

# The Trumpeter

Www.AsburyTowers.com

Asbury Towers Retirement Community

## Celebrating March

### Birthdays

#### Residents

6 Salwa Zahr

8 Marjorie Smith

9 Robert Cooper

18 Fauneil Stewart

19 Joanne Kissinger

24 Mary Jo Dove

27 Jan Waggnar

28 James Mann

31 Marilyn Clearwaters



1 Darby King

9 Diana Jurgens

10 Ruth Cox

16 Michelle Linton

16 Maddox Gibbons

19 McKenzie Pinkston

24 Kathy Morlan

24 Bethany Love

25 Kassidy Whitaker

## KEEPING BONES STRONG AND HEALTHY



As we get older, our bones can weaken, which might cause osteoporosis—a condition where bones become fragile and break easily. However, osteoporosis is not an inevitable part of aging. By learning more about it and taking action early, you can significantly reduce your risk of osteoporosis and keep your bones strong and healthy.

### Did you know?


Osteoporosis is often referred to as a "silent disease" because it progresses without symptoms until a fracture occurs.




### Prevention Tips:

Preventing osteoporosis is crucial because it is easier to maintain bone density than to rebuild it once it's lost.

 Get enough calcium and vitamin D from food or supplements.

 Do weight-bearing exercises like walking, jogging, dancing, and strength training to strengthen bones.

 Avoid smoking and limit alcohol consumption.

 Prevent falls by keeping your home safe, improving balance, and wearing proper shoes.

 Talk to your healthcare provider about bone density testing and, if necessary, medications to help prevent or treat osteoporosis.



### How Therapy Can Help

Physical and occupational therapy can help individuals improve their bone health by focusing on improving bone strength, reducing the risk of falls and fractures, enhancing functional abilities and promoting safety and independence.

**Executive Director**

Rod Jackson  
rjackson@asburytowers.com

**Medical Director**

Dr. John Savage  
Dr. Craig Johnson

**Director of Nursing**

Audra Rose, DON  
arose@asburytowers.com

**Assistant Director of Nursing**

Nancy Richardson, ADON, IP  
nrichardson@asburytowers.com

**Business Office**

Glee Brinkman  
gbrinkman@asburytowers.com

**Chaplain**

Jim Staggers  
jstaggers@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**

Marty Flatt  
mflatt@asburytowers.com

**MDS**

Michelle Akins, RN, MDS  
makins@asburytowers.com

**Maintenance Supervisor**

Darby King  
dking@asburyotwers.com

**Social Services**

Lisa Smith  
lsmith@asburytowers.com

## 9 Interesting St. Patrick's Day Facts

Every March 17, countries around the world celebrate St. Patrick's Day in observance of the death of St. Patrick, the patron saint of Ireland credited for bringing Christianity to the country. Initially a religious feast day in the 17<sup>th</sup> century, St. Patrick's Day has evolved into a day of celebrating Irish culture with parades, music, dancing, special foods, and of course, a lot of green.

In honor of St. Patrick's Day, here are a few interesting St. Patrick's Day facts!

- Saint Patrick didn't wear green. His color was "Saint Patrick's blue." The color green became associated with St. Patrick's Day after it was linked to the Irish independence movement in the late 18th century.
- Despite his Irish notoriety, Saint Patrick was British. He was born to Roman parents in Scotland or Wales in the late fourth century.
- According to Irish legend, Saint Patrick used the shamrock as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.
- Saint Patrick is credited for driving the snakes out of Ireland, but according to the fossil record, Ireland has never been home to snakes as it was too cold to host reptiles during the Ice Age. The surrounding seas have kept snakes out since.
- There isn't any corn in the traditional St. Patrick's Day meal of corned beef and cabbage. The name is a reference to the large grains of salt historically used to cure meats, which were also known as "corns."
- Saint Patrick was born "Maewyn Succat" but changed his name to "Patricius" after becoming a priest.
- Irish immigrants began observing St. Patrick's Day in Boston in 1737 and the first St. Patrick's Day parade in America was held in New York City in 1766.
- In Chicago, the Plumbers Local 110 union dyes the river Kelly green. The dye lasts for around five hours.
- On or around St. Patrick's Day, the Irish prime minister, presents the U.S. president with a crystal bowl of live shamrocks as a symbol of the close national ties.

## Many marvelous facts about March

In old Roman calendars, one year used to be 10 months long, starting in March and ending in December.

The “Ides of March” was a day in the Roman calendar equivalent to March 15<sup>th</sup>. It was considered a deadline for settling debts. It was also the day Julius Caesar was assassinated, thus leading to the phrase “Beware the Ides of March.”

If you were born in March, your birth flower is a daffodil!

March babies have two birthstones: aquamarine and bloodstone, which symbolize courage.

There are two zodiac signs in March. Pisces, which is until March 20, and Aries, which is from the 21<sup>st</sup>.

March is the equivalent of September in the Southern Hemisphere.

Every year, March and June finish on the same day of the week.

March is the time of year when animals start waking up from hibernation.

The name for March comes from Mars, the Roman god of war. It was named as such in both the Julian and Gregorian calendars.

The Vernal Equinox occurs around March 20 or 21<sup>st</sup>. This is when the sun is directly above the equator, making the day and night equal in length.

The Anglo-Saxons called March “Hlyd monath,” meaning “Stormy month,” or “Hraed monath,” meaning “Rugged month.”

The popular social media outlet Twitter (now known as X) was launched on March 21, 2006, with the first tweet going out the same day. It was posted by the founder, Jack Dorsey, which read, “just setting up my twttr.”

Statistically, March is the most unproductive month of the year in the U.S. This is the result of “March Madness,” which is the season of the NCAA. Some companies lose up to \$1.9 billion in wages paid to workers who were not productive and instead spent company time betting on the NCAA tournament.

Back in the olden days, March was when military campaigns would resume that had previously been put on hold for winter.

On March 10, 1876, Alexander Graham Bell made the first-ever phone call. It was to his assistant, and he said, “Mr. Watson, come here. I want to see you.”

The Eiffel Tower was ascended for the first time. Eiffel himself led a group of government officials and members of the press to the top. The elevators were not in operation yet, so the journey was made on foot and took over an hour.



## Jeopardy's Journey



Television quiz shows came under fire in the 1950s when it was discovered that contestants were given help and sometimes even answers by quiz show producers. The incredibly popular shows *Quiz Show*, *Twenty-One*, *Dot-to*, and *The \$64,000 Question* were all revealed to have been rigged, with contestants

playing along to increase the dramatic tension and make the show more enjoyable for viewers. In 1960, Congress finally passed a law banning all fixing of quiz shows.

It's not surprising that many television networks were hesitant to produce any new quiz shows. But audiences craved them. In 1964, television producer Merv Griffin wanted to come up with a new game show. His wife, Julann, pitched him this idea: a show where the contestants were given the answer and challenged to come up with the question. For example, if the answer is 5,280, the question is, "What is, 'How many feet are in a mile?'" From that simple idea, the hit show *Jeopardy!* was born.

On March 30, 1964, *Jeopardy!* debuted, hosted by actor Art Fleming. It was a successful show, but after 11 years it folded. It was revived in 1984, this time hosted by Alex Trebek. For over three decades, Trebek reigned as the quintessential host of *Jeopardy!* With his poised demeanor and unmistakable voice, Trebek guided contestants through the challenging questions with wit and charm. He personified knowledge, embodying the essence of the beloved quiz show.

After Trebek's death in 2020, the show embraced a rotating roster of hosts, including notable figures like former contestant Ken Jennings and actress Mayim Bialik. Each host brought their unique flair while honoring Trebek's legacy. Beginning with Season 40, Jennings took the reins as full-time host. As the winner of 74 games of the show, there is no doubt that he's qualified for the job!

## Fueling Change

Rudolf Diesel, inventor of the eponymous diesel engine, was born on March 18, 1858. Biodiesel Day celebrates a type of fuel that Diesel himself valued. As he stated in 1912, "The use of vegetable oils for engine fuels may seem insignificant today, but such oils may become, in the course of time, as important as petroleum and the coal-tar products of the present time."

It appears that Diesel was not only a great inventor but also a visionary. In 2012, 100 years after that statement, the U.S. produced over one billion gallons of biodiesel fuel. This fuel is biodegradable and nontoxic, produces less carbon dioxide than fossil fuels, and can be produced from vegetable oils, animal fats, algae, and even recycled restaurant grease.

## The Perfect Pair



Feeling hungry? March 23 is Chip and Dip Day. This ultimate snack and party pairing has come a long way since chips and salsa. Often, the dip is the exciting element of the duo: creamy ranch made with sour cream, dill, garlic, and dried onions. Or guacamole with fresh avocados, garlic, onion, toma-

atoes, a dash of cayenne, and a squirt of lime. For a change of pace, try hummus, spinach with artichokes, or a white bean spread.

Although it may be taken for granted, the chip is more than just a vehicle for the dip. Corn, potato, and baked pita chips provide a satisfying crunch. Sometimes you don't need a chip at all. Toasted slices of Italian bread are the perfect base for bruschetta. If you really want to impress a crowd, wow them with cheese fondue. The cheese is spectacular, but equally delicious are the sausage, bread, apples, and veggies for dipping.

## In Praise of Weeds



Gardeners get giddy in March as the ground begins to thaw and green buds burst forth showing signs of spring. However, not all of those buds are welcome, and gardeners will begin their assault on unwanted weeds. But wait! Before you break your back pulling out garden invaders, take

some time to understand these pests. March 28 is Weed Appreciation Day.

Many weeds are native species of flowers that provide important pollen and nectar for bees and butterflies as well as seeds for a variety of birds. They may not be always be pretty, but they are important. For example, the humble clover may be undesirable, but it has tremendous benefits.

It grows easily and in abundance, is a tasty and nutritious crop for grazing animals, fixes its own nitrogen (which means less need for fertilizer), and grows in a wide variety of climates and soils. It is also one of the honeybee's main sources of nectar.

Many other weeds are edible and healthy. The roots of the burdock plant are regularly eaten in Japan and Korea. They taste similar to artichokes and are high in fiber and potassium.

Dandelion

and burdock are combined to make a tasty drink that is popular in England and tastes similar to root beer.

The leaves of lamb's quarters, also known as goosefoot or pigweed, are a good substitute for spinach. The seeds, known as quinoa, are a popular alternative to rice and other grains and are high in protein and vitamin A.

Purslane is eaten all over the world in salads, stir-fry dishes, and soups. It contains more of the all-important omega-3 fatty acids than any other leafy green. So this March, before you yank, consider whether that weed may actually be a boon for you and your woodland friends.

## A Winter Farewell

The first day of spring is a common reason for celebration for people all over the world, but the students at Lake Superior State University in Michigan may have taken it too far. Every March 20 since 1971, the students have bid farewell to winter by burning a snowman. This isn't just some wacky college prank; the bizarre tradition began in Germany as the Rose Sunday Festival, where a parade bearing a snowman (made of straw) passes through town to the village center. There, the mayor asks all the local children if they have been good, diligent in their studies, and mindful of their parents. When all the children publicly shout "Yes!" the snowman is burned.

The 10-foot snowman is made of leftover paper and scrap wood and is sometimes dressed in a rival college's colors. As it burns, students, professors, local children, and anyone else who cares to join in recite poetry they have written about the snowman. Only one year has been skipped since the tradition began. A snowman was not burned in 1992, due to environmental concerns by a student environmental awareness group. Locals were furious. Disappointed reporters arrived to find poetry but no snowman, and the tradition was resumed the following year.

## Paws and Purrs



It doesn't get any cuter than March 23, when it is both Cuddly Kitten Day and National Puppy Day. The debate between cat people and dog people rages on. At the Westminster Dog Show, dog authorities argue that they

are outgoing while cat people are more aloof. Cat owners over at the Black Diamond Cat Show say they are more intelligent and independent than their dog-owning counterparts. According to researchers, dog people are more extroverted, agreeable, and conscientious. Cat lovers are a bit less traditional and more artistic. Both parties, however, love to cuddle

## March, April: Passover

Passover or Pesach commemorates the liberation of the Israelites from slavery in ancient Egypt. It's observed from the 15th to the 22nd (eight days) of the Hebrew month of Nissan (March or April). During this time, leavened foods are avoided and Seder meals include four cups of wine, eating matzah and bitter herbs, and retelling the story of the Exodus.

### Origins



After decades of slavery, God sent Moses to the Pharaoh with a message, "Send forth My people, so that they may serve Me." The Pharaoh paid no heed to this. In return, God sent ten plagues: water into blood, frogs, lice, wild animals, diseased livestock, boils, hail, locusts, darkness, and death of the firstborn. On the eve of the last plague, the Israelites marked their doors with lambs blood so that the avenging anger would "pass over" each Jewish household.

Pesach, which means to *pass over*, refers to this passing over on what is now Passover eve. The Pharaoh finally released his former slaves, chasing them out of the land. The Israelites left in such a hurry that the bread they baked as provisions did not have time to rise.

### Passover Traditions

The first two days and last two days are full holidays. Candles are lit, kiddush (ceremonial prayer and blessing over wine), and holiday meals are prepared. There is no work, driving, writing, or switching on or off electric devices. The middle four days are intermediate days and work is permitted.

The food and wine customs of a Seder meal are elaborate and differ between regions and families. Some factors remain constant—drinking four cups of wine (the first cup for Kiddush, the second recounts the Exodus, the third for Birkat Hamazon [grace after meals], the fourth cup for Hallel [a Jewish prayer]), eating bitter herbs, and eating matzo.

Foods may include gefilte fish (poached fish dumplings), matzo ball soup, brisket or roast chicken, potato kugel, and tzimmes (a stew of carrots and prunes).

The Seder Plate has the following:

- **Zeroah**, a lamb's shankbone symbolizing the ancient Passover sacrifice
- **Beitzah**, a hard-boiled egg symbolizing the temple sacrifice and the continuing cycle of life
- **Haroset**, a paste of fruit and nuts symbolizing the mortar used to build the pyramid of the pharaohs
- **Mar'or**, a bitter herb representing the bitterness of slavery
- **Karpas**, a green vegetable representing spring
- **A bowl of salt water** to dip the karpas in, symbolizing the tears of slaves
- **Matzo** (unleavened bread) symbolizing the hasty flight from Egypt

## March Details

March's flower is the daffodil. March is the third month of the year in both the Julian and Gregorian calendars. It was named for Mars, the Roman god of war and the guardian of agriculture.

**Names for March's full moon:**  
Worm Moon, Chaste Moon, Death Moon, Sap Moon

### March Birthstones

U.S.: bloodstone, aquamarine

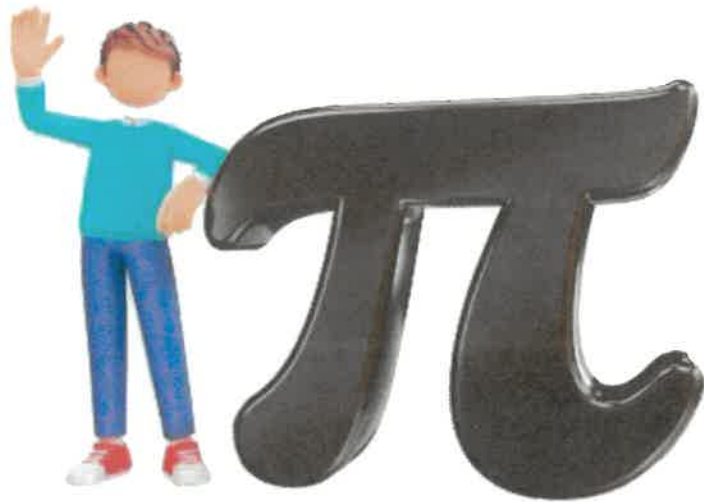
### March Flowers & Signs

Flower: yellow jonquil or daffodil

Chinese Floral Emblem: tree peony

Japanese Floral Emblem: peach

Zodiac Signs: Pisces and Aries



March 14 is **Pi Day**. This yearly celebration commemorates the mathematics constant  $\pi$  (pi), the ratio of the circumference of a circle to its diameter. In US digit format, March 14 is 3/14.

The first three digits of pi are 3.14.

The earliest known celebration was organized by Larry Shaw in 1988 at the San Francisco Exploratorium. The Exploratorium continues to hold celebrations. On March 12, 2009, the US House of Representatives passed a non-binding resolution (HRES 224) recognizing March 14, 2009, as National Pi Day.

To celebrate many people eat pie, try to see how many digits of pie they can memorize, and wear Pi buttons and clothing.



## Celebrity Birthdays

Affection and charisma are the qualities which are often associated with people born in the month of March. They are very compassionate and love to serve others, if given their due respect. Honesty and reliability are among the various virtues possessed by individuals born in March. Those born in the first part are born under the zodiac sign Pisces, while those in the last half are born under the sign of Aries.

Chuck Norris (actor)  
March 10, 1940

Albert Einstein (physicist)  
March 14, 1879

Stephen Curry  
(basketball player)  
March 14, 1988

Bruce Willis (actor)  
March 19, 1955

Peyton Manning (athlete)  
March 24, 1976

Elton John (performer)  
March 25, 1947

Ewan McGregor (actor)  
March 31, 1971

## Thanks for supporting the auction

The recent silent auction of surplus items and furnishings raised \$333 in sales and donations. Per policy, half of the funds raised (\$166.50) have been added to the Resident Memorial Fund, and Asbury Towers receives the other half.



To receive a bidder number for future auctions, or to verify what your bid number is, please ask at the Front Office.

(There was some confusion about bidder numbers this last time, so don't hesitate to check your number.)

## WEEKLY EVENTS

Church Service every Sunday at 1:00 pm in the Lobby  
Crafts every Tuesday at 1:00 pm in the Art Room  
Bible Study on Wednesdays at 6:00 pm in the Lobby  
Vespers are on Thursdays at 6:00 pm in the Lobby  
Bingo every Saturday at 1:30 pm in the Main

## MARCH EVENTS HIGHLIGHTED

Dollar Tree Shopping — Tuesday, March 5. Leave lobby at 10 a.m.  
Fireside Chat — Tuesday, March 5 and 19 at 6 p.m. in Lobby.  
Walmart Shopping — Wednesday, March 6 and Tuesday, March 19 at 10.  
Food Committee — Monday, March 11 at 10:30 a.m. in Founders' Lounge.  
Resident Council — Tuesday, March 12 at 1 p.m. in the Main Dining Room.  
Out To Lunch Bunch — Thursday, March 14. Leave Lobby at 10 a.m.  
Lannie Ferguson Music — Thursday, March 14 at 1 p.m. in the Main.  
Dan Brush Music — Wednesday, March 20 at 1 p.m. in the Main.  
Derek Chastain Music — Monday, March 25 at 1 p.m. in the Main.  
Dollar General Shopping — Tuesday, March 26. Leave lobby at 10 a.m.