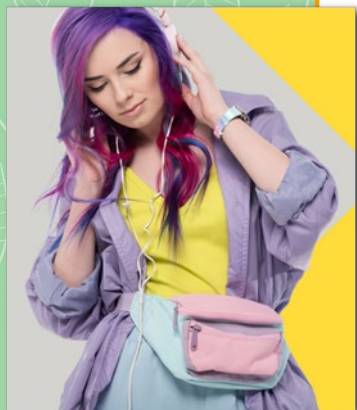




Notable Quotable

“In the spring, at the end of the day, you should smell like dirt.”

~ Margaret Atwood, author



March Horoscopes and Birthdays

In astrology, those born from March 1–20 are Pisces’ Fish. Pisces are sympathetic and selfless, making them compassionate friends. Their intuitive natures also make Fish creative and expressive artists. Those born from March 21–31 are Aries’ Rams. As the first sign of the zodiac, Rams love to lead the charge of change and progress. Sometimes impulsive, always passionate, Rams are fun friends.

Radio Reassurances

Eight days after taking office, on March 12, 1933, President Franklin D. Roosevelt delivered the first of his evening radio addresses, warmly known as *fireside chats*. At the time, nearly all of America’s banks had closed after a panicked public rushed to make mass withdrawals. It was the lowest point of the Great Depression, with 15 million Americans unemployed. Roosevelt’s first fireside chat was meant to calm the public

Total Bummer

You may call it by its original name, the “Bum Bag,” but this fabulous (and some would say unflattering) fashion accessory will forever be known as the fanny pack. Try one on for size on March 11, International Fanny Pack Day.

While some claim that Australian Melba Stone invented the first fanny pack in 1962, Ötzi the Iceman, the prehistoric human found packed in alpine ice, wore a belt pouch 5,000 years ago. Modern iterations of the leather

- Lupita Nyong’o – March 1, 1983
- Desi Arnaz – March 2, 1917
- Alexander Graham Bell – March 3, 1847
- Shaquille O’Neal – March 6, 1972
- Raul Julia – March 9, 1940
- Liza Minnelli – March 12, 1946
- Simone Biles – March 14, 1997
- Erik Estrada – March 16, 1949
- Vanessa Williams – March 18, 1963
- Spike Lee – March 20, 1957
- Steve McQueen – March 24, 1930
- Aretha Franklin – March 25, 1942
- Warren Beatty – March 30, 1937

by offering a plan to restore the banking system. Using radio as an effective form of mass media, Roosevelt made 30 fireside chats. He was able to dispel rumors, counter political opposition, and explain his policy decisions. In a time of uncertainty, Roosevelt’s voice projected self-assurance and steady leadership.

fanny pack first emerged in the 1950s after World War II, when travelers wore them while skiing European peaks. But it wasn’t until the 1980s and ’90s that fanny packs, manufactured in outlandish neon synthetic fabric, hit peak popularity. Just as rapidly, though, they became the butt of jokes. To wear one was considered unspeakably nerdy. But all fashion is cyclical. As many ’90s trends reemerge, so too does the fanny pack! These bags, now worn across the body, are marketed as “Crossbody Bags.”

The Trumpeter

March 2023

Asbury Towers Retirement Community

Celebrating March Birthdays

Residents

- 06 Salwa Zehr
- 09 Bob Cooper
- 18 Fauneil Stewart
- 19 Joanne Kissinger
- 19 Joanna Mills
- 27 Jan Waggner
- 31 Marilyn Clearwaters



Staff

- 01 Darby King
- 10 Ruth Cox
- 16 Michelle Linton
- 18 Summer Baker
- 21 Ruth Arthur
- 21 Jennifer Grumme
- 24 Kathy Morlan
- 25 Cassidy Arnett

REHAB NEWS Submitted by: Therapy Department at Healthcare Therapy Services, Inc.



Outpatient Therapy for Healthy Aging

Outpatient physical, occupational, and speech therapists work together to help keep older adults living independently in their home as long as possible. Our licensed, highly skilled therapists are specialists in treating a wide range of conditions in older adults including, but not limited to:

- Arthritis
- Back, Shoulder & Neck Pain
- Facial & Jaw Pain
- Cognitive Decline
- Balance Disorders
- Inner Ear Problems
- Hand Injuries & Carpal Tunnel Syndrome
- Knee & Leg Injuries or Pain
- Neurological Disorders
- Speech Disorders
- Swallowing Disorders
- Sports-related Injuries
- Work-related Injuries

Could I Benefit from Outpatient Therapy?

- Is pain affecting the daily activities in your life?
- Are you having problems with your balance?
- Do you feel that you’ve lost some strength?
- Are you having trouble getting dressed, reaching for a sock or bathing?
- Are you having problems with comprehending and/or expressing your thoughts?
- Do you have trouble swallowing or choke easily?

If you answered “yes” to any of these questions, contact your doctor to discuss the benefits of physical, occupational, and speech therapy. Proactively addressing challenges you may be facing will help ensure you are living a healthy and happy life.



ASBURY TOWERS STAFF

Executive Director

Rod Jackson-ED
rjackson@asburytowers.com

Medical Director

Dr. John Savage

Director of Nursing

Audra Rose, RN, DON

Assistant Director of Nursing

Nancy Richardson, RN, ADON

Business Office

Glee Brinkman
gbrinkman@asburytowers.com

Chaplain

Jim Stagers
jstagers@asburytowers.com

Community Relations

Vicki Jones Rice
vrice@asburytowers.com

Dining Services

Tony Hart
thart@asburytowers.com

Environmental Services

Ashley Dickerson
adickerson@asburytowers.com

Human Resources

Kris Beck
kbeck@asburytowers.com

Life Enrichment

Julie Dozier
jdozier@asburytowers.com

Maintenance Supervisor

Darby King
dking@asburytowers.com

Social Services

Lisa Smith
lsmith@asburytowers.com

Life from the Ground Up

With the International Day of Forests on March 21 and World Wildlife Day on March 3, the month of March provides ample opportunities to reflect on the diversity of life on our planet. Our planet nurtures and supports so much life, it's no wonder we call her "Mother Earth."

When we hear that Earth "teems with life," our imaginations often conjure vast forests crawling with animals, oceans alive with fish, or blue skies filled with soaring birds. The primary engine of life, however, lies beneath our feet. Soil biodiversity—the vast mix of insects, worms, bacteria, fungi, and other living organisms in the dirt—regulates and balances the nutrients that allow for life aboveground. The longer soil remains undisturbed, the longer its organisms grow and thrive. Healthy soils are fertile, filter and store water, and resist erosion. Soil provides the foundation for all living things.

It is amazing that life must begin so small and unnoticed before growing into towering redwoods and gargantuan blue whales. For life to flourish, Mother Earth does not have to work on her own. We can provide the building blocks that sustain woodlands and wildlife in our own backyards.

Compost can be added to nutrient-poor soils to increase soil biodiversity. The root systems of different plants support different organisms underground, so planting a wide variety of native flowers, grasses, shrubs, and trees also improves soil. Best of all, a wide variety of native plants also harbors life aboveground. Insects are attracted to native plants and trees. Birds and other animals are attracted to insects. Before you know it, a simple backyard garden has become a refuge for all sorts of local wildlife. Of course, life doesn't happen overnight. It can take years for a healthy soil community to grow. Nature requires patience. Mother Earth has always played the long game.

March is National Nutrition Month.

The Academy of Nutrition and Dietetics encourages consumers to fuel for the future when planning meals and snacks. *Fuel for the Future* is the campaign theme for the Academy's 2023 [National Nutrition Month®](#), which kicks off in March. "Food is the fuel that keeps your body running smoothly throughout your life, so give it the nutrients it needs to meet each life stage," says registered dietitian nutritionist Amy Bragagnini, a national Academy Spokesperson based in Grand Rapids, Mich. "Registered dietitian nutritionists can help you meet your health goals as well as treat or reduce your risk of diet-related chronic diseases by reviewing your eating habits and lifestyle, assessing your nutritional status and creating a personalized nutrition treatment plan," she says.

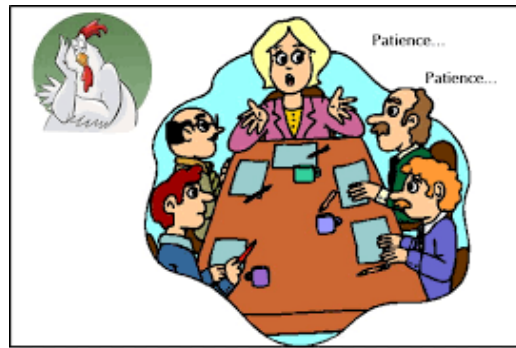
Bragagnini provides helpful eating tips during National Nutrition Month® and all year long:

- "Eat with the environment in mind by enjoying more plant-based meals. Purchase foods with minimal packaging. Buy foods in season and shop locally when possible. Start a garden to grow food at home."
- "Ask your health care provider for a referral to an [RDN who specializes in your unique needs](#). Learn how your nutritional needs change over time."
- "Plan your meals and snacks to stay nourished and save money. Check your pantry before buying more food, use a grocery list while shopping and shop the sales. Educate yourself about community resources and governmental programs such as the Supplemental Nutrition Assistance Program, the Special Supplemental Nutrition Program for Women, Infants and Children and local food banks."
- "Eat a variety of foods from all food groups whether fresh, frozen, canned or dried. Include your favorite cultural foods and traditions in your meals. Avoid fad diets that promote unnecessary restrictions and practice self-love."
- "Learn how to make tasty foods at home with new flavors and foods from around the world. Find creative ways to use leftovers instead of throwing them away. Create happy memories by eating with friends and family when possible."

National Nutrition Month®

Each March during National Nutrition Month®, the Academy hosts resources on its website to encourage people to make informed food choices and develop sound eating and physical activity habits that they can follow all year long. During National Nutrition Month®, the Academy celebrates RDNs on the second Wednesday of March during Registered Dietitian Nutritionist Day. This year's observance is March 8. The Academy celebrates the inaugural Nutrition and Dietetics Technician, Registered Day on March 9 to honor the contributions and experience of [NDTRs](#), who are valuable members of the health care and foodservice management teams. The Academy will celebrate Nutrition and Dietetics Technician, Registered Day annually on the second Thursday in March.

National Nutrition Month® started in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition. To find an RDN near you, visit the Academy's [Find a Nutrition Expert](#) directory.



March Food Committee will meet on March 13th at 10:30 a.m. in the Founders Lounge. All are welcome to attend!



Don't forget to wear Purple on March 26, 2023 to show your support!

Who Knew:

St. Patrick's Day is celebrated each year on March 17th, the first celebration was held in Boston in 1737. This is the observation of the death of St. Patrick, the patron saint of Ireland. It commemorates the arrival of Christianity in Ireland in the year of 432.

St. Patrick was born to Roman parents, he was not Irish. At age 16 he was kidnapped and taken to Ireland by a group of Irish raiders who were attacking his family's estates.

He worked for 6 years tending sheep and then escaped and became a priest. He studied and received his training for more than 12 years after he escaped from the Irish raiders.

St. Patrick used the shamrock (a sprig of clover) to teach about the Holy Trinity. The shamrock is now the official flower of Ireland. St. Patrick's Day has been observed by the Irish as a religious holiday for more than 1000 years.

More than 100 St. Patrick's Day parades are held across the U.S. It is not celebrated on March 17th when it falls within the Holy Week (the week just before Easter.) This happened in 2008 and was observed on March 15th. Now until 2160, it will not fall under the Holy Week.

On this day people usually eat corned beef and cabbage and wear green. However, corned beef is an English dish not Irish.

So a few facts...wear your green and may the 'luck of the Irish be with you.

Irish Blessing

May the road rise to meet you. May the wind be always at your back. May the sun shine warm upon your face. And rains fall soft upon your fields. And until we meet again, may God hold you in the hollow of His hand.

March Events Highlighted

- 6th Crafty Fingers w/ Lori in AR at 1:00 pm
- 7th Walmart Shopping Trip at 10:00 am
- 9th Out to Lunch to McDonald's at 10:30 am
- 9th Taste of Asbury in Main at 2:00 pm
- 10th Doug DeBaun in Main at 1:00 pm
- 10th Root Beer Floats in Main at 2:00 pm
- 13th Food Committee in FL at 10:30 am
- 14th Dollar General Shop Trip at 10:00 am
- 15th Dan Brush & Libby in Main at 1:00 pm
- 16th Lannie Ferguson in Main at 1:00 pm
- 16th March Birthdays in Main at 2:00 pm
- 17th St. Patrick's Social in Main at 2:00 pm
- 21st Walmart Shopping Trip at 10:00 am
- 21st Let's Plan April in Main at 2:00 pm
- 23rd Out to Lunch to Cheddar's at 10:00 am
- 23rd Al Little in Main at 1:00 pm
- 28th Dollar Tree Trip at 10:00 am

These are just a few of our Monthly activities, please see your calendar or Channel 2 for more of our daily activities. If you have any questions, please call Julie at Extension 117.



Grandma and Grandchildren

Two old ladies Dolly and Ruby were talking about their grandchildren. Dolly said, "Each year I send each of my grandchildren a card with a generous check inside. I never hear from them...never receive a thank you message."

Ruby replies, "I too send my grandchildren a very generous check. I hear from them within a week after they receive it. In fact, they each pay me a personal visit."

"Wow! How come?" remarked Dolly. "Very simple solution...I don't sign the check!"

My Spring Poem

Welcome to spring!
Season of love and liveliness
Occasion of novel beginnings
And opportunities

In this realm of joy
Trees charmingly give birth
To new baby leaves
Flowers blossom
Spreading their sweet aroma
In the air
Rainbow shows up with a smile
Romanticizing the earth

Butterflies exquisitely
Waver everywhere
Birds sing along
Building their nest
Fireflies appear
As Tinker Bells
Rabbits run around
With jubilation
Chipmunks dance
With gratification

This is the time
When nature writes
Its own poetry
In a beautiful form

Irfanulla Shariff



History in Bloom

On March 27, 1912, Mayor Yukio Ozaki of Tokyo gifted 3,020 cherry trees to Washington, D.C., as a gesture of friendship and cooperation between Japan and the United States. Over 100 years later, Washington's Cherry Blossom Festival remains one of the capital's most beloved events.



Cherry blossoms, or "Sakura," are a Japanese symbol of hope and renewal.

The story of the cherry trees began in 1885 with author, geographer, and photographer Eliza Ruhamah Scidmore. Scidmore often accompanied her brother, a diplomat, on assignments to the Far East. It was Scidmore who, upon her return to Washington D.C. from Japan, first floated the idea of planting cherry trees along the Potomac River. Scidmore's ideas were rebuffed, but she was persistent.

In 1909, Scidmore wrote a letter to the new first lady, Helen Herron Taft, informing the

Fabric of Society

If you're wondering what to wear this month, make it easy on yourself and wear plaid. March is Mad for Plaid Month. To understand the origin of plaid-patterned fabrics, one must first understand tartan. Tartan is a cloth originating in Scotland, characterized by intersecting stripes of various widths and colors. Certain tartan patterns and colors are associated with certain Scottish clans. Clans can be identified by the tartan kilts or clothing worn by its family members.

president's wife of her intention to raise money to purchase and donate cherry trees to the city. The first lady was more than receptive. As luck would have it, a Japanese delegation was present in Washington. Hearing of the plan, the delegates graciously offered 2,000 trees, which the first lady accepted. Unfortunately, these trees arrived in America infested with insects and parasites. All 2,000 had to be destroyed. The idea, however, did not die. Japanese officials announced that another 3,020 trees would be shipped to Washington.

It was on March 27 that First Lady Helen Taft and Viscountess Chinda, wife of the Japanese ambassador, planted the first two Yoshino cherry trees on the north bank of the Tidal Basin. Many of the original trees, despite being over 150 years old, still bloom each year in Washington.

While plaid, like tartan, consists of intersecting horizontal and vertical lines of color, plaids are not related to clans. Plaids are often made of any color or intersecting patterns. Gingham, Houndstooth, Madras, and Tattersall are all types of plaid. However, to make matters more confusing, the word *plaid* does have a specific meaning for the Scottish. Plaid describes a rectangular piece of tartan worn over the left shoulder, fastened by a brooch, as an accessory to the Highland outfit.



British parliament once passed a law that made wearing plaid and tartan illegal.

Awe-Inspiring



One awesome Chuck Norris meme states that the flu gets Chuck Norris shots once a year.

How does one even begin to celebrate the International Day of Awesomeness on March 10? This holiday's founders selected the date because it corresponds with the birthday of actor and martial artist Chuck Norris. Are we to believe that Mr. Norris embodies all the essential qualities of awesomeness? Norris has certainly achieved cult status amongst his fans

thanks to his tough-guy persona. But perhaps there is something more. Perhaps Norris embodies the true meaning of *awe*, defined as a "feeling of reverential respect mixed with fear or wonder." Psychologists believe that experiencing true awe is healthy. These experiences enhance well-being and make us more altruistic.

Puppetry for the People

Since 2003, March 21 has been celebrated as World Puppetry Day. Puppetry is one of humanity's most ancient art forms. As a form of theater, historians believe that puppets were used on stage even before human actors. Puppets have been discovered in the ancient civilizations of Egypt, India, China, and Greece, offering evidence that puppetry is an art form dear to all cultures.



Kermit the Frog is considered by many to be the most famous puppet in the world.

What is it about puppetry that makes it so special? As children, it is common to imbue our toys with life, emotion, and drama and play with them. Some could argue that every child who has ever played with a doll or teddy bear is an amateur puppeteer. Child psychologists and educators have taken notice of the power of puppetry. Puppets are often used as a form of art therapy to help children identify their feelings and communicate with others. This sort of play demonstrates the power of puppetry, our ability to transfer

ourselves, our personality, our feelings, our thoughts, our voice, our movements, into the object of the puppet. It takes extraordinary empathy to bring a puppet to life, not to mention the skill it takes for a puppeteer to show how their puppet reacts to others. Yet, even if the puppet is acting out an uncomfortable or disarming emotion, puppets offer safety. The puppeteer, after all, is always in control.

Puppets are inanimate vessels brought to life by puppeteers, but only the most skilled puppeteers can make an audience believe that the puppet is more than stuffing and fabric. Some puppets have become celebrities, largely thanks to the expertise of their puppeteers. Howdy Doody was the star of a television series that ran for 13 years. The sock puppet Lamb Chop, played by Shari Lewis, won an Emmy in 1973. Jim Henson's puppets are so popular that they are known by their own name, the Muppets.