

New Members Corner

- Jack/Theresa Urquhart - Apt. 308 - **1/15/20**
- Mary Lafata - Apt. 111 - **2/1/20**
- Bill & Jan Kendall - Apt. 206 - **3/1/20**
- Lois Constant - Apt. 110 - **3/1/20**
- Alice Carey - Apt. 218 - **3/2/20**
- Peter/Jane Dow - Apt. 127 - **TBD**



What's New This Month?

- March 4th** – Garden Club Meeting
- March 4th & 18th** – Memoir Writing Workshop \$10
- March 4th** – “Remember When” with Jim Danaher
- March 5th** – Lunch & Movie Outing to see 1917
- March 11th** – Chair Dancing is moved to 11:00 a.m. for this day only
- March 11th** – Ice cream social & Heart of the Hills performance
- March 13th** – Spelling Bee
- March 17th** – St. Patrick’s Day Party – CAFÉ CLOSED
- March 19th** – Lunch Outing to The Detroit Club
- March 20th** – Presentation on Michigan Forest Fires
- March 26th** – Painting Class
- March 27th** – Train Your Brain Class – Hosted by Diamond Health Services
- March 29th** - Grosse Pointe Orchestra Performance



Independent Living – 900 Cook Road – Grosse Pointe Woods



Celebrating March

Birthdays

In astrology, those born between March 1–20 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others. Those born between March 21–31 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into even the most challenging situations.

- Lou Lou Treder 3/7**
- Mary Roselle 3/9**
- Gino Giacona 3/14**
- Betsy Campbell 3/19**
- Barbara Grogan 3/25**
- John Meyers 3/28**
- Cheryl Klun 3/29**

Welcoming Spring

WHAT DOES THE EQUINOX MEAN?

The word *equinox* comes from the Latin words for “equal night”—*aequus* (equal) and *nox* (night).

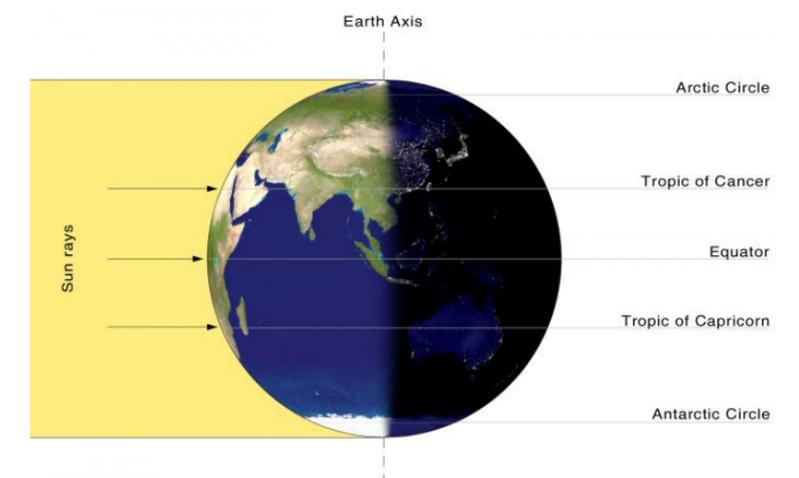
On the equinox, the length of day and night is nearly equal in all parts of the world. With the equinox, enjoy the increasing sunlight hours, with earlier dawns and later sunsets.

WHAT HAPPENS ON THE MARCH EQUINOX?

On the March Equinox, the Sun crosses the celestial equator from south to north. It’s called the “celestial equator” because it’s an imaginary line in the sky above the Earth’s equator.

If you were standing on the equator, the Sun would pass directly overhead on its way north. Equinoxes are the only two times a year that Sun only rises due east and sets due west for all of us on Earth!

While the Sun passes overhead, the tilt of the Earth is zero relative to the Sun, which means that Earth’s axis neither points toward nor away from the Sun. (Note, however, that the Earth never orbits upright, but is always tilted on its axis by about 23.5 degrees.)After the Spring equinox, the Norther Hemisphere tilts toward the Sun, which is why we start to get longer, sunnier days. (Source: Old Farmer’s Almanac)



Fit to the Finish?

The first Sunday in March is known as Finisher's Medal Day, honoring all those who don't win the race but just cross the finish line. The day was designed to encourage everyone to participate in races, not just those with a real shot at winning.

But this begs the question, does awarding a medal or trophy just for participation send a good message? Some argue that such participation medals diminish excellence. They become worthless mementos of participation rather than true tokens of achievement. They send the message that everyone is a winner, when in real life there are winners and losers. In some ways, these medals rob kids of the important lessons of losing, like how to cope with disappointment and how to remain resilient in the face of defeat. What do you think?



Won't You Be My Neighbor?



Each year, March 20 is celebrated as Won't You Be My Neighbor Day in honor of the birthday of Fred Rogers, everybody's favorite television neighbor. Rogers suffered a lonely childhood and was often taunted about being overweight. He overcame his shyness to become a Presbyterian minister but left the seminary to go into television. He hated TV and wanted to transform it into a means of nurturing those who would watch and listen. Rogers was a natural when it came to children's broadcasting, using his talents to develop puppets, music, and characters that appealed to kids' better natures. By the time the show *Mister Rogers' Neighborhood* aired in 1968, he had mastered his use of imaginative elements and the kind, quiet manner that became his trademark.

Good Hand Hygiene Reduces Health Risks for Seniors

As we age, our immunity system slows, increasing the risk of colds and flu, and the healing or recovery process takes longer. And while the Centers for Disease Control recommends adults get an annual flu shot, no vaccine exists for the common cold. Finding ways to reduce cold risk becomes important for aging adults. It's vital that we understand the importance of hand hygiene as one of the most important preventative actions to guard against germs that contribute to colds and other diseases.

The Mayo Clinic offers these simple steps for hand washing:

- Wet hands with clean, running water, then turn off the tap and apply soap.
- Lather hands by rubbing them together with the soap. Lather the backs of hands, between fingers, and under nails.
- Scrub hands for at least 15 - 20 seconds – the time approximately equal to humming the "Happy Birthday" song from beginning to end twice.
- Rinse all side of the hands well under clean, running water. Rinsing removes dirt and microbes loosened when scrubbing.
- Turn off the tap with a tissue or towel.
- Dry hands using a paper towel.

Wash hands often to fend off germs, especially when entering or leaving your home. When covering the nose and mouth while sneezing, use an elbow or tissue so as not to contaminate hands. If using tissues, properly



Mirthful Medicine



March was declared International Mirth Month by self-proclaimed "jollytologist" Allen Klein. Klein's interest in the healing power of mirth came in 1974 when his young wife died of liver disease. Despite

her deteriorating health, Klein's wife kept her sense of humor to the end. She inspired Klein to give up his career in the theater and become a crusader for the stress-relieving benefits of humor.

Whether facing sicknesses or enduring other stressful situations at home or in the workplace, humor has been proven to be beneficial for both the body and the soul. Our human ancestors were aware of the benefits of laughter thousands of years ago. A proverb from the Old Testament states, "A merry heart doeth good like a medicine." More recently, doctors studying the effects of laughter on human physiology have compiled empirical evidence to support these claims. Laughter releases endorphins, the body's natural pain-relieving hormones; increases the production of cells responsible for strengthening our immune systems; and lowers cortisol, the hormone responsible for stress. Furthermore, humor has been shown to help us dispel fear and encourage creative thinking. In so many ways, our ancestors were right!

So how do we add more mirth to our daily routines? First and foremost, when you laugh, be sure to do it loud and proud. Big belly laughs leave muscles relaxed for 45 minutes. Funny television shows, morning jokes, or friends are worth their weight in gold. Perhaps most importantly, learn to laugh at yourself. Don't be afraid to share your own shortcomings or funny mistakes. Anthropologists believe that sharing our funny moments and drawing laughter is one of the strongest types of social glue, bringing friends nearer and keeping them close.

Fun from last month...

