Share a Smile Day Messages

“Smile is a curve that has the power to bring positivity and happiness in life..... Keep smiling always.... Happy Share a Smile Day.”

“If you will smile, the world will smile back at you because there is nothing as beautiful as a smile.... Best wishes on Share a Smile Day.”

“On Share a Smile Day, I just wanted to remind you that you really look the prettiest when you wear a smile..... Love you more when you smile.”

“Don’t forget to smile even when you are busy or life is being a little tough because that is the most beautiful ornament to wear.... Happy Share a Smile Day.”

Cute Smile Quotes

“A smile can make you win hearts, help you make new friends and help you end all the clashes.... Best wishes on Share a Smile Day.”

“A smile is like a chain reaction, you cannot resist from responding to a smiling face with a smile.... Always keep smiling.... Happy Share a Smile Day.”

“A smile in response to a smile will surely make this world a more beautiful place to live..... Don’t forget to share a smile on Share a Smile Day.”

“Let us remind all the serious faces to wear smile because today is Share a Smile Day, the official day to share smiles.”

Share a Smile Day Wishes

“Smile is the most beautiful filler between two strangers, an expression of happiness between two souls..... Best wishes on Share a Smile Day.”

“Faces which wear a smile always look so beautiful..... So let the world see your beauty through your smile..... Have a Happy Share a Smile Day.”

“Share you joys, share your happiness by sharing a smile.... Wishing you a very Happy Share a Smile Day full of smiles.”

“A frowning face can never solve a problem, so it is always better to wear a smile because it can for sure solve many problems..... Happy Share a Smile Day.”

Funny Smile Quotes Sayings

“Smiling faces and positive souls.... Sad faces are negative souls.... Always be positive by smiling and spreading smiles.... Happy Share a Smile Day.”

“Those who need a joke to smile are seriously very serious people.... For all others, it is a Happy Share a Smile Day.”

“Don’t be a miser, share smiles today because that is the best gift to share with anyone and everyone.... Have a Happy Share a Smile Day.”

“Sharing is caring and sharing a smile is truly very caring.... Sending you best wishes on Share a Smile Day.... May you have a beautiful day full of smiles.”

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MARCH 2020 MOON PHASES

<table>
<thead>
<tr>
<th>First Quarter March 2</th>
<th>Full Moon March 9</th>
<th>Last Quarter March 16</th>
<th>New Moon March 24</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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Celebrating March

Carolyn Art Appreciation class 2
National Spinach Day 4
Warrington Rotary Birthday visits 4
Chef Stage Center Unit C-2 4
Men’s Group 4
National Waffle Day 5
Happy Hour 6
National Donut Day 7
Daylight Savings Time begins – Turn clocks ahead an hour 8
Purim Party 8
Doylestown Heat 8
National Water Day 9
Catholic Mass 9
Bible Study 10
Chef Stage Center Unit A-1 11
Memorial Service 11
Grief Support Group with compasses’ Hospice 11
Tamanend MS Play trip 11
Dollar Store Trip 12
Resident Sponsored Pretzel sale 13
O’Henryrs Celtic Duo Entertainment 13
National Potato Chip Day 14
Yardley VFW Veterans St. Patty’s Luncheon 14
Hannah Sisters Bingo 14
Chalfont Veterans Visits 14
Resident Council Meeting 16
St. Patrick’s Day 17
National Pound Cake Day 17
Irish Potato Demonstration 17
Chef Stage Center Unit A-0 18
Men’s Group 18
National Eat Your Noodles Day 19
Spring Begins 20
National Cheese Doodles Day 20
Absolute Music 21
Shabbat Service 21
Doylestown Heat 22
Bible Study 24
National Oreo Day 25
Chef Stage Center Unit A-2 25
CB East school play trip 25
Wal-Mart trip 26
Mia Johnson Entertainment 27
Hot Cereal Month 30
St. Roberts Rosary 30
House Birthday Party 31

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Happy St. Patrick’s Day

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

|-----------------------------|-----------------------------|-----------------------------|

<table>
<thead>
<tr>
<th>BLARNEY STONE</th>
<th>CELEBRATE</th>
<th>CLOVER</th>
</tr>
</thead>
<tbody>
<tr>
<td>COINS</td>
<td>FESTIVAL</td>
<td>HOLIDAY</td>
</tr>
<tr>
<td>IRISH</td>
<td>LEPRECHAUN</td>
<td>LUCKY</td>
</tr>
<tr>
<td>MARCH</td>
<td>MISCHIEF</td>
<td>PARADE</td>
</tr>
<tr>
<td>POT OF GOLD</td>
<td>RAINBOW</td>
<td>SAINT PATRICK</td>
</tr>
<tr>
<td>SEVENTEENTH</td>
<td>SHAMROCK</td>
<td>TRADITION</td>
</tr>
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</table>
**Rainbow Cake Mix Bars**

**Ingredients:**
- Cooking spray
- 1 (15.25-ounce) box yellow cake mix
- 2 large eggs
- 1/2 cup butter, melted
- 1 teaspoon vanilla extract
- 1 cup chocolate chips, divided
- 1 cup baking M&M candies, divided

**Directions**
1. Preheat oven to 350°F. Spray baking sheet with cooking spray.
2. Combine cake mix, eggs, butter, and vanilla in a large bowl. Stir in 1/2 cup chocolate chips and 1/2 cup M&M candies.
3. Place dough into the prepared baking sheet, spreading evenly. Sprinkle evenly with remaining chocolate chips and M&M candies.
4. Bake 20–25 minutes. Allow to cool before cutting into squares and serving.

**Makes 24 servings**

**Oatmeal Apple Spice Cookies**

**Ingredients:**
- Cooking spray
- 1 cup applesauce
- 1 cup brown sugar
- 1 egg
- 1 cup oatmeal
- 1 teaspoon baking soda
- 1/2 teaspoon nutmeg

**Directions**
1. Preheat oven to 375°F. Spray a baking sheet with cooking spray.
2. Combine applesauce, brown sugar, butter, and egg in a large bowl. Stir in flour, oatmeal, salt, baking soda, cinnamon, nutmeg, and cloves.
3. Drop dough by heaping tablespoonful onto the prepared baking sheet.

**Buckeye Bars**

**Ingredients:**
- 1 1/4 cups no-sugar-added peanut butter
- 1/2 cup butter, melted
- 1/2 cup almond flour
- 1 teaspoon vanilla extract
- 1 teaspoon stevia
- 6 ounces sugar-free chocolate chips
- 6 ounces heavy cream
- 1/8 teaspoon salt

**Directions**
1. Line an 8 X 8-inch baking pan with parchment paper. Set aside.
2. Combine peanut butter and butter in a large bowl. Stir in flour, vanilla, and stevia.
3. Spread mixture evenly into the bottom of the prepared baking pan. Cover and freeze for 15 minutes.
4. Place chocolate chips in a microwave-safe bowl and microwave 2–3 minutes, stirring every 30 seconds until completely melted. Stir in cream and salt until smooth. Pour evenly over peanut butter layer. Cover and chill 30 minutes before serving to allow it to set. Cut into squares to serve.

**Makes 3 dozen**

**Chocolate Chip Vanilla Coconut Cookies**

**Ingredients:**
- 2 eggs
- 1/4 cup vegetable oil
- 2 teaspoons vanilla extract
- 1/2 teaspoon liquid vanilla stevia
- 1/2 cup unsweetened cocoa powder
- 1/2 cup Swerve sweetener
- 1/8 teaspoon salt
- 1 cup unsweetened shredded coconut
- 1/3 cup sugar-free chocolate chips

**Directions**
1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Whisk eggs, oil, vanilla, and stevia in a small bowl. Set aside.
4. Drop dough by generous tablespoonful onto the prepared baking sheet.
5. Bake 12 minutes.

**Makes 1 dozen**

**Blueberry Bliss**

**Ingredients:**
- 2 (8-ounce) packages cream cheese, room temperature
- 2 (1.3-ounce) envelopes Dream Whip Whipped Topping Mix
- 1 cup whole milk
- 1 teaspoon vanilla extract
- 2 cups powdered sugar
- 2 (21-ounce) cans blueberry pie filling

**Directions**
1. Place cream cheese in a medium bowl and whip with a hand mixer until smooth. Set aside.
2. Whip Dream Whip, milk, and vanilla in a large bowl with a hand mixer for 4 minutes. Stir in cream cheese and powdered sugar, stirring until smooth.
3. Spread mixture evenly into a 9 X 13-inch baking pan. Top evenly with the blueberry pie filling.
4. Cover and chill 4 hours before serving.

**Makes 18–20 servings**
1. **Eat Breakfast** Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. **Make Half Your Plate Fruits and Vegetables** Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. **Watch Portion Sizes** Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

4. **Be Active** Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

5. **Get to Know Food Labels** Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

6. **Fix Healthy Snacks** Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

7. **Consult an RDN** Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. **Follow Food Safety Guidelines** Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly.

9. **Drink More Water** Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

10. **Get Cooking** Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

11. **Dine Out without Ditching Goals** You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

12. **Enact Family Meal Time Plan** to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. **Banish Brown Bag Boredom** Whether it’s for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

14. **Reduce Added Sugars Foods and Drinks** with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts labels or ingredients list to identify sources of added sugars.

15. **Eat Seafood Twice a Week** Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. **Explore New Foods and Flavors** Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that’s new to you or your family.

17. **Experiment with Plant-Based Meals** Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. **Make an Effort to Reduce Food Waste** Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy what you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. **Slow Down at Mealtime** Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

20. **Supplement with Caution** Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you’re considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.
March hasn’t always been the third month of the year. In the ancient Roman calendar, it was the year’s first month. Beginning the year in March actually makes sense because it is when new growth starts after the “dead” of the winter. March’s name comes from martius, meaning “the month of Mars.” (Mars was the Roman god of war.) The Anglo-Saxons called the month hyld monath, which means “stormy month,” and hraed monath, meaning “rugged month.”

Only Human

~Why do smells trigger such strong memories? It all has to do with brain anatomy. Our sense of smell is first processed by the olfactory bulb, which connects to the bottom of the brain at the amygdala and hippocampus, two regions strongly connected to emotions and memory. Touch, sight, and sound are not connected to these brain regions. This is why certain smells conjure such strong memories and emotions, a fact not lost on perfumiers, chefs, and bakers!

~An American biotechnology company has set up shop in Colombia to start offering remedies to reverse the aging process. For $1 million, people can take part in medical trials that purportedly make you 20 years younger. How? By going directly to our chromosomes. Our chromosomes are capped by structures called telomeres. Each time our cells divide, telomeres grow shorter, until they shorten so much that our cells stop dividing. This is one of the causes of aging. The company’s gene therapy aims to rebuild our telomeres, prolong our body’s ability to rebuild cells, and theoretically stop the aging process.

~Some babies are born with a full head of hair, but then they lose it and their head becomes patchy or altogether bald. Even on adults, hairs go through phases of growth and rest. During the resting phase, 50 to 100 hairs may be lost in a day, but new ones are usually filling in. Newborn babies experience big surges of hormones that cause hairs to enter the resting phase at the same time, resulting in a baby losing all its hair. As hormones stabilize and more energy is dedicated to hair growth, hair begins to grow back around three to seven months, and by age two, hair begins to thicken.

~Ouch! A splinter seems like an unfair consequence of enjoying a warm day barefoot outside. Even worse is the attempt to extract a splinter. But what happens if you leave the splinter in your skin? The human body is adept at trying to eject foreign invaders. Swelling, redness, and pus may push the splinter out. In some cases, a protective shell of immune cells will surround the splinter and create a granuloma, or permanent bump. Some stories exist of splinters remaining harmlessly in the skin for decades! The best bet, though, is to try to remove a splinter with tweezers.

Birthstone – Aquamarine

March’s birthstone is aquamarine. These semiprecious stones are renowned for their striking pale to medium blue color, which can also contain a hint of green. However, the clear blue ones fetch the highest price tags. Found in Serbia, the U.S., Myanmar, and Brazil, they get their name from the Latin aqua marina, meaning “seawater.” They are associated with safe passage over water, eternal youth, purity, and protection. Ancient Egyptians put them in tombs to entice the gods to grant them passage to the afterlife.

Tree of the Month – Maple

Maple is the common name for the 128 tree and shrub species of the Acer genus. These plants are native to Asia, Europe, Africa, and North America and can live from 100 to well over 400 years. Maples do best in sandy or clayey soil, and have brown or gray bark and dense and fibrous root systems that prevent the growth of any other vegetation beneath them. Maple trees are known for their lightly serrated leaves and unique opposite leaf arrangement. They produce small red, green, yellow, or orange flowers. Its seeds, called samaras (or whirlybirds), spin as they fall in the wind. Most varieties are deciduous with leaves that change from green to brilliant shades of red, orange, and yellow. Sugar, black, and red maple trees are prized for their sap, which can be boiled down to make sweet maple syrup—and then enjoyed over pancakes.

Flower – Daffodil

While we tend to think primarily of the vibrant yellow trumpeted flower, daffodil is actually the official common name for all members of the genus Narcissus, a group of spring perennials that includes many shapes of mostly yellow and white flowers. Heralded as the official flower of spring, the daffodil is usually one of the first flowers of the season. The hearty plant does well in cold weather and can even withstand snow. Bouquets of daffodils are often given to represent respect, friendship, modesty, rebirth, and good luck.

March Zombies

Pisces (Fish) March 1–20
Aries (The Ram) March 21–31
March is the month that many hibernating animals wake up from their long sleep. Here are some cool facts about this winter rest: Animals that hibernate include bears, hedgehogs, bats, skunks, bees, frogs, squirrels, snails, turtles, and mice.

- Many animals have a heart rate of just 10 beats per minute while hibernating.
- Hibernating bats can go up to an hour between breaths.

What's Lucky in March?
Lucky Color: Green
Lucky Animal: Lamb
Lucky Letters: E and M
Lucky Day: Sunday
Lucky Plant: Tulip

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.

Javier Bardem (actor) – March 1, 1969
Ralph Ellison (novelist) – March 1, 1914
Theodor Seuss Geisel (writer) – March 2, 1904
Jean Harlow (actress) – March 3, 1911
Catherine O’Hara (actress) – March 4, 1954
Michelangelo (artist) – March 6, 1475
Lou Costello (comedian) – March 6, 1906
Mickey Dolenz (Monkee) – March 8, 1945
Bobby Fischer (chess player) – March 9, 1943
Liza Minnelli (actress) – March 12, 1946
Simone Biles (gymnast) – March 14, 1997
Diane Arbus (photographer) – March 14, 1923
Albert Einstein (physicist) – March 14, 1879
Katie Ledecky (swimmer) – March 17, 1997
Nat King Cole (jazz musician) – March 17, 1919
Queen Latifah (entertainer) – March 18, 1970
Moms Mabley (comedian) – March 19, 1894
Fred Rogers (neighbor) – March 20, 1928
Do Won Chang (retailer) – March 20, 1954
Reese Witherspoon (actress) – March 22, 1976
Chaka Khan (singer) – March 23, 1953
Harry Houdini (magician) – March 24, 1874
Flannery O’Connor (author) – March 25, 1925
Mariah Carey (singer) – March 27, 1970
Céline Dion (singer) – March 30, 1968
Liz Claiborne (designer) – March 31, 1929

Time to Wake Up
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March Mythology
The Month of War
It may seem odd that a month associated with spring’s rebirth would be named after Mars, the Roman god of war. However, in ancient times, fighting tended to stop during the cold of winter. March, with its more temperate weather, was when armies would return to battle, which is why the month honors the god of war, in hopes of inspiring his favor—and military success.

The Ides of March
In the Roman lunar calendar, the *ides* signified a month’s first full moon. In March, this usually fell around March 15 and was often accompanied by a new year’s festival. Legend has it that the day is unlucky— as in Shakespeare’s *Julius Caesar*, when a soothsayer advises Caesar to “beware the ides of March.” A warning that fails, as Caesar was murdered on March 15, 44 BC.

Borrowing Days
Scottish and Spanish folklore mark the last three days of March as “borrowing days.” These days—borrowed from April—are thought to be extra stormy to serve as March’s last hurrah before spring mellows into April.

Toys of Yesteryear
~The matryoshka, better known as a Russian nesting doll, may be one of Russia’s most famous exports. The dolls were invented in Moscow in the 1890s, carved by Vasily Zvyozdochkin and designed by Sergey Malyutin. The first set consisted of eight dolls.

Fashion of Yesteryear
~Historical records first mention bell-bottoms being worn by sailors during the War of 1812. The flared openings and wide legs made them easy to roll up in case of high water. The trousers also purportedly doubled as a life preserver because they would float when the legs were33

~The desert sun in ancient Egypt was so hot that many people— men, women, and children—shaved their heads to keep cool.

Shaving the head bald might have been a common part of everyday personal hygiene, but Egyptians still wanted to enjoy a head of hair, so they wore elaborate wigs. At the base of the wig was a fiber-netted skull cap. The “hairs” were made of wool, flax, palm fibers, felt, or even real human hair. Often woven into the wigs were pieces of gold, glass, or stone. The higher a person’s social class, the more wigs they possessed.

~In the 1970s, the TOMY toy company introduced the Waterfuls ring toss game—a small, handheld aquarium with a button that shot a jet of water. The object of the game was to use the jet to lift tiny multicolored rings onto a series of plastic sticks. This simple idea led to hours of amusement. TOMY went on to create a similar water-based game of tic-tac-toe, where the water jet was used to arrange small balls into rows.

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~The Pavlok watch promises to be unlike any other smartwatch on the planet. It uses beeps, vibrations, and low-voltage zaps to monitor your behavior and help prevent you from engaging in bad habits. Smokers are zapped when they reach for a cigarette. Try to bite your fingernails, and you’re buzzed. It will monitor when you are endlessly surfing the Internet and sound an alarm.

~If you’ve ever wanted to see your face on a piece of toast, then the Selfie Toaster is for you. Send in a photo, and a stainless steel insert is made in your likeness, which attaches to the heating elements of the toaster and burns your likeness into the bread.

~Digital smart pens now allow users to take what they draw or scribble and transfer it to a device like a tablet, smartphone, or computer. Infrared cameras within the pens capture the strokes and translate them into digital formats compatible with multiple devices. Most pens run $150 and up.

~The Peeps Carbon Klean eyeglass cleaner promises the best cleaning for all types of lenses. The cleaning is done without a microfiber cloth. The device instead uses an “invisible carbon cleaning compound.” Carbon is superior at lifting oils and dust from the lens’ surface, and the tool provides up to 500 spotless cleanings.

**Root of the Matter**

~On the ball To be on the ball means to be alert or ready for anything. Some say this phrase derives from the Royal Observatory at Greenwich, where a time-ball was installed in 1833 to signal the time to passing ships. Captains would set their ship’s clocks to the rising and falling of the ball. To keep accurate time was to be on the ball. Alas, this story might not be true, for the phrase keep your eye on the ball might already have been in use in sports such as cricket, golf, and croquet, and later was adopted by Americans in baseball.

~Pull the wool over your eyes If someone pulls the wool over your eyes, then they are deceiving you or taking advantage of you. In the 1600s, judges wore wigs made of wool. Lying to these arbiters of truth and justice was like pulling their own wigs down over their eyes so that they could not see the truth. Another explanation of this phrase is that because only the wealthy wore wigs, thieves could then pull the wool down over their eyes in order to rob them. The phrase itself was not coined until the 19th century in America.

~Not playing with a full deck If someone is not playing with a full deck, then they are considered mentally or intellectually incompetent. Rumors persist that the phrase was invented in the 1500s when a tax was levied against playing cards. People could evade the tax by buying incomplete or not full decks of 51 cards. This story, though entertaining, is false. The expression originated somewhat callously in the 1980s as an insult, similar to expressions like having a screw loose or not firing on all cylinders.

~Cry over spilt milk When someone cries over spilt milk, they are crying over something trivial or inconsequential. The phrase might have fairy origins. In olden times, wasting food was a grave mistake, but spilling milk was believed to be an offering to the fairies and nothing to worry about. The phrase appeared in 1659 as no weeping for shed milk, where it may have been in reference to milking cows in the barn. Cows kicking over buckets of milk during milking was common enough that no farmer should ever have cried over it.

~Hot potato If a subject is considered a hot potato, it is best dropped quickly. This expression originated in the mid-1800s as to drop like a hot potato. A cooked potato certainly is too hot to handle for very long. The hot potato children’s game originated around 1888. The contest was not played with a potato but with a lit candle. Children passed the candle, saying, “Jack’s alive, and likely to live. If he dies in your hand, you forfeit a give.” The person holding the candle when it went out lost. Over the years, the candle turned to a ball or beanbag dubbed the hot potato.

**What’s the Difference?**

~What’s the difference between a pressure cooker and an Instant Pot? Pressure cookers are stovetop devices that use steam and high pressure to cook. The device expels air from the pot, trapping steam and creating immense pressure, thereby increasing cooking temperatures and speeding cooking times. An Instant Pot is an electric pressure cooker with an abundance of safety features. Digital controls allow users to make many different types of foods from pot roast to yogurt. It can be set to start and stop on whatever schedule you wish. Instant Pot is the pressure cooker of the future.

~What’s the difference between squash and racquetball? Both sports are played on an enclosed court, but racquetball courts are larger than squash courts. In racquetball, any surface of the court is considered inbounds, while in squash, the ceiling is out-of-bounds. Racquetball balls, at six centimeters in diameter, are larger than four-centimeter squash balls. This is why racquetball rackets are slightly larger. Squash was played in the early 1800s in London, England, while racquetball was developed as an American variation in 1950.

**Word to the Wise**

~The word phony comes from the old pirate word fawney. A fawney was a worthless ring used to steal another’s money. A trickster would drop a fawney on the ground to be found by a gullible passerby. The trickster would then ask for half the value of the fawney in return for keeping the worthless treasure.

~The origins of the word nice are not very nice. Nice originally meant a “stupid, ignorant, or foolish” person. Later, the word was used insultingly to describe a person who was dressed in an excessively luxurious manner. Through the 1400s to 1500s, the description came to mean “finely dressed” and “refined.”
National Optimism Month: Being Optimistic Takes Work

What Is Optimism?
Wikipedia states that Optimism is "an inclination to put the most favorable construction upon actions and events or to anticipate the best possible outcome. Optimists generally believe that people and events are inherently good, so that most situations work out in the end for the best. We tend to look at optimistic people as those with their heads 'in-the-clouds' - out of touch with reality. However, we know from our research that optimistic people are not always smiling and chipper - they get mad and angry. However, they don't get stuck in their emotions and they have been found to be better at doing one thing then those with a different attitude or outlook on life.

Optimism takes work. Being pessimistic means you are stuck in identifying the problems over and over again. Being optimistic means you have to move forward and do something about it. Beverly Beuermann-King

Being Optimistic
They are better at problem-solving - they move quickly from problem-identification to problem-solving. They believe that situations will work out, so they spend their time and energy on making these situations work, rather than focusing on their own emotional reactions. Personal optimism correlates strongly with self-esteem, with psychological well-being and with physical and mental health. Optimism has been shown to be correlated with better immune systems in healthy people who have been subjected to stress.

Research Shows...
Research suggests that optimism significantly predicts rates of recovery, such that optimists are faster in achieving behavioural milestones, such as sitting up in bed and walking, than are pessimists, and are rated by staff members as showing a better physical recovery. Even at six-month follow-ups, optimists still continued to have a recovery advantage.
Dr. Martin Seligman found in his research that optimists overall stay with difficult and challenging jobs, while pessimists seem to do worse than predicted and even give up. In academic and athletic research, when subjects were given a lower grade in a class or a slower recorded time in an athletic event, thereby stimulating defeat, the optimists rose to the occasion and did better the second time around while the pessimists did worse. This evidence supports the theory that there are two factors in human potential. One is our ability and the other is our optimism or pessimism. There is an interplay between our attitudes and our actions. Optimism is not a disposition you are born with. It's a learned skill, and a very important ingredient in determining your level of happiness.

Beverly's Hot Tips For Celebrating Optimism Month:

Act like an optimist.
Use the word choices and body posture of optimistic people. The words we use can affect our mood. Use "upbeat" words instead of "upset" words - Challenged vs Overwhelmed. Optimists take big steps, walk faster and stand taller. Pessimistic people shuffle their feet, take tiny steps, walk slowly and slouch.

Move quickly from problem-identification to problem-solving.
We all get angry and upset, but the challenge is to move past these emotions and start looking for strategies and solutions that will help you to deal with that challenge.

We teach by doing. Practice optimistic thinking yourself. Keep things in perspective and acknowledge your own successes and strengths. Beverly Beuermann-King

Avoid emotional leeches.
Pessimists suck the life energy from those around them. Minimize your contact with those who look on the down-side of everything, who criticize you or mock or sabotage your dreams and aspirations.

Be grateful.
Research indicates that those who write out their gratitude on a weekly basis report fewer physical symptoms, feel better about their lives as a whole, and are more optimistic about the upcoming week. Grateful people also report lower levels of depression and stress.

Tips for helping your children to be more optimistic:

Help Them Experience Success.
Children become more optimistic by experiencing success. Support them and acknowledge their efforts. Help them see how they contributed to it, and label those actions as strengths.

Do acknowledge when their efforts aren’t successful.
Validate your child’s feelings, but ask questions that can cause them to see things more optimistically. Helps them to process their emotions, but put the situation in perspective. Look at how things may go better in the future or under different circumstances or look for opportunities to improve.

Be a good example.
We teach by doing. Practice optimistic thinking yourself. Keep things in perspective and acknowledge your own successes and strengths.

Quotes
"I don't think you lead by pessimism and cynicism. I think you lead by optimism and enthusiasm and energy.” Patricia Ireland
"Optimism is essential to achievement and it is also the foundation of courage and true progress.” Nicholas M. Butler
Sundown syndrome is a symptom that affects individuals suffering from various forms of dementia, including Alzheimer’s disease. It can be especially frustrating for families trying to care for the individual in their home, because it causes the patient to suffer from a deeper sense of confusion in the evening hours. While someone with dementia may seem to be doing well in the morning and early afternoon, their confusion often gets worse as the day wears on. While this can’t be prevented, there are things others can do to minimize the severity of sundown syndrome. Making a few adjustments to the individual’s daily routine can help them feel less frustrated and confused as the evening hours approach.

### Avoid Triggers For Restless Sleep

Because many individuals don’t recognize the important role sleep plays in their lives, it may be difficult to understand how it plays a major role in sundown syndrome. Patients with dementia often have a difficult time falling asleep or getting quality sleep throughout the night. As a result, the individual will awaken feeling fatigued and may be lacking energy. Just as this would affect concentration and memory in a healthy individual, it increases the confusion that someone with dementia experiences. This confusion worsens as the evening approaches, triggering the symptoms of sundown syndrome. The best way to avoid triggers for restless sleep is to ensure the patient remains active during the day. It may be wise to schedule activities, such as walks in the early afternoons, so the patient can expend energy. This will help them feel tired and ready for sleep, while also giving them the daily physical activity they require. If caregivers can select physical activities the patient enjoys and ones not too strenuous for them, it will be easier to keep them interested.

### Maintain A Daily Routine

Anyone will begin to feel uncomfortable in unfamiliar surroundings, though this is especially true for someone suffering from dementia. When these patients are forced into an unfamiliar setting or surrounded by people they don’t know, they become more confused. This confusion causes them to feel fear or uncertainty as well, which only increases their frustration. All of these conflicting emotions will cause the individual to experience a more severe incidence of sundown syndrome. To help minimize the effects of sundown syndrome, Caregivers should try to keep the individual in familiar surroundings as much as possible. If it becomes necessary to arrange care for the individual when family members are off to work or school, in-home care should be considered. If the situation worsens and it becomes necessary to place the individual in an assisted living facility, it can help to bring the individual’s things from home. Their personal belongings can make their new living quarters seem more comfortable, so they will be able to maintain a daily routine in the new environment. Especially at the beginning of their stay, frequent visits from family members can also help reduce confusion and anxiety.

### Create A Calm Evening Environment

Stress affects everyone differently, but it does affect us all. Someone suffering from dementia may be experiencing heightened levels of stress, especially if others seem particularly impatient or frustrated with them. They sometimes realize something is wrong, but trying to concentrate harder only makes the situation worse. This situation can be intensified in the evening when everyone returns home from work or school. Suddenly there’s much more commotion throughout the house and this can increase the patients’ confusion. Caregivers can help by making an effort to help the patient feel relaxed and at ease. Sometimes, watching television or reading to them can contribute to the problem, so be watchful. If they seem to be having difficulty following along with the story, it may help to try putting that type of entertainment away. It may be more relaxing just to play music they enjoy. If possible, caregivers may want to get the individual a small pet to cuddle. A kitten or small dog can provide companionship and the act of petting an animal relieves stress.

### Provide Reassurance And Assistance When Needed

Occasionally, all caregivers really have to do is provide reassurance and assistance when needed. A pleasant conversation or some kind words may be enough to ease the patient’s confusion and help them feel more like themselves. Often, someone suffering from dementia feels frustrated as a result of an inability to communicate effectively with others. By taking the time to sit down and talk to the patient, caregivers can help them feel better about themselves and feel more involved. Similarly, trying to accomplish certain tasks may frustrate them and, as the situation creates more anxiety, they will further lose their ability to concentrate. If family members see their loved one getting frustrated, they may want to help them with the task. They may only need a gentle reminder to recall how to perform the task. Acts that may seem simple to a healthy individual are often very complicated to someone suffering from dementia.

### Put Away Dangerous Items In The Home

Finally, it’s important to realize dementia and sundown syndrome can be dangerous conditions. Someone suffering from dementia can easily forget a knife will cut them or there are other hazards around the home. In this way, caring for a dementia patient is very much like raising an infant. Similar to a curious infant, an individual with dementia may only be trying to help or may not realize certain items can cause injury. If caregivers and loved ones take the time to put away dangerous items in the home and remind everyone why these items are stored away, they can create a safer environment. Similarly caregivers should make sure windows are closed and doors are locked, particularly in the evening hours. Since individuals with dementia have a tendency to wander, it will be very easy for them to fall through an open window or take a tumble down porch steps. Even when others take steps to minimize the effects of sundown syndrome, it’s also necessary to take on these safety precautions.
~Microwaves are a key appliance in every kitchen for defrosting and reheating. The only problem is that they often become splattered with food. A surefire way to clean gunk out of a microwave is to fill a microwave safe glass halfway with water, add a tablespoon of vinegar, and microwave on high for five minutes. The vinegar steam will loosen gunk and allow easier cleaning. Another method is to wipe down the inside of the microwave with half of a cut lemon. Like the vinegar, the acid of the lemon will cut through the grime, making it easier to clean.

**You Are What You Eat**

~Any traveler to Australia might be familiar with Vegemite, the popular spreadable, vitamin-rich yeast extract. The story of Vegemite began in Germany with the discovery of edible yeast extract by scientist Justus von Liebig. In 1902, a factory producing the yeast paste, called Marmite, was founded in England. The factory got its supply of brewer’s yeast extract from the Bass Brewing Company. The savory spread is most often eaten on crackers, toast, or biscuits. Over the years, the vitamin-rich food has been used to treat diseases such as anemia and other outbreaks of malnutrition around the world.

~Kansas City barbecue is celebrated as some of the best in the world. At Arthur Bryant’s, one of Kansas City, Missouri’s most beloved BBQ joints, “burnt ends” were invented. After hours in the smoker, the burnt ends of beef brisket were often thrown out as inedible scraps. But they were perfectly charred and delicious. Arthur Bryant’s first served burnt ends as free samples, but they became so popular that they were added as a dish. Burnt ends are now considered by many to be the “Holy Grail” of barbecue.

~A snake with legs? Isn’t that just another lizard? Scientists recently discovered the fossil of an ancient snake with hind legs in Patagonia. Aside from the snake’s hind legs, this ancient animal also possessed a cheekbone similar to lizards, with a few toothed arctic whale he resembles. The small furry “tail” hangs down right between the puppy’s eyes and the half of a cut lemon. Like the vinegar, the acid of the lemon will cut through the grime, making it easier to clean.

~For authentic fry bread, you have to travel to Arizona, where it is a cultural staple of the Navajo. The food is symbolic of Native American perseverance and pain. When the Indians were relocated from Arizona to New Mexico on the 300-mile “Long Walk,” the government provided tribes with flour, salt, and lard. Fry bread was born of necessity. Today, fry bread is a point of culinary pride in Arizona. Phoenix alone boasts multiple fry bread hot spots. The dough can be topped like a taco, piled with cactus, or sprinkled with sugar.

~Travel to Key West in the Florida Keys, and you’re bound to find key lime pie on the dessert menu. The pie’s signature limes grow in abundance in Key West. What we think of as regular limes are actually Persian limes, larger and tarter than their key cousins. Key limes are smaller, contain more seeds, and are sweeter. They impart a floral aroma that is key to key lime pie. Some food historians argue, much to the chagrin of Key West residents, that the first recipe for key lime pie was invented in New York City in 1931.

~Wild Kingdom

~The koi are again under siege in the Dr. Sun Yat-Sen Classical Chinese Garden in Vancouver, British Columbia. Workers were shocked last year to find many of the fish missing, but then they spied an otter and knew that the animal had come for an easy meal. Once word of the so-called “Chinatown Otter” got out, it quickly became a local hero, especially after it evaded capture and disappeared. Well, the Chinatown Otter returned a year later to find the koi waiting for him. Park staffers were ready, though, and were able to evacuate most of the fish to safety.

~A man in Arizona attempted to officially register a swarm of bees as his emotional support animal, and it worked! He wasn’t truly in need of the swarm—he just wanted to demonstrate how ridiculously easy it is to register an animal (or swarm of stinging insects) as a service pet. According to federal law, only dogs and miniature horses can be appropriately trained as service animals. Several websites, however, allow applicants to pay a fee and receive the designation. Luckily, the man doesn’t plan on taking his swarm on an airplane anytime soon.

~A snake with legs? Isn’t that just another lizard? Scientists recently discovered the fossil of an ancient snake with hind legs in Patagonia. Before this, scientists did not understand how snakes became the legless, slithering reptiles they are today. The 100 million-year-old fossil provides scientists with an answer, a perfect bridge between four-legged lizards and legless snakes. Aside from the snake’s hind legs, this ancient animal also possessed a cheekbone similar to lizards, with a few of the flexible joints found in modern snakes’ skulls. Scientists believe that these hind-limbed snakes existed for 70 million years.

~Bigfoot enthusiasts swear that the beast exists. While many scientists argue that the giant does not live today, there is evidence that a Bigfoot-like creature existed hundreds of thousands of years ago. _Gigantopithecus_ was a massive ape closely related to today’s orangutan. The brute stood more than 10 feet tall and weighed a whopping 1,200 pounds. (Compare that to today’s 400-pound gorillas.) _Gigantopithecus_ did not walk entirely upright. The animal loped along on its knuckles and ate fruits, seeds, and bamboo. In fact, _Gigantopithecus_ may have died out because it was so dependent on bamboo, like today’s pandas.

~Paleontologists working on Antarctica’s Seymour Island have found the fossil remains of a look-alike of the infamous Loch Ness monster. The _plesiosaur_, a four-flippered undersea reptile that lived during the age of the dinosaurs, measured 36 feet long from nose to tail and weighed 15 tons. The question that conspiracy theorists are dying to ask is, “Was the Loch Ness monster a plesiosaur?” Sadly, no. Plesiosaurs were coldblooded and needed warm waters to live, not the cold waters found in Loch Ness. Also, they could not have held their necks above water, as eyewitnesses have claimed.

~An abandoned puppy was found in Missouri with a “tail” growing out of its head. The puppy was immediately hailed as a “unicorn” and named Narwhal after the long-toothed arctic whale he resembles. The small furry “tail” hangs down right between the puppy’s eyes and flops from side to side when he plays. The appendage is not really a tail and is not a health risk, just a unique feature, and it has gotten Narwhal a lot of attention. He became an internet sensation, and hundreds of people applied to adopt him.
**Happenings in MARCH**

1558 – Spanish physician Francisco Fernandes introduced smoking tobacco to Europe as a cure-all. Frenchman Jean Nicot delivered the plant to his queen Catherine de’ Medici. She called the new plant *Nicotiana*, which led to the name of the addictive substance nicotine.

1818 – Mary Shelley published her novel *Frankenstein* at the age of 21. The book is often called the world’s first science fiction novel.

1831 – After failing to attend class, roll call, parades, and chapel, Edgar Allan Poe was court-martialed and ultimately kicked out of West Point Military Academy.

1852 – Uncle Sam, with his star spangled top hat and white beard, was first featured as a cartoon character in the *New York Lantern Weekly*, drawn by Frank Bellew.

1872 – Yellowstone National Park was established as America’s first national park.

1886 – The first batch of Coca-Cola was brewed in an Atlanta backyard. Dr. John Pemberton, its inventor, declared that the tonic could cure anything from hysteria to the common cold.

1892 – Jesse W. Reno patented his “Endless Conveyor.” Now known as an escalator, the invention’s rights were later sold to Elisha Otis of elevator fame.

1901 – Wilhelm Maybach of the Daimler Motor Corporation introduced a 35-horsepower Mercedes automobile at the five-day “Week of Nice” auto show in Nice, France. The Mercedes 35 HP is regarded as the first modern car.

1902 – Nine auto clubs representing 1,500 members met in Chicago, Illinois, to found the American Automobile Association. One of AAA’s goals was to improve the nation’s roads for automobile traffic as opposed to horses and buggy travel.

1912 – American First Lady Helen Herron Taft and Viscountess Chinda, wife of the Japanese ambassador, planted the first two Yoshino cherry trees at Washington D.C.’s Tidal Basin. They were the first of 3,000 trees gifted to the U.S. by the Japanese government.

1913 – More than 5,000 women marched on Washington, D.C., demanding female suffrage, including journalist Nellie Bly and activist Helen Keller. Six years later, the 19th Amendment granted women the right to vote.

1918 – The U.S. Congress formally established time zones and the first Daylight Saving Time throughout the country. The law was designed to save electricity during World War I.

1922 – Annie Oakley broke all existing records for women’s trap shooting. At age 62, she hit 98 out of 100 targets.

1923 – A craze for dance marathons began when 32-year-old Alma Cummings danced for 27 hours straight with six different partners. Such marathons were popular during the Great Depression because they provided contestants with food, shelter, and an opportunity to win cash prizes.

1930 – Colonel Harland Sanders founded his Kentucky Fried Chicken chain of restaurants in North Corbin, Kentucky.

1931 – “The Star-Spangled Banner” officially became the national anthem of the United States. Despite the fact that millions of people know the song, it is still ranked as the most difficult national anthem to sing. The lyrics were written as a poem in 1814 by Francis Scott Key.

1931 – Inventor Jacob Schick introduced the first practical electric razor. It sold for $25.

1935 – Six-year-old actress Shirley Temple pressed her hands in cement outside Grauman’s Chinese Theatre in Los Angeles. She won attention with a song and dance in the 1934 movie *Stand Up and Cheer! And beat out Clark Gable, Fred Astaire, and Ginger Rogers to become America’s biggest box-office draw.

1940 – Triple Crown champion Seabiscuit won the final race of his illustrious career with a come-from-behind victory at the Santa Anita Handicap. He retired as horse racing’s top money-winner of all time.

1944 – For the first time, the Oscar ceremony was held at a large public venue, Grauman’s Chinese Theatre. Jack Benny served as master of ceremonies, and *Casablanca* won Best Picture.

1959 – The Barbie doll made its debut at the American International Toy Fair in New York. Barbie was modeled after the German Lilli doll, originally a racy gag gift for adult men sold in tobacco shops.

1969 – New York Yankees baseball great Mickey Mantle announced his retirement. The famous switch hitter played his entire 18-year major league professional career for the Yankees.

1974 – While digging a water well, Chinese farmers discovered the Terracotta Army, collection of 8,000 clay warrior statues buried to guard the tomb of the first Emperor of China, Qin Shi Huang.

1990 – In the largest art theft in U.S. history, 13 paintings, collectively worth around $500 million, were stolen from the Isabella Stewart Gardner Museum in Boston. The artwork has never been recovered.

2001 – After 15 years in orbit, the Russian space station Mir, meaning “peace,” safely splashed down into the Pacific Ocean. First launched by the Soviet Union in 1986, the aging spacecraft had hosted 125 astronauts from 12 different nations.
Spiritual Wellness Month: Be Content Whatever The Circumstances

Spiritual Wellness Month
“I have learned to be content whatever the circumstances. I know what it is to be in need and I know what it is to have more than enough. I have learnt the secret to being content in any and every situation, whether well fed or hungry, whether poor or rich. I have the ability to face all situations because of the strength God gives me.” Philippians 4:11-13
This is the sign above my desk that I read everyday that I am in my office. I am not there yet, but it is what I strive for. Contentment. A belief that things will be okay and that I will be okay.

Purpose In Human Existence
Spiritual Wellness is generally considered to be the search for meaning and purpose in human existence, leading one to strive for a state of harmony with oneself and others, while working to balance inner needs with the rest of the world.
The path to spiritual wellness may involve meditation, prayer, affirmations, or specific spiritual practices that support your connection to a higher power or belief system.
Having compassion, the capacity for love and forgiveness, altruism, joy, and fulfillment, help you enjoy your spiritual health. Your religious faith, values, beliefs, principles, and morals define your spirituality.

Beverly’s Hot Tips For Building Resiliency and Achieving Spiritual Wellness:

Evaluate your own spiritual wellness with this brief quiz.

- Do I make time for relaxation in my day?
- Is there time for meditation and/or prayer?
- Do my values guide my decisions and actions?
- Am I accepting of the views of others?

Make time.
Start with breathing. It can serve as a break from the increase of stress during your day and help you to get refocused when faced with a difficult situation or project.

- Lie or sit in a comfortable position
- Place your hands, one above and one below your belly button, to help experience the filling and releasing of your entire lung capacity
- Breathe in through your nose
- Breathe in three parts by filling the bottom of your lungs (expand your lower stomach), then the middle, and then the top of your lungs
- Hold for a count of three
- Breathe out in three parts by releasing the top, then the middle and finally the bottom
- Your shoulders should roll slightly forward as you force all of the air from your lungs
- Repeat this process several times a day for 5-10 breaths
- Should you start to feel light-headed from the increase in oxygen to your system, shake your arms and hands vigourously to use up the extra oxygen

UPCOMING EVENTS @ NESHAMINY MANOR

SODEXO DINING SERVICES AND THE ACTIVITIES DEPARTMENT PRESENT
Chef Present
A unique dining experience

THE CAROL BURNETT SHOW
Watch for the exciting details to unfold
Starting February

SUNDAY MARCH 8th
Daylight Savings time begins
turn your clocks ahead an hour

Last day to register to vote: Monday March 31, 2020
Absentee Ballot sign up: Thursday April 2nd, 2020
Absentee ballot voting: Friday April 24th 2020