

# WATERFORD LADIES JOURNAL

## 3/1/2017

### *Looking Back at February*

Waterford has a new hairdresser, Mary Hopkins. The name of her company is Mary Mirror. Mary will be available on Wednesday's at 9:00 am.

The ladies are still enjoying the musical entertainment provided all month long.

On Valentine's Day the ladies had a contest. The theme of the contest was "What Valentine's means to me". The ladies expressed what Valentines meant to them in a variety of ways. Helen Brown who came

each received a Valentines coffee cup with a stuffed bear to share their coffee with.

Dan Mathis entertained the ladies for Valentine's Day. It was a relaxing treat to sit and listen to the music after the contest. There were a lot of happy faces. That wasn't the end of our Valentine's Day celebration. The ladies capped the day off with ice-cream cake.

***Quote for March – "Indoors or out, no one relaxes in March, that month of wind and taxes. The wind will presently disappear, the taxes las us all the year" – Ogden Nash***

in first with her 'I Can Do Anything Attitude.'" Nellie Wright's Valentine shirt made her happy and she shared her happiness with the other ladies. Florence Evans red Hawaiian shirt was a hit; red for Valentines and Hawaiian to get us ready for spring. A big thank you to all the ladies for sharing what Valentine's means to them. There were prizes for the top three. Helen received a lap blanket. Nellie and Florence

Thank you, Colby Hart from Partners Hospice for providing a wonderful Mardi Gras party. The ladies enjoyed the king cakes. Christine Snell found the other baby. We hope the tale of good health and luck for the next year is bestowed upon them.



### ***March Birthday's***

•••

Three of residence are celebrating birthdays:

**Mary Stephens 3<sup>rd</sup>**

**Maxine Miller 16<sup>th</sup>**

**Nellie Wright 21<sup>st</sup>**

**There is one staff member with a birthday this month:**

**Sarah Hagan 4<sup>th</sup>**

**Happy Birthday Ladies!**

# WATERFORD LADIES JOURNAL

## 3/1/2017

### March

**Weather** – It's brisk, but travel's no risk. Occasional spates for town meeting debates. A little snow, a little rain, this month has water on the brain. Note to self-clear storm drain.

**Activities** - Don't forget you are always welcome to join our Mind and Body daily activity. Please look at the calendar and see if a day and time works with your schedule to join us. We can always make room for you to share and enjoy exercising with your family member.



### Going Green

Periodically remove the dust from the light bulbs in your home. They will be up to 40 percent more efficient. – The Old Farmer's Almanac

### March Facts

**3-1 – Ash Wednesday** also on this date is **Share a Smile Day**.

**3-2** – Puerto Ricans granted U.S. citizenship in 1917

**3-3 – Dress in Blue Day** – the goal of this day is to promote awareness about colon cancer and encourage people to get screened.

**3-4** – 45<sup>th</sup> Running of the Iditarod Trail Sled Dog Race in Alaska. The last Great Race on Earth takes place over more than 1,000 miles through the Alaskan wilderness from Anchorage to Nome.

**3-5 – Quote of the Day** – “You grow up the day you have the first real laugh at yourself.” – Ethel Barrymore

**3-6 – Humor of the Day** – Why don't you ever iron a four-leaf clover? Answer: You might press your luck.

**3-7 – Monopoly's Birthday (1933)** – Monopoly was trademarked by its inventor, Charles Darrow. The game was mass marketed by Parker Brothers on 2/9/1935.

**3-8 – Did you know** – The zipper was originally used for fastening shoes. It was patented on this day in 1896 by Whitcomb Judson.

**3-9** – Anniversary of the first Ford Mustang produced (1964).

**3-10** – Mario Day – This day was created by Mario Fascitelli and celebrates people named Mario because of the abbreviation of the month and date resulting in Mar10.

**3-11** – Ben and Jerry opened their first ice cream parlor in Burlington, VT.

**3-12** – Check your Batteries Day – This is held annually when Daylight Savings Time begins; the second Sunday in March. Also Daylight Savings Time begins “Spring Forward, Fall Back”. The Energy Policy Act 2005 extended the period of Daylight Savings Time.

**3-13** – UFO seen over Arizona, Nevada and Sonora Mexico (1999).

**3-14** – Shirley Tempe added sidewalk prints, Grauman's Chinese Theatre Hollywood, CA (1935).

# WATERFORD LADIES JOURNAL

## 3/1/2017

**3-15** – Beware the ides of March,

**3-16** – United States Military Academy at West Point established (1802).

**3-17** – **Did you know** – St. Patrick's Day is a legal national holiday in the republic of Ireland and Northern Ireland.

**3-18** – **Trivia for the Day** – maple trees reach peak sap production this month and festivals in North America celebrate this sugary treat.

**3-19** – Swallow's Day – St. Joseph's feast day is the traditional day for the swallow's to return to the San Juan Capistrano Mission in California.

**3-20** – April 16<sup>th</sup> - National Cherry Blossom Festival in Washington, D.C.

**3-21- Old Wise Tale** – A wish you make on the first robin you see in the spring will come true.

**3-22** – U.S. Navy assigns women on combat ships in 1994.

**3-23** – **Question of the Day** – If a cluttered desk is a sign

of a cluttered mind, of what then is an empty desk? – Albert Einstein.

**3-24** – After nearly 30 year's production stopped on the Volkswagen Beetle. Nearly 20 million had been manufacture since 1949 (1978).

**3-25** – National Medal of Honor Day – The Medal of Honor is the highest military honor given to members of the armed forces by the U.S. President.

**3-26** – The first test tube baby, Louise Brown was born in England (1978).

**3-27** – 65<sup>th</sup> Anniversary of the Film Premiere of Singin in the Rain (1952).

**3-28** – About one-third of all American businesses are owned by women (1992).

**3-29** – Anniversary of Atlanta Pharmacist, John Remberton, concocting Coca-Cola (1886). The Coca-Cola Company introduced Coca-Cola to the public on May 8, 1886.

**3-30** – **Doctor's Day** – This day commemorates the 1842 discovery of ether for painless surgery by Dr. Crawford W. Long. Doctor's Day has been celebrated since 1933.

**3-31** – On this day in 1943, Rogers and Hammerstein's Oklahoma opened on Broadway.

### **March Fun Facts**

**The origin of March's name – The Romans name this month Martius for Mars, the god of war. It was a traditional time to resume military campaigns.**

*March Birthstone – Bloodstone (Courage)  
(alt. Aquamarine)*

*March Flower – Jonquil  
(Daffodil)*



*March Color – White*