

February's Flower Arrangement Class.



March Birthdays

Residents

March 3rd – Jimmie Main
March 4th – Elizabeth McGuire
March 10th – Addison Stevens
March 12th – Mary Preall
March 15th – Gloria Findlay
March 23rd – Marion Carnevale
March 28th – Frank Puccia

Staff

March 2nd – Latasha Britt
March 4th – Keith Dudinski
March 5th – Jordan Chizuk
March 11th – Paris Spann
March 13th – Kandy Morris
March 16th – Keri McDonell
March 17th – Tammey Pulitano
March 18th – Shakeitha McIntyre
March 26th – Walter Hendrix
March 27th – Michelle Ross



What's Happening at Heather Heights

Heather Heights of Pittsford | 160 W. Jefferson Rd. | 585.246.1600 |



Management Team

Carrie Bardo
Administrator

Tiffany Arnold
*Assistant Administrator
Business Office Manager*

Kellie McManus
Director of Personal Care

Beth McMullen
Case Manager

Erin Schneider
Recreation Director

Andy Armstrong
Culinary Director

Tony Rivera
Maintenance Director

Mike Lee
*Housekeeping & Laundry
Director*

Message from the Administrator

Dear Friends,

In March we will start seeing our first signs of Spring. March 20th is the first day of spring next month. We have been fortunate with a very mild winter. I look forward to seeing all the beautiful Easter flowers which always remind me that spring is right around the corner.

Last month, I hosted a conversation about Heart Health. I am planning on offering a monthly conversation about any topic you are interested in learning more about. It can be medical or just something that you would like to discuss. Someone suggested talking about skin health. So next month, I plan on having a class about skin and things you should be on the lookout for when doing skin checks.

Make sure you stop by and enjoy a treat with us.

Love,
Carrie

The Importance of Heart Health with Carrie



Employee of the Month



Eric Totten

Lookout for Our new Birdhouses This Spring



Shamrock Hunt

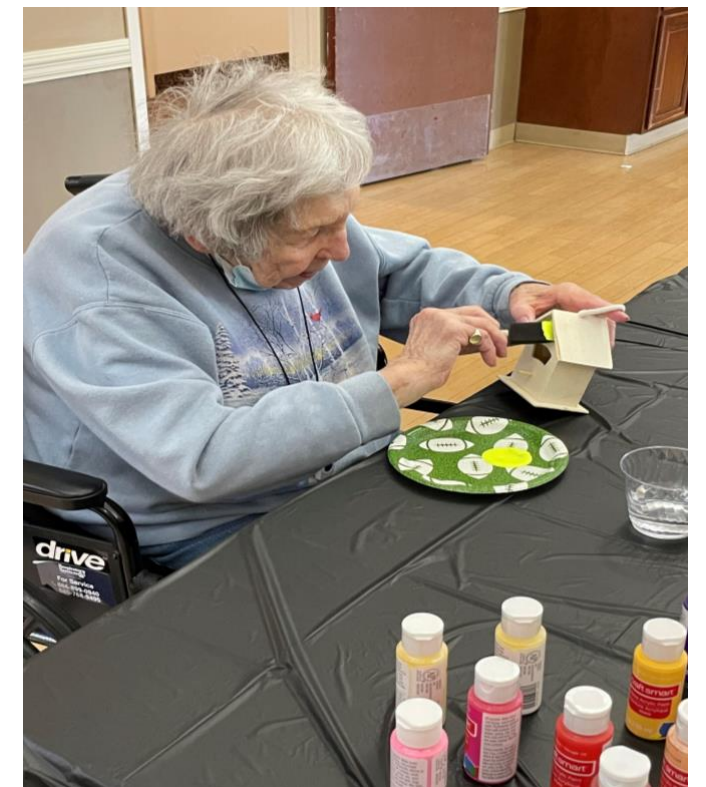
Friday March 17th

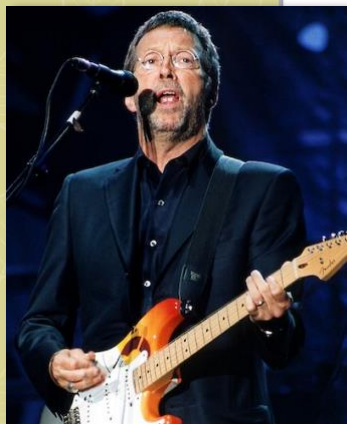
All around the property you'll find shamrocks hiding everywhere.

If you see one, pluck it off the wall and keep count. After lunch you will turn them in and we will decide our 2023 Shamrock Hunt Winner!



Carrie discussed the importance of good diet, exercise, and all aspects of heart disease.





Notable Quotable

“There are two things I’ve got a right to, and these are, Death or Liberty—one or the other I mean to have.”

~ Harriet Tubman, American abolitionist



March Horoscopes and Birthdays

In astrology, those born from March 1–20 are Pisces’ Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists. Those born from March 21–31 are Aries’ Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries’ charisma and confidence make them effective leaders.

Lupita Nyong’o – March 1, 1983
Dr. Seuss – March 2, 1904
Rob Reiner – March 6, 1947
Lester Holt – March 8, 1959
Chuck Norris – March 10, 1940
Simone Biles – March 14, 1997
Nat King Cole – March 17, 1919
Vanessa Williams – March 18, 1963
Spike Lee – March 20, 1957
Chaka Khan – March 23, 1953
Aretha Franklin – March 25, 1942
Mariah Carey – March 27, 1970
Eric Clapton – March 30, 1945

Spanish Main *(cont. from pg. 3)*

cultivation of this rare and expensive spice. Saffron comes from the crocus flower. Its vivid crimson stigmas sprout from inside the petals like delicate threads. Saffron is not native to Spain but comes from Asia Minor and was introduced to Spain by Moorish conquerors in the 10th century. If one digs a bit deeper into the history of paella, it appears that this dish has Arab origins, too. Servants of the royal courts of Arabic Spain would take

home lavish leftovers and add them to pans of rice. Some believe that the word *paella* derives from the Arabic word *baqiyah*, which means “leftovers.”

So how did this Moorish dish of Valencia become a national symbol of Spain? Purportedly, it was dictator Francisco Franco’s favorite dish. It was he who declared it the official dish of Spain as part of his strategy to create a national identity.

American Hero

March 10 is Harriet Tubman Day, a day to honor the legacy of the famed abolitionist and social activist. Tubman embodies the ideals that shape America: freedom, courage, leadership, and justice.

Born into slavery, Tubman escaped to the North in 1849 and became a “conductor” on the Underground Railroad. With a \$40,000 bounty on her head, Tubman made 13 missions to free 70 enslaved people. Her extensive knowledge of the South

made her an invaluable asset to the Union army during the Civil War. She became a spy and scout, often donning disguises to infiltrate Confederate strongholds. She provided vital information about supply routes and troop movements to Union commanders. Tubman even became a Union militia leader, leading an attack against Confederates in South Carolina. It took decades for her to receive recognition for her military service, but she was finally awarded a pension in 1899.

March 2023

Celebrating March

Women’s History Month

International Mirth Month

Dr. Seuss Day *March 2*

Purim Begins *March 6*

95th Academy Awards *March 12*

St. Patrick’s Day *March 17*

Wellderly Week *March 20–24*

Nowruz Begins *March 21*

Ramadan Begins *March 22*

American Crossword Puzzles Week *March 31–April 2*



Spanish Main

Visitors to Spain take pains to find a restaurant that serves delicious paella. This hearty mix of rice and meat or seafood is Spain’s national dish and, for those who prepare it, a matter of national pride. Taste the dish on March 27, Spanish Paella Day, and you’ll taste centuries of Spanish history.

Paella originated in Valencia, the sunny locale sitting on the Mediterranean coast. Local lore tells of how the dish was a favorite of hungry farmworkers who tossed rice and whatever food they could find into a pan—roots, vegetables, scraps of meat, or even eel from a nearby stream—and cooked it over open

fires. During the 19th century, it became fashionable for rich city folk to visit the seaside. These aristocrats brought the dish back to their kitchens where they introduced expensive ingredients like chicken and saffron, a spice that imparts paella with both its alluring golden color and earthy floral flavor.

Saffron is considered an essential ingredient in any paella, and Spain takes pride in the

(cont. on pg.6)



Root Cause

Hooray for Cheerleading Week from March 6–12! The first cheers did not come from organized squads of women waving pom-poms. It was at Princeton University in 1884 that the crowd first cheered in unison: “Rah, rah, rah! Tiger, tiger, tiger! Sis, sis, sis! Boom, boom, boom! Aaaaaah! Princeton, Princeton, Princeton!” Princeton graduate Thomas Peebles then brought

the idea to the University of Minnesota. Peebles became the school’s football coach and, during scrimmages, would spontaneously burst into the Princeton cheer. Minnesota student Johnny Campbell then decided to develop a cheer for the Gophers. During a game, Campbell leaped from the stands to lead the crowd in his chant, becoming the first cheerleader.

A Doll's Debut



Original Barbie dolls in mint condition are worth \$25,000.

Ruth Handler watched her daughter ignore baby dolls in favor of playing with paper dolls of adult women. Handler realized that some young girls did not want to play mother to babies, but rather they wanted to use their imaginations to envision their futures as adults through play. Handler's solution was to introduce a new doll to the market. On March 9, 1959, Barbie made her debut at the American Toy Fair in New York City, and her popularity has endured for nearly 65 years.

Handler based her design, a slim 11-inch-tall woman with wavy blonde hair and a full feminine figure, on a German doll named Lilli. Lilli was first introduced not as a doll for German girls, but as a bold and quick-witted woman in a newspaper comic strip geared toward men. Lilli's popularity grew so much that she became a toy for children.

The Time Has Come



Hawaii and Arizona do not practice daylight saving time but are on permanent standard time.

On March 12, people will turn their clocks one hour forward for the start of daylight saving time (DST). In 1784, Ben Franklin published a satirical essay suggesting that clocks move forward an hour in spring and fall back again in the fall, but the notion was not taken seriously in America until World War I when the first clock adjustment was made to conserve energy.

Each year, opponents of DST argue that the time change has serious negative impacts on

Handler discovered Lilli on a visit to Germany. She brought the doll home, made a few changes, and named her Barbie after her own daughter Barbara. Handler, founder of the Mattel toy company, utilized a sponsorship deal she had signed with *The Mickey Mouse Club* to advertise the doll on television to children. In its first year on the market, 300,000 Barbie dolls were sold.

As popular as Barbie has been, though, she has always generated plenty of controversy. Barbie's careers as an executive and astronaut were viewed as challenging women's traditional roles. Her unrealistic figure (a holdover from the Lilli age) has been criticized as perpetuating negative body images for young girls. Regardless, Barbie has weathered these storms, bringing in one billion dollars for Mattel each year.

health. Sleep deprivation and "circadian misalignment," the mismatch between our biological rhythms and the natural light cycle, may increase levels of the stress hormone cortisol in our bodies, leading to a slew of health problems like strokes, heart attacks, obesity, diabetes, and seasonal depression. One year ago, the U.S. Senate passed the Sunshine Protection Act, making DST permanent. The House of Representatives has yet to vote on the matter.



The oldest city park in America is the Boston Common, which was established in 1634.

The Power of Parks

Stretch your legs on March 30, Take a Walk in the Park Day, by strolling through your favorite local park. Parks are vital public resources. They have been proven time and again to increase property values, improve local economies, and decrease crime. Most importantly, they offer opportunities for people to get outside! They are public spaces

for people to gather. Fields, trails, and courts offer opportunities for people to exercise and get healthy. Natural landscapes filled with trees and flowers not only provide valuable habitat for animal life and clear air but they offer tranquil retreats for visitors. Spending time surrounded by nature reduces stress, improves mood, and increases happiness.

India's Local Color

The Hindu festival of Holi has been celebrated on the Indian subcontinent since the fourth century. It is celebrated at the end of winter, on the date of the last full moon of the first month of spring, and falls this year on March 8.

The holiday has many names: the Festival of Spring, the Festival of Colors, and the Festival of Love. Like many spring festivals, Holi is a holiday of rebirth and renewal. Historically, Holi was an agricultural festival, a time to give thanks to the fertile land and the crops it brings. For Hindus, it is also a holiday of forgiveness and new starts. People forgive past wrongs and renew relationships.

One of the defining legends of Holi is that of the deities Radha and Krishna and their divine love. Krishna despaired that the fair-skinned Radha would find his dark skin unattractive. Krishna's mother Yashoda told him to ask Radha to color his

face any color she liked. Radha accepted the idea and the two became united in love. One of the most famous rituals of Holi is the throwing of colored water and powder. Many people end the day covered in the colors of the rainbow as a remembrance of the gods Radha and Krishna and their love for each other.

Still another legend celebrates the triumph of good over evil. King Hiranyakashipu was lord of several powerful demons who made him as powerful as a god. The king's sister Holika demanded that the king's son Prahlada worship him, but Prahlada refused, staying true to the god Vishnu. When Holika attempted to burn Prahlada on a pyre, Vishnu intervened and destroyed Holika and the evil king. This is why, on the eve of Holi, great bonfires are burned to commemorate the defeat of the demoness Holika and the triumph of good over evil. It is from this legendary vanquishing of Holika that the festival of Holi gets its name.



Holi's colors have symbolic meaning. Red symbolizes love, while yellow represents health and happiness.