



Notable Quotable

“There are two things I’ve got a right to, and these are, Death or Liberty—one or the other I mean to have.”

~ Harriet Tubman, American abolitionist



March Horoscopes and Birthdays

In astrology, those born from March 1–20 are Pisces’ Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists. Those born from March 21–31 are Aries’ Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries’ charisma and confidence make them effective leaders.

- 1 Ruby Allison
- 5 Stephanie Riggings (staff)
- 11 Rod Hodges
- 11 **Louise Hudson 100th Birthday**
- 12 Joyce Malone
- 15 Willie Hughes
- 17 Ryan Carman (staff)
- 27 Brianna Owens (staff)
- 28 Lisa Vaughn
- 30 Pat Dietz
- 31 Francis McLendon 99th birthday

Happy Birthday Everyone!



**Tuesday & Thursday
Saturday’s when needed
from 10am ~ Until**

Thinking about a gift for the Residents?
Why not buy a Beauty Shop Gift Certificate.

American Hero

March 10 is Harriet Tubman Day, a day to honor the legacy of the famed abolitionist and social activist. Tubman embodies the ideals that shape America: freedom, courage, leadership, and justice.

Born into slavery, Tubman escaped to the North in 1849 and became a “conductor” on the Underground Railroad. With a \$40,000 bounty on her head, Tubman made 13 missions to free 70 enslaved people. Her extensive knowledge of the South

Spring Park cannot make appointments or charge any salon services to the Residents Monthly bill. Tamika will be doing her own billing, so all checks or funds need to be addressed with her.

**Please Contact Tamika at
864-787-3773**

made her an invaluable asset to the Union army during the Civil War. She became a spy and scout, often donning disguises to infiltrate Confederate strongholds. She provided vital information about supply routes and troop movements to Union commanders. Tubman even became a Union militia leader, leading an attack against Confederates in South Carolina. It took decades for her to receive recognition for her military service, but she was finally awarded a pension in 1899.



SPRING PARK
SpringParkTravelersRest.com

March 2023

Spring Park Managers

Lisa Hawkins
Executive Director

Ryan Carman
Sales & Marketing Director

Annette Mullikin
Business Office Director

Kim Thompson
Resident Care Coordinator

Tabitha McDuffie
Memory Care Coordinator

Kevin Vincelette
Dining Service Director

Sandra Ferguson
Senior Lifestyle Director

Zac Bowen
Maintenance & Housekeeping

Spring Park Assisted Living & Memory Care

925 N Main Street
Travelers Rest, SC 29690
Phone: 864-610-2435



Saint Patrick's Day

On March 17th, we celebrate one of Ireland's patron Saints, St. Patrick's. Americans with Irish ancestry enjoy honoring Saint Patrick on this day. Many cities host large parades like the St. Patrick's Day Parade on 5th Ave. in New York City. Some cities, like Chicago, dye rivers and waterways green.

The most common St. Patrick's Day symbol is the Shamrock. The Shamrock is the leaf of a clover plant and a symbol of Holy Trinity. Other symbols seen on St. Patrick's Day include the harp which is used in Ireland for centuries, as well as the lucky leprechaun and a pot of gold that it hides.

Local celebrations usually concentrate on Irish themed parties, drinks and food. Many people get into the spirit by dressing in green clothing and eating green colored food. The Shamrock Shake is a common favorite. Irish clubs and pubs hold parties or have special green beers and drinks available. So if you have Irish heritage or not, get your best green outfit on and Enjoy the day. don't forget to pinch someone who does not have on the color green.



*Welcome
Annette Mullikin
The New Business
Office Director*

