



Celebrating March

International Ideas Month

Women's History Month

**Write a Letter of
Appreciation Week**

March 1-7

Iditarod Begins

March 4

International Bagpipe Day

March 10

Daylight Saving Time Begins

March 12

**St. Patty's Day/ Birthday
Party with The Tuxedo Man**

March 15

St. Patty's Day Bingo

March 17

Button Week

March 19-25

World Storytelling Day

March 20

As Young as You Feel Day

March 22

History's Winning Women

The month of March is now celebrated throughout the world as Women's History Month, but it all began as a school celebration in Sonoma, California, in 1978 honoring International Women's Day on March 8. Students spent the week learning about women's contributions to culture and society and were asked to write an essay on what it meant to be a "Real Woman." The week culminated with a parade through downtown Santa Rosa. Two years later, President Jimmy Carter proclaimed the week of March 8 National Women's History Week. By 1986, fourteen states had declared March Women's History Month, and one year later, Congress made it a national designation.

The theme of Women's History Month this year is "Honoring Trailblazing Women in Labor and Business." It has been widely reported how women experience inequalities in working conditions, opportunity, and pay in the workplace, and 2017 highlights many women who have striven to make gains in these areas.

Take Kate Mullany, a labor organizer who founded one of the first women's unions, the Collar Laundry Union, in 1864. Laundresses worked long days for low pay in sweltering conditions, giving rise to the term *sweatshop*. Mullany led a six-day strike that helped improve pay and working conditions. A century later, in 1962, the New York Stock Exchange did not allow women on the trading floor. Norma Yaeger completed the stockbroker training program at Hornblower and Weeks, Inc., demanded the right to accompany male trainees on the floor, and went on to enjoy a successful Wall Street career. In 1979, Lilly Ledbetter was hired as a supervisor for a Goodyear Tire and Rubber plant. When she discovered that she was being paid thousands of dollars less than her male counterparts, she fought the company to receive equal pay for equal work. These women are but a few examples of activists who have made life better not just for women but for societies the world over.

Off the Menu

This March 17, your St. Patrick's Day celebration might not feel complete without shamrocks, beer, green dye, and a meal of corned beef and cabbage. Many Irish would be appalled to learn that March 17 is Corned Beef and Cabbage Day, in honor of this traditional St. Paddy's Day dish, for no self-respecting Irishman would eat such a dish.



In Ireland, beef was a food historically reserved for kings. Cattle were far too valuable as draft animals or producers of dairy. Pork, not beef, was the country's common meat. It wasn't until the beef-loving English conquered Ireland that beef cows populated Ireland's green pastures. Ireland eventually grew so influential in the cattle industry that England passed the Cattle Acts of 1663 and 1667, prohibiting the import of live cattle from Ireland. Ireland then began curing its beef for export, using massive salt crystals the size of corn kernels. This Irish "corned beef," as it came to be known, was so popular that it supplied both the British and French navies, and supplied the colonies of the New World across the Atlantic.

Despite the wealth of Ireland's corned beef trade, common Irish could still not afford the dish and relied on bacon as their staple meat. It wasn't until they emigrated to America and found good-paying jobs that they were able to afford corned beef. Even then, the corned beef eaten by the Irish in America was not Irish corned beef but Jewish corned beef, boiled with cabbage and potatoes, sold by kosher butchers. So it was Irish Americans who transformed St. Patrick's Day from a religious feast day to a celebration of Irish culture and in so doing adopted Jewish corned beef and cabbage as their celebratory dish.

The popularity of corned beef and cabbage never made it back to Ireland. Today, the Irish eat bacon or lamb on St. Patrick's Day. Furthermore, up until 1970, Irish pubs were ordered closed in observance of the religious holiday, meaning that beer wasn't on the menu either.

OUTINGS & ACTIVITIES

- March 8th – Goodwill – 10:00am
- March 9th – Taco Bell – 11:00am
- March 10th – Wal-Mart – 10:00am
- March 15th – Dollar Tree – 10:00am
- March 15th – St. Patty's Day/Birthday Party with The Tuxedo Man – DR – 2:00pm
- March 17th – TGI Fridays – 10:45am
- March 17th – St. Patty's Day Bingo – DR – 2:00pm
- March 28th – Ritter's Custard – 1:30pm
- March 29th – Alzheimer Fundraiser – Walking Tacos 11-1:30pm – Activity Room

All Thumbs

Humans are unique from other animals in lots of ways, but our opposable thumbs and two-pincer grip led the way for some of our most important evolutionary advances. It's a wonder that more animals do not have thumbs. But what if they did? Consider the possibilities on March 3, If Pets Had Thumbs Day.



Many animals have opposable thumbs, such as apes, opossums, pandas, koalas, and tree frogs. What do these animals do with their thumbs? They use them mostly to climb and to eat. Chimps use their thumbs to the greatest advantage: using tools, foraging for food, building shelters, and fighting. If cats had thumbs, would they learn to use a can opener? Would dogs throw a ball for themselves? Would hamsters build their own tube tunnels? Would rabbits punch with their feet and fists? Of course, the burning question is whether any of our pets would use their thumbs to help us around the house. Probably not.

From

Activities

Pam and Amy would like to invite everyone to our fun activities and parties. Everyone likes to get out so be on the lookout for our outings and watch for the signs for the fun events going on throughout the month. Make sure you look at the calendars for all our activities and events!!



MONTHLY ACTIVITIES OFFERED:

BINGO, BOARD GAMES, CRAFTS WITH U OF I STUDENTS, CARDS, OUTINGS, ENTERTAINMENT, MONTHLY BIRTHDAY PARTIES, CHURCH SERVICES, COMPUTER GAMES, SPECIAL EVENTS and SO MUCH MORE!!!

Join our Volunteers throughout each week and on the weekends doing different games, bingo and church services, crafts and more. Check the calendar for days and times.

Volunteers make a difference so let's show them we appreciate their time and effort.
Join the Fun!!!

AT YOUR SERVICE

Executive Director	Dana Huffman
Business Manager	Thomas Johnson
Director of Nursing	Danielle Brandenburg
Asst. Director of Nursing	April Slavens
Lifestyle Specialist	Pam Becher
Activity Director	Pam Baldin
Activity Assistant	Amy Inskip
Housekeeping Supervisor	Deb Begley
Dietary Manager	Nick Rembusch
Maintenance Supervisor	Dan Bailey

“So be sure when you step, step with great care and great tact and remember that life’s a great balancing act.”

The Pilots of Tuskegee

On March 19, 1941, the U.S. War Department established the 99th Pursuit Squadron, which became famously known as the Tuskegee Airmen. America’s first African American pilots made up the squadron. African Americans had hitherto been banned from high-ranking military positions, but several historically black colleges joined the Civilian Pilot Training Program, a program created by Congress in 1939 to train pilots. President Franklin D. Roosevelt authorized the enlistment of these black aviators, which led to an all-black fighter pilot unit, trained at the Tuskegee Institute in Alabama. The pilots confronted racism at home and put their lives on the line abroad, but their success record was exemplary during World War II, paving the way to President Truman’s desegregation of the military.



Seeing Daylight

In 2005, President George W. Bush extended daylight saving time (DST) by having it start three weeks earlier and ending one week later. For this reason, DST begins on March 12. Bush's reasons for extending DST were similar to the original intents of the time change: to conserve energy.



On March 31, 1918, DST was first enacted by the United States, setting fixed time zones across the country and allowing for more sunlight hours in the evening. The U.S. was following Germany's example. During World War I, Germany had enacted DST in order to conserve costly fuel that would otherwise have been used for lighting the dark. DST in the United States proved unpopular, however, and was abolished by Congress as soon as the war ended. It took World War II for President Franklin Roosevelt to reinstitute DST, which he dubbed "War Time," as a year-long practice. Once again, at the close of the war, DST was abandoned, with only a few states choosing to maintain the practice. It wasn't until 1966 that the transportation industry spearheaded a move to nationally formalize time zones and DST for the sake of consistency. DST has been in place ever since.

DST is not without its critics. Besides creating confusion, inconvenience, and tiredness, critics argue that the practice does not conserve energy. While lighting use may drop in the evening, it increases in the morning and leads to more air conditioner use at night. Furthermore, more daylight means more driving and more fuel consumption. No wonder the gas and auto industries have long been two of DST's biggest supporters. The gradual expanding of DST, some argue, is due to industries like golf and even barbecue. When DST was expanded in the 1980s, the golf industry raked in an extra \$400 million due to the extra hour of sunlight. Likewise, the BBQ industry added \$150 million in revenue. The extra daylight is all the better for these industries to increase their profits.

March Birthdays

In astrology, those born between March 1–20 are Pisces. Fish are compassionate, gentle, intuitive, and artistic. Known for their wisdom, Pisces are not judgmental and are very forgiving. They never hesitate to put others' needs before their own. Those born between March 21–31 are Rams of Aries. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump head first into life, confident that they can navigate any challenges.

Rajeena J. – 7th
Logan H. – 16th
Merl M. – 3/21



March Aflutter

On March 14, Learn About Butterflies Day, no one expects you to learn about all 20,000 types of



butterflies in the world. You might, however, be amazed to learn that the Queen Alexandra's birdwing butterfly, found in Papua New Guinea's rain forest, has a wingspan of one foot. As a caterpillar, this species eats the poisonous pipevine plant that other animals won't dare eat for fear of being poisoned. The glasswinged butterfly of Central and South America has transparent wings. North America's question mark butterfly has a silver mark on the underside of its wing that looks just like—you guessed it—a question mark. Otherwise, it is cleverly disguised with a camouflage pattern that makes it look like a dead leaf. Love butterflies? Plant a butterfly garden with plants that attract these beautiful creatures.