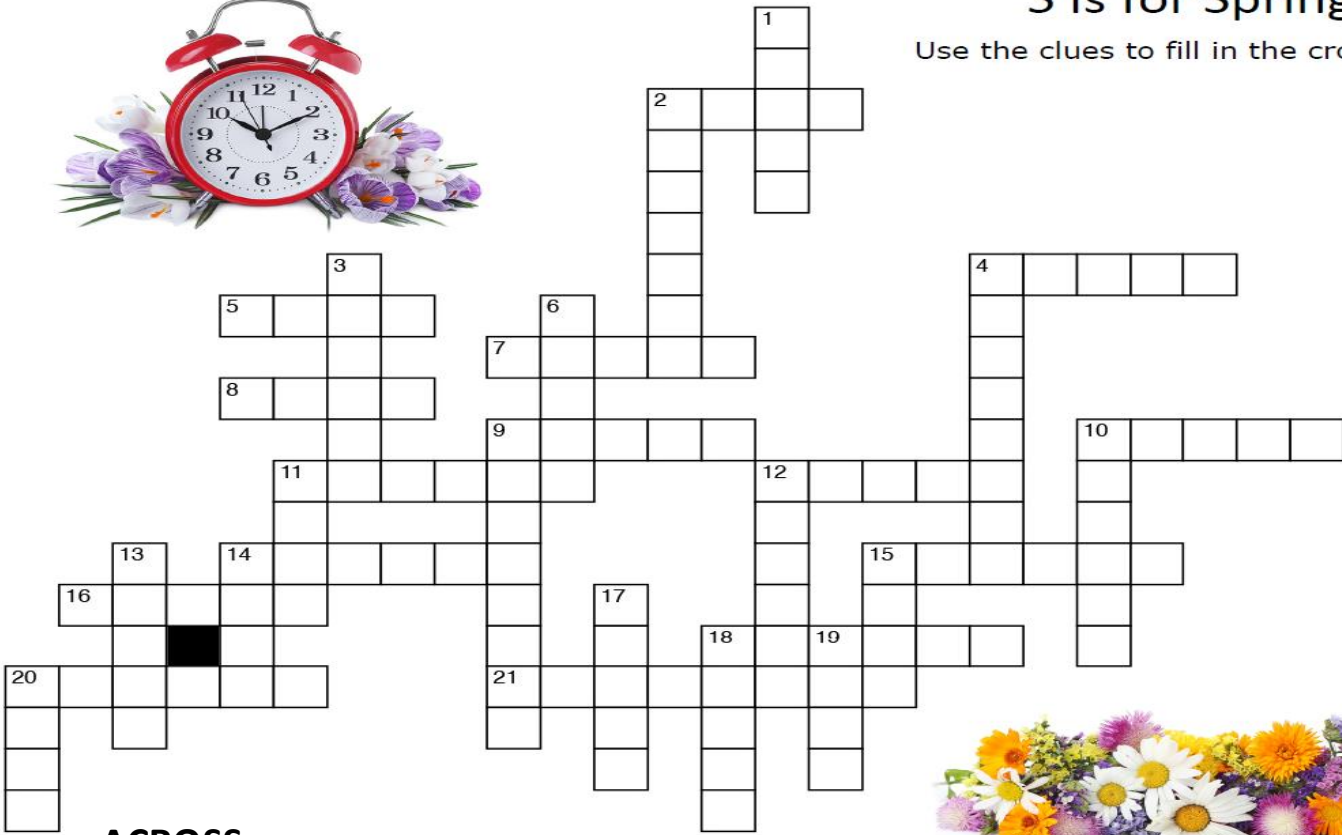
SEE THE APRIL RUNNER FOR THE NEXT PART OF THE STORY

MARCH CROSSWORD

March
2025

S Is for Spring

Use the clues to fill in the crossword.



ACROSS

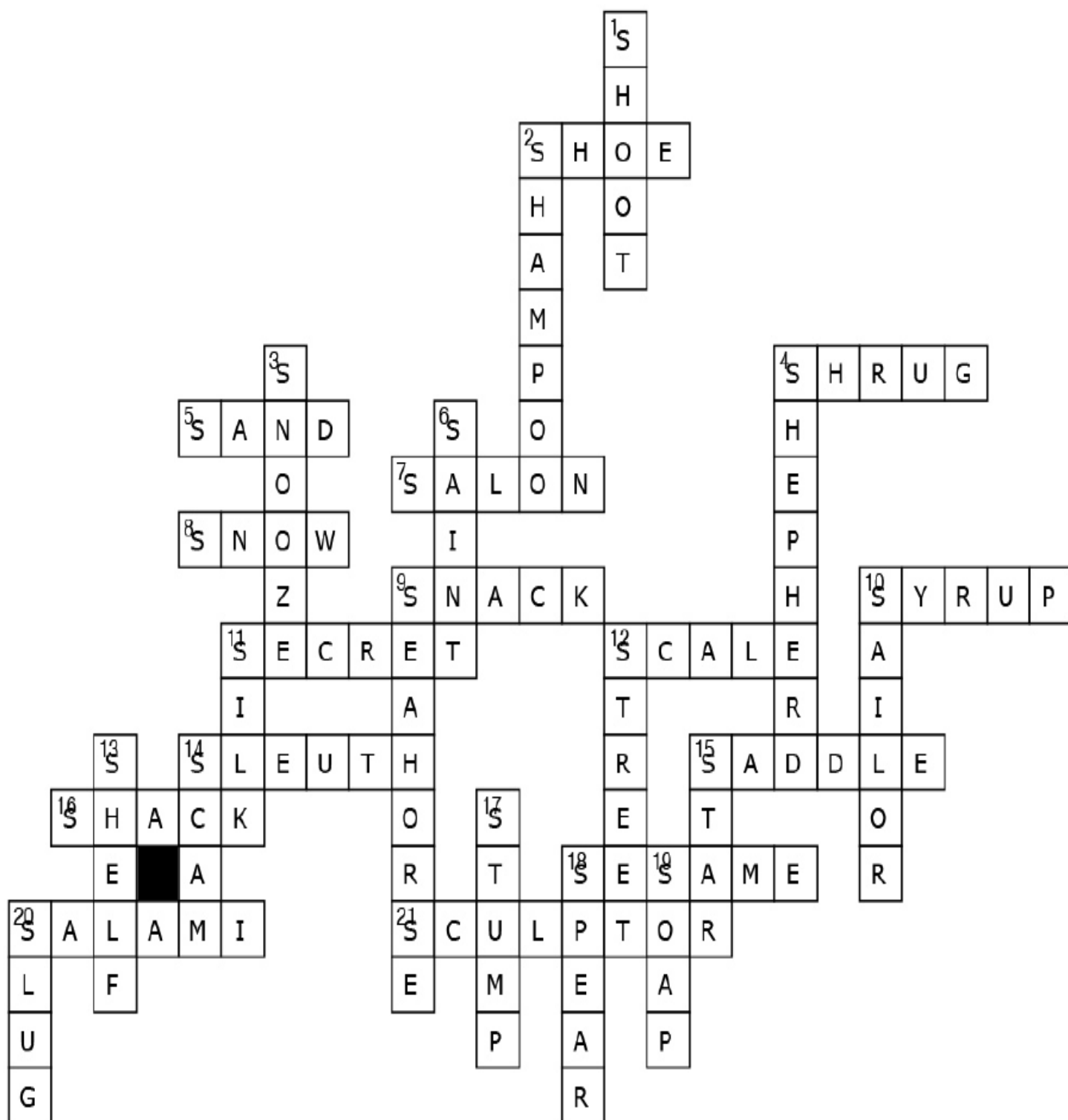
2. Footwear
4. Shoulder gesture
5. Hourglass filler
7. Hairdresser's shop
8. Winter precipitation
9. Quick bite
10. Pancake topping
11. Whispered words
12. Weighing device
14. Miss Marple or
Sherlock Holmes
15. Cowboy's seat
16. Crude cabin
18. Bun seed
20. Italian sausage
21. Stone-carving artist

DOWN

1. "Darn it!"
2. Hair cleanser
3. Alarm clock button
4. Person who tends to sheep
6. Peter or Paul
9. Fish that swims upright
10. Popeye, for one
11. Lustrous fabric
12. Boulevard
13. Place for knickknacks or books
14. Bamboozle
15. Five-pointed shape
17. Tree trunk remainder
18. Asparagus unit
19. Bath bar
20. Slimy garden pest

S Is for Spring

(solution)



MAIL ISSUES

RESIDENTS ARE ASKED TO RETURN TO THE RECEPTIONISTS ANY MISDIRECTED DELIVERY FROM THE UNITED STATES POST OFFICE.



THE RECEPTIONISTS WILL ASSURE IT IS RETURNED TO THE POSTAL WORKER FOR DELIVERY TO THE CORRECT RECIPIENT



215-934-3055



Like Us
On Facebook
&
Instagram
Paulsrun



Friends of
Paul's Run

**THE GENERAL STORE
HOURS OF OPERATION**

**MONDAY - FRIDAY
10:30AM-3:30PM**

**SATURDAY -SUNDAY
11AM-3:30PM**



**THE HOUSEKEEPING
DEPARTMENT IS ASKING
FOR YOUR
COOPERATION IN
MAINTAINING A
SANITARY ENVIRONMENT
FOR ALL OF OUR
RESIDENTS.**

**REMEMBER TO WASH
YOUR HANDS
FREQUENTLY WITH SOAP
AND WATER OR WITH
HAND SANITIZER WHEN
AWAY FROM SOAP AND
WATER.**



A Request from
Maintenance:

As much as we like to hear from you about repairs you need, we ask that you contact the front desk and put in a work order so the repair request gets recorded and not forgotten about

FRIENDLY REMINDER

Our lobby is so beautiful. Please refrain from eating or drinking in that area.

Thank You