

Marching to a Healthy Beat



March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Having fresh fruit and vegetables in your home is a simple way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best. Perhaps it is no coincidence that March is also Quinoa Month (pronounced *KEEN-wah*). This ancient seed, harvested high in the Andes Mountains, is one of nature's most perfect foods. In 1955, researcher Philip White wrote, "While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom." That's high praise for an often-overlooked food.

Quinoa is called grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the "mother of all grains" and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It's a nutritive powerhouse.



March Birthdays

Resident Birthdays

Bill Moore- March 2nd
 Dianne Cutler- March 2nd
 Edwina Buehler- March 5th
 Shirley Mesmer- March 10th
 Mary Preall- March 12th
 Eileen Limburg- March 13th

Staff Birthdays

Keith Dudinski- March 4th
 Lisa Wanzenreid- March 10th
 Kandy Morris- March 13th
 Denyetta Daymon- March 14th
 Keri McDonell- March 16th

March Outings:

March 12th: 12:00pm Lunch at McArdle's

March 26th: 12:00pm Lunch at Northside Inn

All outings are subject to change based on weather and staffing. Sign up forms are on the table under the daily schedule in the lobby

Quote of the Month:

"May your troubles be less, and your blessing be more, and nothing but happiness come through your door"
 -Irish blessing

Heather Heights

160 W. Jefferson Rd, Pittsford, NY 14534 | (585) 264-1600 |

Leadership Team

Carrie Bardo

Executive Director

Tiffany Arnold

Assistant Executive Director and Business Office Manager

Michelle Kennison

Director Of Nursing

Andrea Testa

Assistant Director Of Nursing

Paula Biuso

Case Manager

Patricia Apple

Admissions Director

Andy Armstrong

Culinary Director

Mike Lee

Director of Housekeeping, Laundry & Maintenance

Erik Totten

Assistant Director of Housekeeping, Laundry & Maintenance

John Jakubonis

Recreation Director

Welcome Assistant Director of Nursing Andrea Testa

With 16 years of experience spanning relationship management, care coordination, and bedside nursing, Andrea brings a well-rounded skill set to support residents, staff, and leadership. She is dedicated to enhancing patient care and team collaboration and fostering an environment that prioritizes compassion and excellence. Outside of work, she enjoys spending time outdoors with her family, embracing her passion for nature and well-being.

March Happenings

The nominations for Employee and Resident of the Month are in! Maria Enloe is your Employee of the month. Nominated for how she connects with the residents in a fun, positive and polite way. Richard Mills is your Resident of the month. Nominated for his great sense of humor, positive outlook and ability to connect with others. The Food Committee has the ingredients for success as we value your suggestions and input on the meals. For those that missed February's meeting we will meet again on March 13th at 2:00pm and continually on the second Thursday of the month at 2:00pm in the Theatre.

Some Important Dates to Keep in Mind

- *Sunday March 2nd at 2:00pm in the Blue Recreation Room- Goodwin Irish Dancers
- *Tuesday the 4th at 2:00pm in the Blue Recreation Room- Mardi Gras Fun.
- *Wednesday the 5th at 2:00pm in the Blue Recreation Room- Ash Wednesday Service.
- *Thursday the 13th at 2:00pm in the Theatre-Food Committee
- *Friday the 28th at 1:00pm the Podiatrist- Theatre.

Advice From Mike Lee

"Spring is right around the corner and with spring comes unwanted pests like ants. Please be mindful of leaving food out in your room and report any spills on the floor immediately to your aide so it can be cleaned up. Ants love sweets so if you drop a piece of candy make sure you report it to your aide and be careful attempting to pick anything up off the ground."

Hope all is well!

John

Everyday Shakespeare

In his play *Julius Caesar*, William Shakespeare warned, “Beware the Ides of March” (March 15). Lucky for all lovers of the bard that Shakespeare Week falls from March 24 to March 30.



Shakespeare Week was begun in 2014 by the Shakespeare Birthplace Trust in England. Its goal is to make Shakespeare delightful, not dull. His works are part of the curriculum for half of the world’s schoolchildren. For many, the writings

of Shakespeare are remembered as difficult, mandatory high school reading. But, in Shakespeare’s day, his plays were considered bawdy, coarse, and boisterous, and theaters were often dirty, loud, and very crowded—some holding crowds of up to 3,000 people. A three-hour play was considered a rollicking good time. Shakespeare knew his audience.

Though many now consider Shakespeare’s plays to be examples of great literature, a part of high culture, or difficult to understand, Shakespeare wrote to his audience—many of whom were common folks just like himself. He was sure to include plenty of jokes, fights, love triangles, and off-color remarks.

Shakespeare has seeped into our everyday life. Many common expressions were written by Shakespeare, including:

“Wild goose chase” (*Romeo and Juliet*)

“Seen better days” (*As You Like It*)

“Off with his head.” (*Richard III*)

“Good riddance.” (*Troilus and Cressida*)

“Knock, knock! Who’s there?” (*Macbeth*)

“Break the ice.” (*The Taming of the Shrew*)

Utter one of these phrases between March 24 and March 30, and you might be celebrating Shakespeare Week without even knowing it.

Paws on the Trail

Mushers begin the “Last Great Race” across the Alaskan wilderness on March 1. The word *Iditarod* comes from the native northwestern Alaskan language and means “distant place.” It’s the name of a city, a river, a trail, and the famous roughly 1,100-mile dogsled race.

Not just any dog can compete in the race. Only dog breeds accustomed to the cold, such as Alaskan Malamutes and huskies, are allowed to race. In 1980, musher John Suter entered with a team of European poodles; many of the dogs were dismissed at checkpoints along the way with frozen feet. In 1990, rules for accepted dog breeds were established.

Frigid temperatures aren’t the only threat to a dogsled team. Massive moose have been known to charge at racers. To ensure the health and well-being of the dogs, they are treated like all-star athletes and are accompanied by veterinarians. The last team to cross the finish line receives the Red Lantern Award, named after the lantern that remains lit until the final dog arrives.

Celebrating the Mario Way

March 10, or rather

MAR10, is Mario Day—a holiday for the fictitious Mario Bros. video-game plumbers. It’s designated as such because MAR10 looks like MARIO. It also can be a day to celebrate the Marios in your life. Even if you don’t know a Mario, you can still

celebrate one. Cheer on racing legend Mario Andretti by watching highlights of his iconic career. Read a book by writers Mario Puzo or Mario Vargas Llosa. Grab a slice at Mario’s pizzeria.

While the name Mario is most often associated with Italy, it is quite common in Germany, Spain, Bulgaria, Greece, Latin America, and America. It comes from the Roman name *Marius*, which derives from *Mars*, the Roman god of war. For those wanting to give the name Mario a more delicate and feminine touch, there is the name Maria, or should we say MAR14?

Chasing Cherry Blossoms



It lasts for only two weeks, but what a beautiful two weeks it is. *Hanami* is the Japanese term for enjoying the spring beauty of blossoming flowers. The most

spectacular show of all is the viewing of the cherry blossoms, known as *sakura* by day and *yozaakura* by night. It begins at the end of March.

The practice of hanami began in seventh-century Japan, when wealthy elites and members of the Imperial court would gather to view plum blossoms. Soon, though, cherry blossoms became more highly regarded for their beauty. Before long, members of the “samurai class” joined in the viewing, and finally the practice became widespread among all people—rich or poor. The cherry blossom has even become Japan’s unofficial national flower.

The blossoming of the cherry trees also ushers in an entire season of hanami parties. Many rush to parks and reserve spots, relaxing under the blossoming trees with blankets. The most popular spot in the country for hanami is Tokyo’s Ueno Park, where there are more than 1,000 flowering cherry trees. Japan’s best hanami location may be the mountaintop town of Yoshino, where thousands of cherry trees burst into bloom and a veil of pink flowers resembling clouds slowly floats down the mountainside. The tiny lanes of this sleepy village become packed with visitors.

America’s most famous version of hanami begins every March in Washington, D.C. In 1911, the city of Toyko gifted 2,000 cherry trees to the U.S. Sadly, those trees were infested with insects and had to be destroyed. But Tokyo mayor Yukio Ozaki was undeterred. He sent a new shipment of 3,020 cherry trees, which arrived in Washington on March 26, 1912. Visitors have flocked to D.C.’s Tidal Basin to enjoy the cherry blossoms ever since.

Full-Court Frenzy

The “Road to the Final Four” begins Tuesday, March 18. Sixty-eight of the country’s best men’s college basketball teams will compete in a three-week tournament known as March Madness, or the Big Dance. With so many games to follow, it’s common for fans to watch several games at once across channels.

The tournament is also crucial for college basketball programs aiming to bolster their national reputation. The NBA draft takes place three months after the tournament, and a player’s performance during March Madness can impact their draft prospects. While the focus is on team play, standout individual performances still draw attention. Top contenders like Kansas, Duke, Kentucky, Arizona, and Gonzaga remain perennial favorites. Yet, the magic of March Madness often lies in the unexpected—a “Cinderella” team overcoming the odds to deliver a victory.

Barbie Beyond the Box



On March 9, 1959, the Mattel toy company unveiled the first Barbie doll at the American Toy Fair. Ruth Handler, cofounder of Mattel, was inspired to create the doll after observing her daughter prefer paper dolls of adult women over baby dolls. Barbie became the first adult doll for kids—and the star of the first TV ad aimed at children.

While Barbie has faced criticism for promoting gender stereotypes and unrealistic body proportions, the toy has generated over \$1.5 billion in sales.

In 2023, Barbie’s cultural impact reached new heights with the release of the *Barbie* movie, directed by Greta Gerwig. The film’s vibrant visuals, sharp humor, and exploration of identity captivated audiences worldwide, cementing Barbie’s status as both a toy and a cultural icon.