



# WEL-LIFE

## AT PAPIILLION

801 N Adams St • Papillion, NE 68046

### March 2010

#### AT YOUR SERVICE ...

Valerie Duntz, RN ..... Director  
 Sara Tomek, RN ..... DON  
 Josh Coberly ..... Maintenance  
 Ryan Johnson ..... Maintenance  
 Carol Monte ..... Housekeeping  
 Elisa Zafft ..... Dietary  
 Ellen Hauptman ..... Beautician

#### Office Hours

Monday-Friday ..... 8 a.m.-5 p.m.

#### Important Numbers

Office ..... 339-1775  
 Nursing Staff ..... 505-2097  
 Beauty Shop Contact .... 393-1982  
 Weather Conditions ..... 392-1111



#### VALERIE'S VERSE

When I think of the month of March, several things flood my mind. "In like a lion ... out like a lamb." Blustery March winds can easily hold up a kite for hours. Basketball lovers will look forward to "March Madness" and, of course, corned beef, cabbage and green beer on St. Patrick's Day. Who is the man behind the holiday? St. Patrick, patron saint of Ireland, is one of the most widely recognized saints. He was born late in the 4th century in Britain to wealthy parents, kidnapped at the age of 16 by pirates, taken to Ireland, and was sold as a slave. His owner sent him to the mountain to tend the sheep. He became so lonely that he prayed fervently. Upon escaping, he spent 15 years studying to become a priest. After his ordination, he returned to Ireland as a missionary. Patrick spent more than 20 years

traveling around the country, establishing monasteries, churches and schools, before his death on March 17, A.D. 461.

March has also been deemed "Optimism Month." How perfect ... just when we have become pessimistic because it seems winter will never end, we are reminded to have a positive attitude, to hang on, because spring is just around the corner.

Definitions of a pessimistic child: One who will sit in a room filled with toys and not play, for fear he might break one.

An optimistic child will dig through a pile of manure, knowing there's got to be a pony in there somewhere.

March is the time for us to dig through the cold and snow to find the first signs of warmth and beauty. It is there—God promises the flowers do return every spring, no matter how long and hard the winter.

#### Daylight Saving

Remember that daylight saving time begins on the second Sunday in March. So move those clocks ahead one hour before you go to bed so you won't be late! We can now look forward to longer days filled with sunshine!

#### Three-Leaf Clover

The word "shamrock" is derived from the Gaelic word *seamrog*, meaning "little clover." It is used to refer to a variety of three-leaved plants, but the one many experts regard as the official Irish shamrock is a yellow-flowered clover, *Trifolium dubium*.





## Trivia Whiz

Green should be the official color for March. After all, it's the month when all things dormant begin to come alive. And, of course, green rules on St. Patrick's Day. What else is green?

### ***Safer spending.***

American currency has been green since 1862, when the U.S. Treasury Department created a green ink to discourage counterfeiters.

### ***Sacred symbolism.***

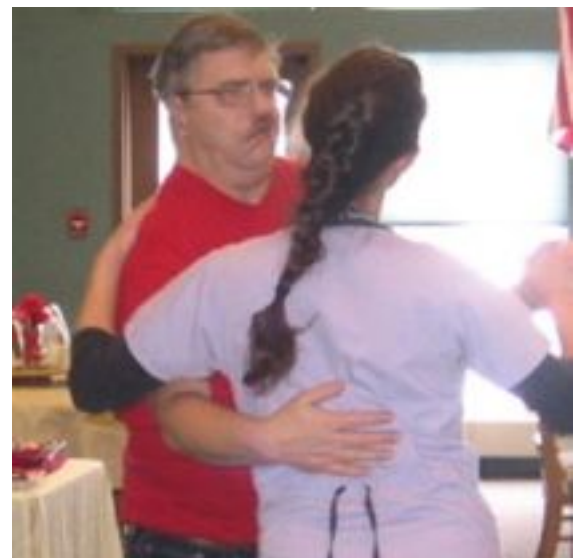
In Japan, green is regarded as the color of eternal life.

### ***Scientific factors.***

Green is noteworthy in the world of science because the chemical chlorophyll causes plants to be green. The color is also important in the development of technology such as night-vision goggles, which depict views using that hue because the human eye is most sensitive to it and is more easily able to discern shades of that color.



Valentine's party was filled with chocolate, dancing and serenading.



## Historic Events in March

44 B.C.: Roman emperor Julius Caesar is killed on the Ides of March.

1794: Eli Whitney receives a patent for his cotton gin.

1845: The rubber band is patented by Stephen Perry.

1850: "The Scarlet Letter" by Nathaniel Hawthorne is published.

1894: Coca-Cola is sold in bottles for the first time.

1903: In New York, the Martha Washington Hotel opens, the first hotel exclusively for women.

1912: Juliette Low founds the American Girl Guides, better known today as the Girl Scouts.

1931: Congress officially adopts "The Star-Spangled Banner" as the national anthem of the United States.

1933: New York experiences the premiere of "King Kong."

1952: Jonas Salk first tests his polio vaccine, which he announces publicly in 1955.

1959: The Barbie doll debuts to the delight of girls everywhere.

1961: President John F. Kennedy establishes the Peace Corps.

1978: Charlie Chaplin's coffin is stolen from a Swiss cemetery and held for ransom.

1981: The "most trusted man in America," anchorman Walter Cronkite, retires from the "CBS Evening News."

## Irish Blessing

May your blessings outnumber  
The shamrocks that grow,  
And may trouble avoid you  
Wherever you go.

## Sara Shares

Tai chi, which originated in China as a martial art, is a mind-body practice in complementary and alternative medicine. Tai chi encompasses the Chinese view of yin and yang (opposing forces within the body) and qi (a vital energy or life force). Tai chi is sometimes referred to as a "moving meditation"—practitioners move their bodies slowly, gently and with awareness, while breathing deeply. All of the moves involve slow, relaxed, graceful movements, each flowing into the next. The body is in continual motion, and posture is very important. Individuals practicing tai chi need to focus, putting aside any distracting thoughts, and must breathe in a deep relaxed, focused manner.

Tai chi is a great exercise for seniors. It is gentle on joints so you can practice tai chi regardless of age or physical ability. One of the main uses of tai chi is in fall prevention programs. Research has shown that tai chi reduces fall risk by decreasing the fear of falling though increased self-confidence. Tai chi offers many other benefits, including:

- Stress reduction
- Reducing anxiety
- Improving balance, flexibility and muscle strength
- Improving sleep quality
- Relieving chronic pain
- Increasing energy, endurance and agility
- Improving overall feelings of well-being.

Tai chi is generally safe as long as you are aware of your own body limitations. And as with any exercise, if you overdo it, your muscles may feel sore afterwards.

Tai chi class is held at Wel-Life in the front family room every Tuesday at 1 p.m.



## Wit & Wisdom

"Luck is what happens when preparation meets opportunity."  
—Seneca

"I'm a great believer in luck. And I find the harder I work, the more I have of it." —Thomas Jefferson

"Luck affects everything. Let your hook always be cast; in the stream where you least expect it, there will be a fish."  
—Ovid

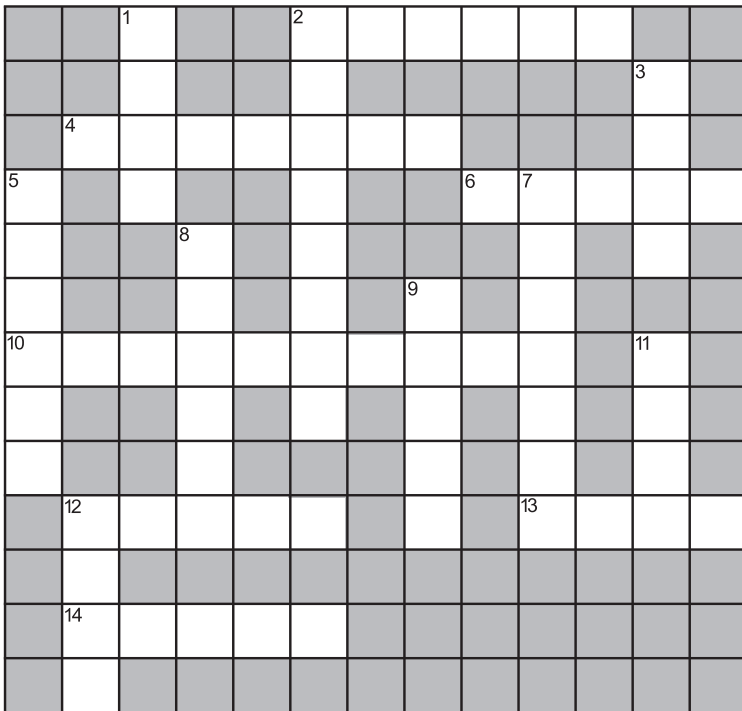
"Being deeply learned and skilled, being well-trained and using well-spoken words—this is good luck." —Buddha

"Those who have succeeded at anything and don't mention luck are kidding themselves."  
—Larry King

"The only thing that overcomes hard luck is hard work."  
—Harry Golden

# March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 World Day of Prayer	6
7 82nd Annual Academy Awards	8	9	10 Happy Birthday Barbara Steyer Happy Birthday Employee Maria Marquez	11 Johnny Appleseed Day	12	13
14 Daylight Saving Time Begins	15 Ides of March	16	17 Happy St. Patrick's Day 	18 Happy Birthday Employee Carol Monte	19 St. Joseph's Day	20 Spring (March 20-June 21)
21 Happy Birthday Kevin Hyde	22 As Young As You Feel Day	23	24	25 Pecan Day	26	27
28 Palm Sunday	29	30	31			



## march ..... crosswords

**Across:**

- 2. Burst forth
- 4. Green island
- 6. Newly picked
- 10. Mischievous elf
- 12. Mix of blue and yellow
- 13. Gusting air
- 14. Fortunate

**Down:**

- 1. Egg-laying vertebrate
- 2. Trifoliate clover
- 3. Suspended water particles
- 5. Purple flower
- 7. Curvy, colorful illusion
- 8. Public procession
- 9. Third month
- 11. Falling moisture
- 12. Precious yellow metal

