



SEDGWICK PLAZA
A GRACE MGMT COMMUNITY

Sedgwick Plaza
2455 North Woodlawn Blvd
Wichita, KS 67220 | (316) 687-3741
www.sedgwickplaza.com

The Graceful Connection

MARCH 2025



Hello March

Sedgwick Plaza Newsletter

As we step into a new month, we're embracing the change of seasons and the fresh opportunities ahead. March brings with it a sense of renewal and growth both in nature and in our community.

Spring is Here! As we say goodbye to winter, March ushers in the vibrant colors and warmer days of spring. It's the perfect time to refresh, reset, and rejuvenate your spirit. As a community we like to give back and now we have chosen the RMH.

This March, we're focusing on helping families at the Ronald McDonald House (RMH) who are there supporting their hospitalized families. Your donations can make a huge difference in their lives. We are currently wanting to help with the essential items like toilet paper, soap, and other hygiene products. Please speak to your Life Enrichment team as we are making lunch donations every 2nd Thursday of the month, so anything you're donating can go at that time. Blessings,

Sedgwick Plaza Events

Dates & Times



Stronger Longer Fitness with
Valerie 3/4 2pm
Mardi Gras with Entertainment
by Amira Dance Studio 3/4 3pm
Vet to Vet with AARP

Presentation 3/6 2pm
Express Wellness Heart Health
Talk 3/6 2pm

St Patrick's Day Celebration with
Irish Dance Performance from
Corry Academy 3/17 330pm

Lasagna Cook Off Fun 3/20 2pm
Ambassador Party 3/21 3pm
Music with Michelle Schwein
3/25 2pm



BIRTHDAYS

Gary H. - 1st
Carolyn F. - 5th
Sigrid T. - 7th

Charlene B. - 12th
Shirley K. - 17th
Vicki H. - 21st

Donald Lessley - 25th
Anne B. - 26th

C R A F T S

Crafting with Emma on Mondays at 3pm with the exception of a afternoon exercise class on the 10th at 3pm

Water Bead Craft 3/5 3pm

Color Me Ceramic Aztec Sun 3/13 3pm

Crafting with Michelle Bible 3/14 330pm

Coloring Art Spring Easter Craft 3/19 3pm

Easter Bunny Craft 3pm 3/28

B L U R B

March is bringing all the good vibes with celebrations of strength, kindness, and a little bit of luck! We're kicking things off with International Women's Day (March 8), a time to honor the incredible women who inspire, lead, and uplift us every day. Whether it's a family member, friend, or historical trailblazer, take a moment to celebrate their impact. Then, on March 20, let's channel our inner Mr. Rogers for Won't You Be My Neighbor Day, a perfect reminder to spread kindness and build a sense of community—maybe with a simple smile, a helping hand, or a friendly chat. Of course, March wouldn't be complete without the festive fun of Mardi Gras (March 4), bringing beads, jazz, and a spirit of celebration, followed by the shamrock-filled cheer of St. Patrick's Day (March 17), where we could all use a little luck and maybe an extra excuse to wear green. However you celebrate with us this month, we hope it's filled with joy, connection, and plenty of reasons to smile!

NEW RESIDENTS

Ron Boswell
Evelyn Cochran

Verna & Carl
Gifford

Mike Willard



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MEET OUR TEAM

Samantha Simmons - Executive Director
Tina Nguyen - Business Office Manager
Tessa Lohrmeyer - Wellness Director
Dmitriy Kiselev - Maintenance Director
Lawonder Markham - Life Enrichment
Director

Carli Birmingham - Sales and Marketing
Director
Crystal Johnson - Housekeeping
Supervisor
Dining Service Director - Brent Blue

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