



March 2013

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Old Faithful's Home

On March 1, 1872, Congress created the first national park—Yellowstone, covering more than 3,400 square miles, mostly in Wyoming. Its most famous feature is the geyser Old Faithful.

March Folklore

So many mists in March you see; so many frosts in May will be.

No More Drips

Save a few of the plastic bags that newspapers come in, and keep one in your purse or car. The next time you have to use your umbrella on a rainy day, put it in the bag when you get where you are going to avoid the mess of a wet umbrella.

Mini Manicure

An eyeglasses case can be used as a mini manicure kit. Stock it with nail clippers, files and other nail care items, and use it at home or on the go.



Spring Is Here

Equinox is when day and night are the same length. This happens twice a year, in September and in March. The vernal equinox, which this year is on March 20, is considered the first day of spring.

Keep Playing

Is your favorite board game missing a piece? Use a button as a substitute.

Positive Thought

"The dog that trots about finds a bone." —Golda Meir

Say What?

spendthrift \ SPEND-thrift

\ noun

A person who spends money frivolously.

Example sentence: Susie was quite the spendthrift; she couldn't resist buying three more leather purses.

Ginger Zinger

With a peppery and slightly sweet taste, ginger is a popular spice that is good for you. The most commonly known use of ginger is to alleviate nausea, but it also promotes bone health, regulates digestion and fights the flu. Spice up your next dish with a little ginger.

'Nut' Is One

How many words can you come up with using the letters in "paramount"?

Seasonal Selections

Spring has sprung, and so have these green fruits and veggies: artichokes, avocados and asparagus.



Remember Me?

One of the most recognizable faces of the Hollywood musical era, Gene Kelly was a master dancer, director, actor and choreographer.

Kelly was a perfectionist. While playing the lead in the Broadway production of "Pal Joey," he would sometimes work past midnight perfecting every move.

Kelly was known for his athletic style of dancing. Cyd Charisse, a frequent dance partner of Gene's, stated that her husband could always tell who she'd been dancing with that day. "If I was black and blue, it was Gene. And if it was Fred (Astaire), I didn't have a scratch."

Kelly's 1952 movie "Singin' in the Rain" is one of the most popular film musicals of all time.

Superstar Nutrients for Seniors

Even if you're the picture of perfect health, your body still needs certain nutrients more than it did 20 or 30 years ago. In observance of National Nutrition Month, make sure you Eat Right, Your Way, Every Day by adding these superstar nutrients to your plate:

Vitamin B12. This vitamin keeps your nerve and blood cells healthy. B12 deficiencies can make you feel tired, negatively affect your appetite and even cause depression and confusion. B12 can be found in fish, eggs and milk.

Potassium. In addition to helping muscles contract, potassium can also somewhat protect against sodium's negative effects on blood pressure. Foods rich in potassium include spinach, carrots, potatoes and oranges.

Calcium and vitamin D. Calcium has long been considered the heavy hitter of this dynamic duo—supporting

muscles and bones, participating in hormone release and acting as a nervous system messenger—but scientists have found that vitamin D may be important beyond its role as calcium's helper. Good sources of these nutrients are salmon, egg yolks, broccoli and milk.

Check with your doctor to determine whether you're getting enough and if a supplement may be right for you.



A Relic of the Past: Card Catalogs

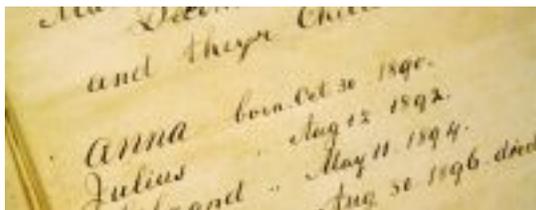
Long before libraries used online directories to guide a reader to a chosen book, the card catalog system was a familiar sight to library visitors. Housed in large shelved structures made of wood or metal, card catalogs often took up entire rooms in larger libraries.

The Dewey Decimal Classification (DDC) system was one of the more popular ways to catalog. Written on standard-sized cards, a book would be broken down by author, edition and title, along with all other pertinent information. There are 10 main classes, or categories, of books, from 000 (Computer Science) to 900 (History and Geography). Each class has sub-classes, and according to these

classifications, a book receives a number to be shelved appropriately. For example, a person searching for books about World War II would be directed to call number 940.53.

The DDC system is still the most widely used system today, but in an online format instead of on paper cards. However, the physical drawers once used by the card system often appear in vintage sales, finding new life as collector's items and whimsical furniture.





Record Your Genealogy

A wonderful gift for parents to give their children or grandchildren is documentation of family history. Many have little or no record of genealogy, and this information is vital to retaining history and memories of how a family began.

There are many online resources available to help you get started. At www.FamilyTreeMagazine.com/freeforms, anyone can download and print worksheets to make organizing information easier. Ancestry.com is probably the most thorough website, but you must buy a subscription to read most of the information.

Internet access isn't required for this project, however. Simply putting pen to paper and listing out remembered names, birthdays and cities of origin can be eye-opening. Aunts, uncles, siblings, cousins—everyone should be included.

Another way to record the information is to videotape an interview with the eldest living family member. Ask questions about old neighborhoods, traditions, holidays and vacations. This may help the person recall family members, and the reminiscence adds sentimental value to the video.

Recording such information can spark wonderful memories.

Quilting in America

Maybe you have one that's a family heirloom, lovingly draped over your favorite chair. Or perhaps you've even sewn one yourself. Cozy enough to cuddle up with and pretty enough to hang on a wall, the quilt is a practical piece of artwork that has a rich history in America.

Originating from a Latin term meaning "stuffed sack," the quilt has three layers: the decorated top, filler (or batting) in the middle, and the backing. There are three types of quilts: whole cloth, appliqué and patchwork, the most common style today.

The practice of quilting can be traced back to the ancient Egyptians. In the late 11th century in Europe, knights wore quilted clothing under their armor. After colonists brought quilting to America, the craft quickly became popular with settlers heading west.

American quilts were originally used as bed coverings and were hung across drafty doorways and windows. The patchwork style arose from using scraps of fabric to make a quilt, since new cloth was rare and expensive.

Quilting bees were popular social events among women settlers, who would gather and complete several quilts in a day's time.

The sewing machine and greater availability of fabrics allowed quilting to become a more creative and fashionable art by the 1900s. Although styles and patterns have changed throughout history, quilting has remained a fascinating skill and is still popular with contemporary crafters.



Talk About It

Make It Up

March 26 is Make Up Your Own Holiday Day. With March also containing National Pig Day, National Grammar Day and National Open an Umbrella Indoors Day, it's clear that just about anything can be celebrated as a holiday.

Have you ever thought about starting a new holiday? What happened to make you consider the idea?

What do you think would make a good holiday? Would it relate to a person, place or thing? How would it be celebrated? What traditions could be started?

What is the craziest name you can think of for a new holiday?

Are there any existing holidays you feel should be celebrated differently? What new traditions could be added to existing holiday celebrations?

March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>happy spring!</i> 					1	2
3	4	5	6	7	8 	9
10	11	12	13	14	15	16
17 	18	19	20	21	22	23
24/31	25	26	27	28	29	30 

"This Month In History" MARCH

1475: Michelangelo—prolific Renaissance painter, sculptor, architect and poet—is born.

1839: "O.K." appears in The Boston Morning Post, the first known publication of the slang term.

1845: Congress uses a two-thirds majority vote to override a veto from President John Tyler, the first time an override is successful.

1868: The impeachment trial of President Andrew Johnson begins. The trial concludes May 26 with Johnson's acquittal.

1887: Teacher Anne Sullivan meets and begins to work with Helen Keller, embarking on a lasting relationship with widespread impact.

1904: Author Theodor Geisel, better known as Dr. Seuss, is born in Springfield, Mass. Every year near his birth anniversary, Read Across America is held, celebrating Seuss' work and encouraging children to read.

1911: The song "Alexander's Ragtime Band" is copyrighted by Irving Berlin. The song becomes the biggest pop hit of the early 20th century.

1917: President Woodrow Wilson signs the Jones-Shafroth Act, granting U.S. citizenship to inhabitants of Puerto Rico.

1930: In Buffalo, N.Y., Mrs. Charles Fahning is recognized as the first woman to bowl a perfect game.

1955: The Pulitzer Prize-winning play "Cat on a Hot Tin Roof" by Tennessee Williams opens on Broadway.

1980: One of the biggest cliffhangers in television history, the "Who Shot J.R.?" episode of "Dallas," airs, leading to eight months of speculation about the culprit.

2000: Julia Roberts is paid \$20 million for her Academy Award-winning turn as Erin Brockovich, becoming the first actress to earn that amount for a single film.