



VET★COM

TAKE A PEEK AT WHAT'S HAPPENING HERE AT THE BLUE GOOSE

GEORGIA WAR VETERANS NURSING HOME

March 2025



FEATURING

- Donations & Contributions Pgs. 3 - 4
- Warrior of the Month Pg. 5
- Coloring Page Pgs. 17 - 18
- Puzzles Pgs. 19 - 21
- Hidden Name Contest Winners Pg. 22
- Chaplain's Corner Pgs. 23 - 24
- Puzzle Solutions Pgs. 26 - 28
- Resident Monthly Menu Pgs. 29 - 30
- Activities Calendar Pg. 31

GEORGIA WAR
 WOULD LIKE TO WISH
 YOU A MONTH FILLED
 WITH LOVE, PEACE, AND
 JOY.

WELCOME!

Georgia War Veterans Nursing Home would like to give a warm welcome to the following new residents:

Bobby Andress

George Varnedoe

Ronnie Howard

Pinnacle Honorable Mentions February 2025

Dr. Richard Sams x2

Amy Green x2

Constance Jones

Connie McGuire

Chaplain Timothy Lark x2

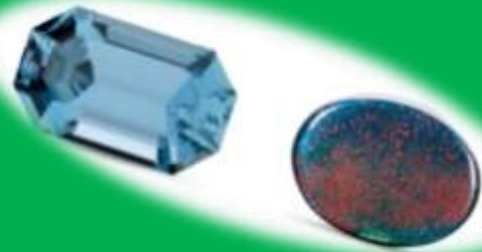
Birthstone: Aquamarine and Bloodstone

Flowers: Daffodils and Jonquils

Astrology Zodiac Signs: Pisces & Aries

Dates to Remember:

- 3/1 Zero Discrimination Day
- 3/3 World Hearing Day
- 3/4 Mardi Gras
- 3/7 Employee Appreciation Day
- 3/8 International Women's Day
- 3/9 Daylight Savings Time begins
- 3/17 St. Patrick's Day



DONATIONS & CONTRIBUTIONS

The following individuals/organizations contributed their time and/or services to GWNH:

American Legion Department of Georgia	Snack Cakes, Razors, Body Wash, Additional Toiletries
American Legion Post 192 Auxiliary	Pizza Social & BINGO Outing
American Legion Post 205 Auxiliary	Pizza Party
Chaplain Larry Jesion	Church Service
Combat Vets Motorcycle Club	BINGO Prizes, Candy & Valentines Day Gift Bags
Elks Lodge 205	Hot Dog Party
Evans VFW	Birthday Gifts
Mackey House Music	Live Music
Project Lifting Spirits	Late Night Movie, Hangers, Valentine Day Crafts & Holiday Cards
VFW Department of Georgia Auxiliary	Monthly Birthday Cake
Juniors Post 178 (Carter, Burdell & Hagler)	Holiday Gifts & Donations

DONATIONS & CONTRIBUTIONS

Episcopal Day School
(EDS)

Valentines Day Cards

Lakeside High School
Beta Club

Holiday Cards

Vernon & Carolyn Burkey

5th Floor Pizza Party

The following individuals/organizations made contributions to our
Resident Benefit Fund:

Golden Isles Republican Women's Club

Susan Sasser



Thank You



WARRIOR OF THE MONTH

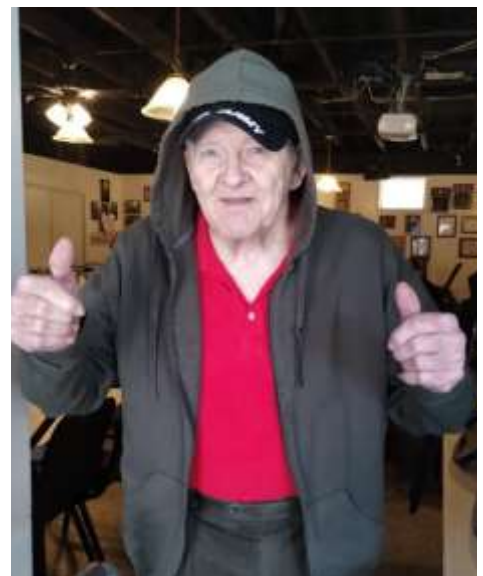


Perseverance and hope are the twin forces that help individuals navigate through life's most challenging moments. For many, life can feel like a series of battles, each one more difficult than the last. When faced with adversity whether it's personal loss, financial struggle, or emotional turmoil it can be tempting to give in to despair. But perseverance allows individuals to keep moving forward, even when the road is steep and filled with obstacles. It's that quiet determination, that inner strength, that keeps them striving for a better tomorrow, even when the present feels insurmountable. This month's Warrior of the Month demonstrates both qualities in his own prickly way. I am proud to introduce you to Mr. Larry Ratliff; March's Warrior of the Month!

Hope plays a crucial role in Mr. Ratliff's journey of endurance. His belief that things can improve, that even after the darkest of times, there is light ahead that motivates him to continue to strive for his best. Hope acts as his guiding star, helping him maintain his sense of purpose and reminding himself that every storm eventually passes. Mr. Ratliff's life, by his own admission, has had more than its fair share of dark clouds. A mix of personally made hardships and just rotten luck, Mr. Ratliff overcame it all. He has developed a sense of self-reliance from a lifetime of trying to fit in, measuring himself by the standards of others and not feeling as though he truly ever hit the mark. It's easy to lose sight of hope when faced with hardship, but those who are able to cling to it, no matter how faint, are more likely to find resilience. Mr. Ratliff knows that while he can't control the challenges that come his way, he can control how he responds, choosing to face each day with courage. Choosing his own form of peace and happiness. Choosing to only hold himself by his own measure of success and happiness.

Through perseverance and hope, Mr. Ratliff found not just survival, but growth. The pain he endured didn't disappear, but it transformed into wisdom and compassion. He emerged from his struggles stronger and more empathetic, with a deeper appreciation for life's fleeting moments. It's through this process that he realized that even the hardest life can hold moments of beauty, and that the strength to overcome lies within himself, ready to be awakened. In the end, perseverance and hope are not just about surviving; they are about living fully, despite everything life throws his way. So, congratulations Mr. Ratliff on becoming Georgia Wars March 2025 Warrior of the Month.

Heather Nichols,
Activities Director



FUN AT GEORGIA WAR



LETS HAVE CHURCH!!



Chaplain
Timothy Lark
&
Mrs. Sharon
Smith



TIC TAC TOE WITH DISMAS CHARITIES, INC



SNACKS, SNACKS & MORE SNACKS



SNACKS, SNACKS & MORE SNACKS



SNACKS, SNACKS & MORE SNACKS



CONGRATS MR. & MRS. GA WAR



Nathaniel Mitchell



Margaret Skates



Andrew Blount



Alethia Howard

VALENTINE'S DAY PARTY



FLOWERS FOR MY VALENTINE



“THE LOVE OF MY LIFE”



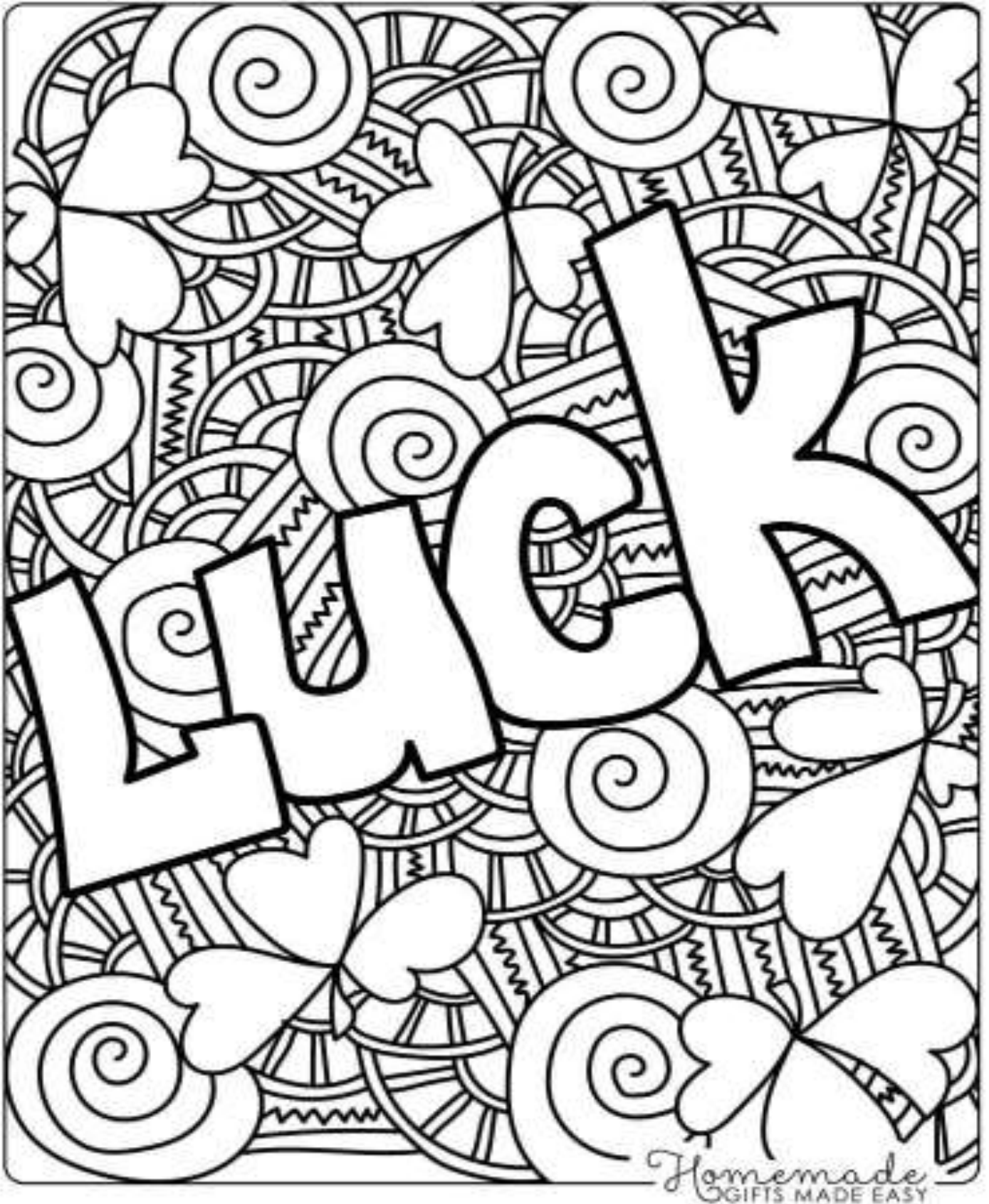
MORE FUN AT THE WAR



MORE FUN AT THE WAR

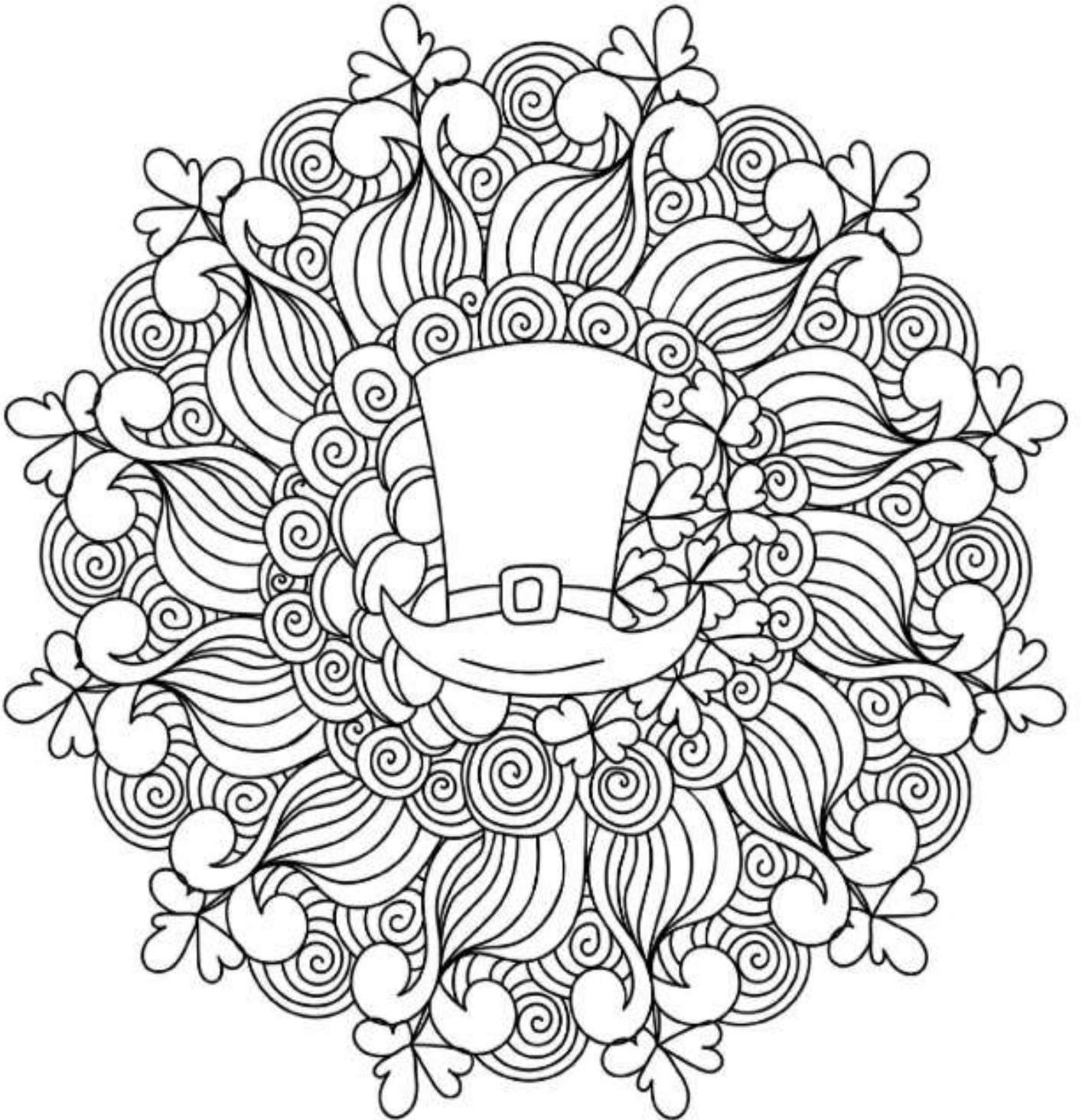


COLORING PAGE



Homemade
GIFTS MADE EASY

COLORING PAGE



WORD SEARCH

Solution on page 26

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Saint Patricks Day

March 17th



BLARNEY

CHARM

CLOVER

DANCE

DUBLIN

EMERALD

GOLD

GREEN

IRELAND

ISLE

LEPRECHAUN

LIMERICK

LUCK

MARCH

PARADE

RAINBOW

SHAMROCK



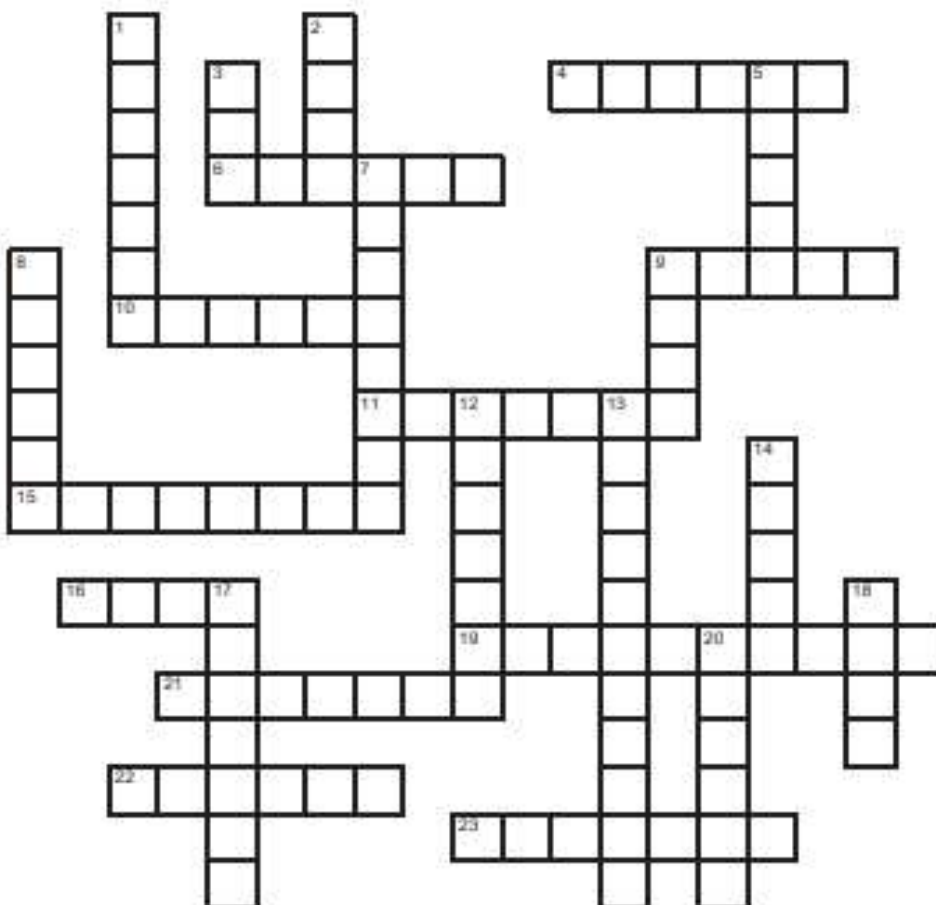
CROSSWORD PUZZLE

Solutions on page 27

Saint Patrick's Day

ACROSS

4. Historically important vegetable in Ireland.
6. Native language of Ireland.
9. What color are the hills of Ireland?
10. The Irish flag is green, white and ...
11. St. Patrick is the patron saint of which country?
15. Used by St. Patrick to represent the Christian Holy Trinity.
16. Number of leaves on a lucky piece of clover.
19. A trickster with a pot of gold.
21. If you don't wear green on March 17th, you might get ...
22. Capital city of Ireland.
23. Saint Patrick's birthplace.



DOWN

1. This city dyes its river green to celebrate St. Patrick's Day.
2. Color originally associated with St. Patrick's Day.
3. Name for the leprechaun's dance.
5. Number of leaves on a shamrock.
7. A funny poem with five lines.
8. According to legend, St. Patrick chased these out of Ireland.
9. It is the pot at the end of a rainbow.
12. Ireland nickname: The ___ Isle.
13. Saint Patrick's Cathedral location.
14. Month in which we celebrate Saint Patrick's Day.
17. Arch of colors in the sky.
18. Good fortune.
20. Ancient culture of Ireland.



Blue	Leprechaun
Britain	Limerick
Celtic	Luck
Chicago	March
Dublin	New York City
Emerald	Orange
Four	Pinched
Gaelic	Potato
Gold	Rainbow
Green	Shamrock
Ireland	Snakes
Jig	Three

WORD SCRAMBLE

Solution on page 28

Saint Patrick's Word Scramble

1. Ginger McNugget mixed up his favorite words. Can you help the leprechaun unscramble the words, then put the numbered letters in order to answer the riddle?



1. _ _ _ 7

4. _ 6 _ _ 8 _ 2 _

2. _ _ _ _ _
12 3 5

5. _ _ _ _ _
9 4

3. _ _ _ _ _
13

6. _ _ _ _ _
1 11 10

Where can you always find gold?

_ _ _ _ _ _ _ _ _ _ _ _ _ !
1 2 3 4 5 6 7 8 9 10 11 12 13

HIDDEN NAME CONTEST

Congratulations!

January 2025 Hidden Name Contest Winners



Thomas Haakinson



Belinda Howard

Somewhere in this issue, we have hidden the names of one Georgia War Resident and one Staff Member.

If you find your name, please call the Activities Office to claim your prize.

Each month, we will randomly pick the name of one resident and one staff member. Be sure to carefully review each issue to see if your name is hidden somewhere within.

Good Luck!



Let's Celebrate

Living Intentionally

As the year progresses, I want to remind you of a few things so you do not feel alone, even though you may understand them already. We require reminders since, as we age, we have a tendency to forget things easily. To help you remember things, writing them down or storing them on your phone is acceptable. Are you in agreement or disagreement?

February, which is referred to as the month of love, has just left us and some have not been so loving already. It takes effort and being purposeful to keep on loving even when we do not feel like it or when interacting with unlovable people.

If you had to select one word or phrase that would guide you through the remainder of this year, what would that be? The word that I have chosen for myself is "intentional." Let me explain why I chose this word. The term itself denotes deliberate action. Living an intentional life is making conscious decisions that align with my values and priorities; in other words, what is most important to me. A good outlook, goal achievement, increased clarity, and present-moment awareness can all be achieved by becoming intentional. Additionally, it can improve dedication and attention while giving life greater meaning and purpose. I have discovered that for relationships to work, both parties must be active rather than passive. Parents, spouses, siblings, coworkers, and all other stakeholders must act rather than wait for things to happen. Putting it differently, do your part.

As a great example, I will leave you how God demonstrated loving us intentionally by actively choosing to send his son, Jesus Christ, to die on the cross as the ultimate sacrifice for all of humanity, showing a deliberate act of love to redeem mankind and offer salvation. This is referenced in the Bible verse of John 3:16, "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

Live with purpose and know that we can love others best when we love God the most.

Sincerely your Chaplain,

Timothy E. Lark



An Irish Blessing

May the road rise to meet you.

May the wind always be at your back.

May the sun shine warm upon your face.

May the rains fall softly upon your fields, and
until we meet again, may God hold you in the
palm of His hand....

Chaplain's Corner in Memory of:

**John Ballard
Tommy Wilson
Jack Yelton
Eugene Fealko
James Hurley**



Happy Birthday

Residents

Harry Williams	3/3
Lester Flaherty	3/11
Mike Robinson	3/13
Larry Ratliff	3/14
Defore Holmes	3/15
Russell Elliott	3/19
Benny Polina	3/21
Danny Jones	3/26
Steve Neuhaus	3/27
George Horne	3/29
Edgar Crain	3/30
Roland Harris	3/31

Staff

Katherine Braxton	3/2
Linda Carter	3/3
Stephanie Wright	3/8
Gabriel Anthony	3/10
Santwania Baskett	3/15
Dara Martin	3/16
Faith Powell	3/19
Willa Bryant	3/24
Ariana Usher	3/24
Karena Dogan	3/27
Antoinette Walker	3/29
Andrew Blount	3/31

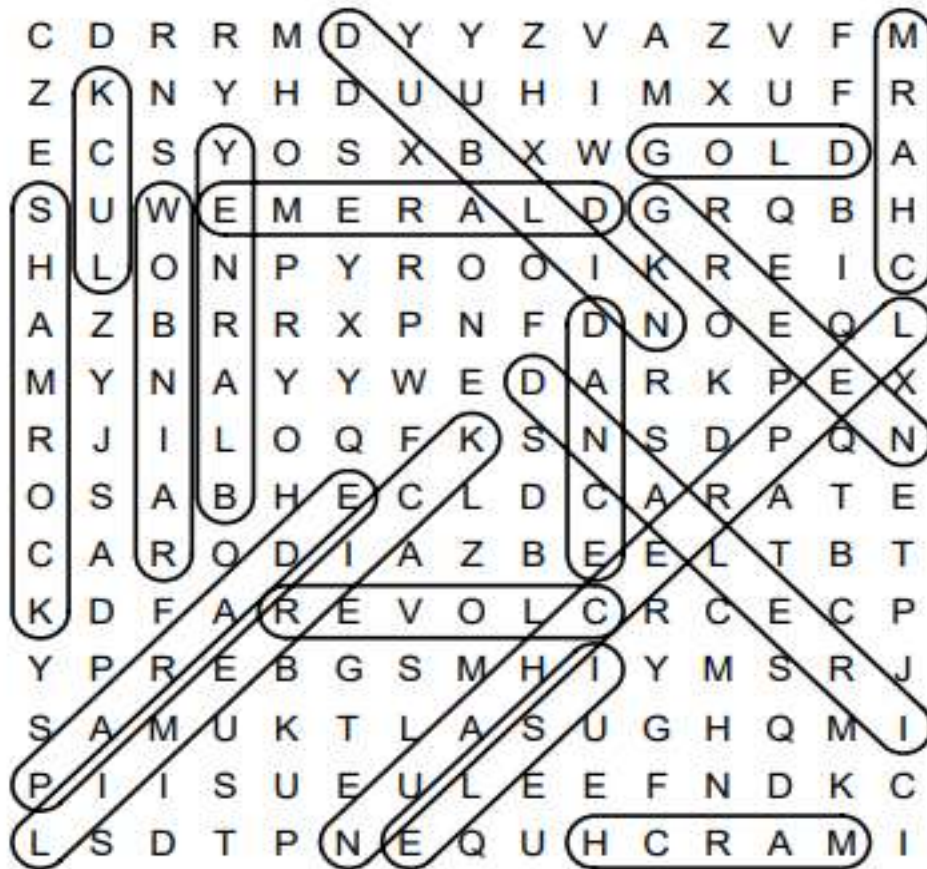
**Wishing these wonderful residents and staff a
Happy Birthday month!**

WORD SEARCH SOLUTIONS

Saint Patricks Day

Word Search

SOLUTION

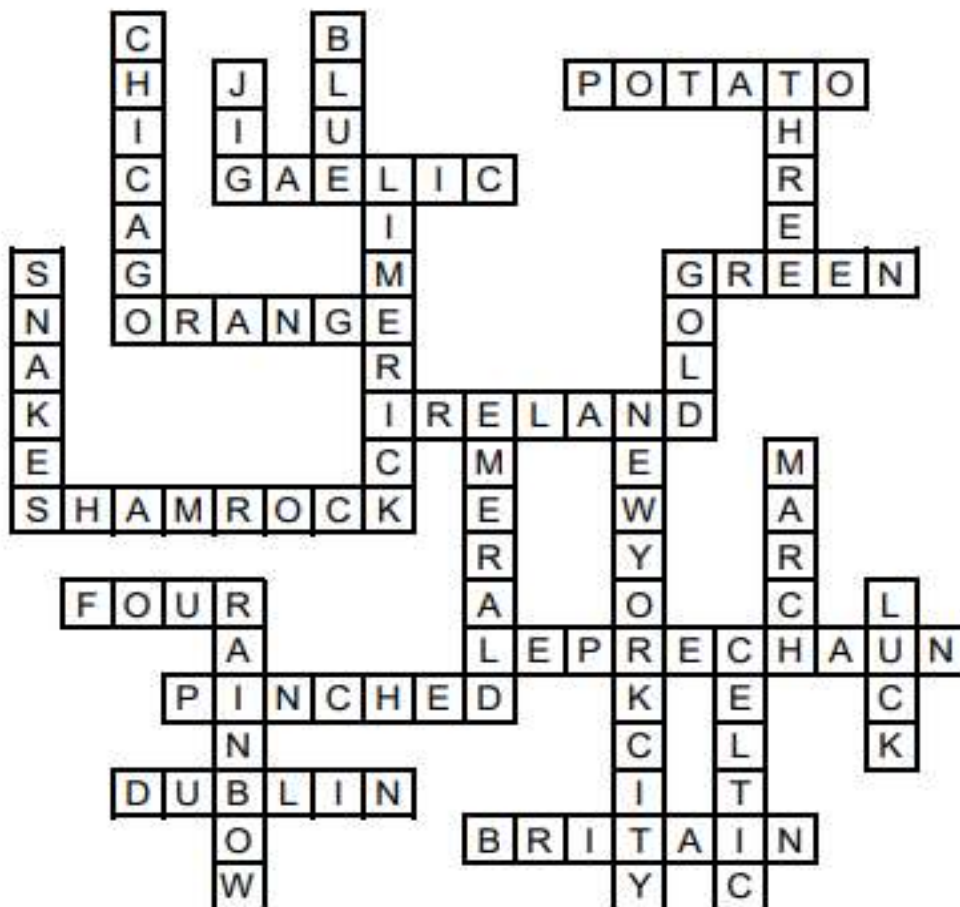


CROSSWORD PUZZLE SOLUTIONS

Saint Patrick's Day

Crossword

SOLUTION



WORD SCRAMBLE SOLUTION

Saint Patrick's Word Scramble

1. HAT
2. RAINBOW
3. LUCKY
4. COINS
5. GOLD
6. IRELAND

Answer: IN A DICTIONARY

Resident Menu – March 2025

Sunday 3/02	Monday 3/03	Tuesday 3/04	Wednesday 3/05	Thursday 3/06	Friday 3/07	Saturday 3/08
Tropical Fruit Scrambled Eggs Corned Beef Hash Grits	Pears Scrambled Eggs Sausage Crispy Hash Browns	Tropical Fruit Scrambled Eggs Sliced Ham Pancakes	Pineapple Scrambled Eggs Biscuit with Sausage Gravy	Peaches Scrambled Eggs Pork Bacon French Toast	Strawberries Sausage & Cheese Breakfast Casserole Toast	Tropical Fruit Scrambled Eggs Turkey Sausage Patty Banana Muffin
BREAKFAST						
Baked Ham Cornbread Stuffing Green Beans Chocolate Cake Dinner Roll	Fried Pork Chop Roasted Yams Green Peas Fruit Cobbler Dinner Roll	Baked Ziti Garlic Bread Spinach Jell-O	LUNCH Fried Shrimp Hushpuppies Coleslaw Cookie	Country Fried Steak Baked Sweet Potato Steamed Cabbage Snickerdoodle Cookie Dinner Roll	Fried Chicken Roasted Potatoes Collard Greens Pudding Cornbread	Sausage, Peppers & Onions Vegetable Medley Jell-O Dinner Roll
DINNER						
Grilled Chicken Lima Beans Glazed Carrots Vanilla Pudding	Beef Bean Chili White Rice Broccoli & Cauliflower Peaches Cornbread	Italian Pork Loin Pinto Beans Squash & Red Peppers Pudding	Lemon Pepper Chicken Roasted Potatoes Spinach Tropical Fruit	Meatloaf with Gravy Mashed Potatoes Brussel Sprouts Peaches	Spaghetti with Meat Sauce Mixed Vegetables Grapes Garlic Bread	Chicken Tenders Potato Wedges Steamed Carrots Ice Cream
BREAKFAST						
Fresh Blueberries Oatmeal Scrambled Eggs Turkey Bacon Toast	Peaches Pancakes Scrambled Eggs Pork Sausage Patty	Biscuit Grits Scrambled Eggs Grilled Ham	Pineapple French Toast Scrambled Eggs Turkey Sausage Patty	Tropical Fruit Grits Scrambled Eggs Bacon Toast	Strawberries Sausage & Cheese Breakfast Casserole Toast	Pears Oatmeal Scrambled Eggs Turkey Bacon Toast
LUNCH						
Baked Swiss Steak Garlic Mashed Potatoes Green Beans Berry Cobbler Dinner Roll	Baked Chicken Baked Potatoes Turnip Greens Pound Cake Dinner Roll	Roasted Ginger Pork Rice Pilaf Asian Vegetables Banana Pudding Dinner Roll	Spaghetti with Meatballs Green Beans Yellow Cake Garlic Bread	Roasted Turkey with Gravy Steamed Rice Mixed Vegetables Brownie Dinner Roll	Fried Fish Rice Pilaf Collard Greens Apple Pie Dinner Roll	BBQ Chicken Roasted Sweet Potatoes Zucchini Jell-O Dinner Roll
DINNER						
Smothered Pork Chop Mexican Rice Mixed Vegetables Jell-O Dinner Roll	Philly Cheesesteak Sweet Potato Fries Coleslaw Chocolate Cake	Grilled Chicken Sandwich Vegetable Soup Fruit Salad Crackers	Tuna Salad Crackers Chicken Noodle Soup Chocolate Pudding	Beef Pot Roast Mashed Potatoes Green Beans Sugar Cookie	Cheeseburger Sweet Potato Fries Mixed Vegetables Jell-O	Baked Ham Macaroni & Cheese Green Beans Pineapple Dinner Roll

Menu items are subject to change based on supply and availability.

Resident Menu – March 2025

Sunday 3/16	Monday 3/17	Tuesday 3/18	Wednesday 3/19	Thursday 3/20	Friday 3/21	Saturday 3/22
Fresh Blueberries Scrambled Eggs Pork Bacon Pancakes	Pineapple Scrambled Eggs Corned Beef Hash Grits	Strawberries Scrambled Eggs Sliced Ham Breakfast Potatoes	Tropical Fruit Scrambled Eggs Pork Sausage Patty French Toast	Cantaloupe Scrambled Eggs Turkey Bacon Hash Browns	Pears Scrambled Eggs Biscuit with Sausage Gravy	Grapes Scrambled Eggs Turkey Sausage Patty Pancakes
Country Fried Steak Steamed Potatoes Green Beans Key Lime Pie Dinner Roll	Chicken Pot Pot Pie Brussel Sprouts Cobbler Dinner Roll	BBQ Pork Loin Butter Beans Cabbage Watermelon Cornbread	LUNCH Lasagna Cooked Spinach Peaches Garlic Bread	Chili Lime Chicken Lemon Rice Pilaf Zucchini & Yellow Squash Carrot Cake Dinner Roll	Crispy Baked Tilapia Hushpuppies Collard Greens Banana Pudding Cornbread	Chicken & Dumplings Steamed Broccoli Apple Pie
Fried Chicken Sweet Potato Squash Ice Cream Cornbread	Hot Dog on a Bun Baked Beans Asian Slaw Chocolate Pudding	Tuna Salad Potato Soup Crackers/Bread Chocolate Chip Cookie	DINNER Chili Steamed Rice Carrots Lemon Pudding	Brunswick Stew Rice Spinach Ice Cream Dinner Roll	Chicken Tenders French Fries Mixed Vegetables Peanut Butter Cookie	Cheeseburger Potato Salad Green Beans Watermelon
Sunday 3/23	Monday 3/24	Tuesday 3/25	Wednesday 3/26	Thursday 3/27	Friday 3/28	Saturday 3/29
Tropical Fruit Oatmeal Scrambled Eggs Turkey Sausage Patty	Pineapple Grits Sausage & Cheese Breakfast Casserole	Tropical Fruit Cream of Wheat Scrambled Eggs Grilled Ham Toast	BREAKFAST Peaches Grits Scrambled Eggs Turkey Bacon	Fresh Blueberries French Toast Scrambled Eggs Grilled Ham	Pears Scrambled Eggs Biscuit with Sausage Gravy	Grapes Oatmeal Scrambled Eggs Bacon Toast
Roasted Pork Loin Dijon Roasted Potatoes Mixed Vegetables Ice Cream Cornbread	Salisbury Steak Mashed Potatoes Broccoli Cookie Dinner Roll	Fried Fish Baked Yams Green Beans Pie Dinner Roll	LUNCH Meat Loaf Mashed Potatoes Roasted Vegetables Angel Food Cake with Strawberries Dinner Roll	Teriyaki Chicken Fried Rice Oriental Vegetables Peaches Dinner Roll	BBQ Pork Rib Macaroni & Cheese Collard Greens Watermelon Dinner Roll	Balsamic Glazed Chicken White Rice Squash Medley Jell-O Dinner Roll
Baked Ham Turnip Greens Macaroni & Cheese Peach Cobbler Cornbread	BBQ Pork Sandwich Coleslaw Baked Beans Tropical Fruit	Tuna Salad Sandwich Southwest Tortilla Soup Pasta Salad Chocolate Pudding	DINNER Greek Chicken Zucchini Rice Pilaf Chocolate Chip Cookie	Philly Cheesesteak Steamed Carrots Baked Fries Vanilla Pudding	Lasagna Green Beans Garlic Bread Cobbler	Sloppy Joe Sandwich Roasted Zucchini Baked Chips Jell-O

Menu items are subject to change based on supply and availability.

MARCH 2025



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	9:30 Coffee & News 10:00 Balloon Boxing 2:30 BINGO	10:00 News with Friends 2:30 Music in Motion 7:00 BINGO with CMVA Riders	5 8:30 Barber – 5 th Floor 9:30 Coffee & News 7:00 BINGO with DAV	6 9:00 Movie & Popcorn on each unit 2:30 Ice Cream Social with DAV	7 9:00 Coffee & News 10:00 The Word with Chaplain Lark 2:30 Bridge & Other Cards	1 Family Visits
9	10 9:30 Coffee & News 10:00 Pet Therapy 2:30 BINGO with Evans VFW	11 9:30 Coffee & News 10:00 Game Shows with Friends 2:30 Fishing for Prizes	12 8:30 Barber – 4 th Floor 10:00 Chaplain Larry 10:00 Pine Needle Garden Club 2:30 Social with Elks Lodge 205	13 9:00 Movie & Popcorn on each unit 2:30 Garden Club Spring Planning	14 9:00 Coffee & News 10:00 Dominoes & Board Games 2:30 Mocktail Hour	15 Family Visits
16	17 9:30 Coffee & News 2:30 St. Patrick's Day Celebration 7:00 BINGO	18 10:00 VE Toga 10:00 Game Shows with Friends 2:30 Parachute Pop	19 8:30 Barber – 2 nd Floor 9:30 Coffee & News 2:30 Art Kits from Morris Museum	20 9:00 Dominoes Show Down 2:30 Putt-Putt Golf 7:00 Evening Movie in Dining Room	21 9:30 Coffee & News 10:00 Crossword Jumble 2:30 Sunshine Therapy	22 Family Visits
23	24 9:30 Coffee & News 10:00 Pet Therapy 2:30 BINGO	25 9:30 Coffee & News 10:00 Music in Motion 2:30 Social with AL Post 205	26 8:30 Barber – 3 rd Floor 10:00 Chaplain Larry 2:30 Birthday Party with VFW	27 9:00 Movie & Popcorn on each unit 2:30 Social with AL Post 198	28 9:30 Music in Motion 10:00 The Word with Chaplain Lark 2:30 Mocktail Hour	29 Family Visits
30	31 9:30 Coffee & News 10:00 Parachute Pop 2:30 BINGO					

Activities are subject to change based on Resident interest and safety. One-on-one activities occur on each floor



Thank you

*To all of our Veterans, families, friends,
and staff.*

GEORGIA WAR VETERANS NURSING HOME

