

Time Springs Forward Once Again

Springtime arrives in March, which means we'll start having longer days and shorter nights. March is also when Daylight Saving Time begins. So make sure to set your clock forward one hour on Sunday, March 13.

Happy Birthday

To Pisces And Aries

To Pisces and Aries!

Best birthday wishes go to the visionary and idealistic Fish and the courageous and exciting Ram. Hope you all have a star-studded day!

Five Things To Be Happy About

- The scent of Spring in the air.
- The beautiful colors of spring flowers.
- Relaxing with a favorite book on a rainy day.
- Watching children playing in the park.
- A close game of chess.

Did You Know?

March 1—President Kennedy establishes the Peace Corps (1961)

March 5—First jazz recording for Victor Records released (1917)

March 8—Fillmore East opens in New York (1968)

March 14—First American town meeting, at Boston's Faneuil Hall (1743)

March 15—First T.G.I. Friday's restaurant opens in New York City (1965)

March 18—Poppin' Fresh Pillsbury Dough Boy introduced (1961)

March 20—First known intercollegiate basketball game, Yale beats Penn 32-10 (1897)

March 23—University of California founded (1868)

March 31—Eiffel Tower officially opens (1889)

Spring Strawberry Spinach Salad

- 1 bunch spinach, rinsed
- 10 large strawberries, sliced
- 1/2 cup white sugar
- 1 teaspoon salt
- 1/3 cup white wine vinegar
- 1 cup olive oil

In a large bowl, mix the spinach and strawberries.

In a blender, place the sugar, salt, vinegar, and oil, and blend until smooth. Stir in the poppy seeds. Pour over the spinach and strawberries, and toss to coat.

Famous Quotes

I sometimes wonder if the manufacturers of foolproof items keep a fool or two on their payroll to test things. ~ Alan Coren

Late night TV is very educational. It teaches you that you should have gone to bed earlier. ~ James Dent

Success is 10% inspiration, 90% last-minute changes. ~ Author Unknown

March Trivia

1. What animal is honored on March 1?
a) Pig b) Horse c) Cow d) Chicken
2. What organ of the body is honored the third week in March?
a) Heart b) Skin c) Lungs d) Brain
3. What favorite food is honored in March?
a) Soup b) Eggs c) Steak d) Noodles
4. The week of March 20-26 is designated to honor what childhood pastime?
a) Chewing Gum b) Bubbles c) Slinky d) YoYo
5. What favorite snack food is honored in the month of March?
a) Corn chips b) Popcorn c) Peanuts d) Cheese curds

Answers: 1. A. 2. D. 3. D. 4. B. 5. C.

UNIVERSITY NURSING & REHABILITATION

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March

St. Patrick's Day Facts

- The tradition of serving corned beef and cabbage on St. Patrick's Day originated in America, not Ireland. Corned beef was not a staple of the Irish diet, but Irish settlers in New York began using it as a substitute for bacon.
- Colonial New York City hosted the first official St. Patrick's Day parade in 1762, when Irish immigrants in the British colonial army marched down city streets.
- Legend has it that St. Patrick drove all of the snakes out of Ireland, but snakes have never been native to the Emerald Isle. The serpents were most likely a metaphor for druidic religions, which steadily disappeared from Ireland in the centuries after St. Patrick planted the seeds of Christianity on the island.

Get Out There!

Sometimes as a senior, it's easy to spend a lot of time alone. But remember, it's great to make new friends! If you don't get out much, here are some suggestions to help you meet more people:

- Join a club where you can be with others who share your interests. Whatever your hobbies, you are sure to find some friendly faces at an area club.
- Try networking. Have someone you know introduce you to some of their other friends. The support of your existing friend can help forge new bonds with new people.
- Just say Hi. You could find friendship down the grocery aisle! This is more daring, but it is effective.
- At a place you normally frequent, walk up to someone and introduce yourself. You could find new friends in no time!

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