

Culinary Corner

Well, it is already March which means that warm weather, the smell of fresh air, and a gentle breeze is only a short time away.

Soon we will be cooking on the grill and enjoying the warmth and smell of spring. Planting gardens and having our windows open.

We would like to continue to see more residents at the culinary meetings on the 3rd Thursday of each month. This is the time when you are all able to share your thoughts and ideas on what you want to see from your culinary team. We truly appreciate all your input and feedback.

As we move through the year, we work hard at putting together great meals for all the different seasons. New seasons bring new ideas and coming into spring will bring thoughts and ideas of fresh and lighter meals. More salads of all kinds, more fruit, and lighter and fresher desserts.

Again, it is our honor as your dietary department to serve you and to be a part of your day. Thank you for allowing us into your home and for being able to share some of our day with you.

With heartfelt appreciation for every one of you, may all your days be filled with joy and laughter and an abundance of blessings for your health and happiness.

Dietary Director/Executive Chef

David Andert

God Bless

March Birthdays

Resident Birthdays

Stanely O - March 10th
Lois J - March 20th
David E - March 26th

Others You May Know

Glenn Miller (band leader) - March 1, 1904
Lou Costello (comedian) - March 6, 1906
Michelangelo (artist) – March 6, 1475
Liza Minnelli (entertainer) - March 12, 1946
Ozzie Nelson (TV dad) - March 20, 1906
Fred Rogers (TV host) - March 20, 1928
Albert Einstein (scientist) – March 14, 1879
Vincent van Gogh (painter) - March 30, 1853
Shirley Jones (actress) - March 31, 1934



Birthstone: Aquamarine

Birth Flower: Daffodil

Astrology

In astrology, those born between March 1–20 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who “go with the flow.” Those born between March 21–31 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. For these eternal optimists, no odds are ever considered insurmountable.

The Pines Times

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Celebrating March

Irish American Heritage Month

Gender Equality Month

Women’s History Month

Employee Appreciation Day
March 6

International Women’s Day
March 8

Daylight Saving Time Begins
March 8

Plant a Flower Day
March 12

St. Patrick’s Day
March 17

World Poetry Day
March 21

International Whiskey Day
March 27

Courtesy Counts



Many lament that common courtesy is not so common anymore. If someone you know is acting less than civil, March 21, Common Courtesy Day, is the perfect opportunity to tactfully share a few tips and reminders on how to treat others with respect.

Some point to technology as a major culprit in the decline of courtesy, especially as we’ve grown more tethered to our screens. Others see a broader cultural shift: When people feel rushed, stressed, or isolated, empathy tends to shrink. Researchers continue to note that young adults report feeling more pressure and less connection than in previous generations. Etiquette experts also observe that norms have loosened over time, sometimes in ways that make everyday interactions feel less considerate.

Across many countries, parents and teachers are trying to balance freedom with guidance, and the line can get blurry. When expectations around behavior become too vague, kids can miss out on learning how their actions affect others. The result can be the same everywhere: a little more self-focus, a little less awareness. Renewed interest in teaching social skills and emotional literacy suggests that people are recognizing the need to rebuild those habits.

If we don’t practice empathy every day, we may have to rely on others to pass laws of courtesy for us. Restaurants declare “No Cell Phone Zones.” Sports stadiums regulate fan conduct. New York City even imposes a fine on those who prop their feet on a subway train seat. Psychologist Marie Hartwell-Walker believes that even “faked” manners can teach empathy, that cornerstone of courtesy. Simple acts such as holding doors open, returning phone calls, treating clerks and cashiers with respect, and saying *please* and *thank you*—these daily reminders to consider others’ feelings lay a foundation for building empathy.

Activities Corner

February was a fun month at Pines III! We started our week off making over 55 Valentine cards with heart shaped lollipops for local 2nd graders. In return, each resident received a special one made with love from the kids. In addition to Valentine's Day we also made crafts for Mardi Gras and St. Patrick's Day!

Cricket, a therapy dog, was here from Helping and Healing Paws to give and receive love and attention. She is a sweet 4-year-old Cavalier King Charles Spaniel who cannot wait to come here and greet all of us!

Valentine cookie decorating was a tasty activity! Thank you to our kitchen staff for making the delicious sugar cookies so we could decorate them with pink frosting and sprinkles. Our dining room tables were decorated with fresh flowers of red and pink carnations and chocolates. We also indulged in chocolates at BINGO and Happy Hour too!

February 14th was extra fun as the residents watched the Hallmark movie *Be My Valentine*. After that they were entertained by live music from the singer/guitar duo, Group Too, who highlights music from the 50's, 60's, and 70's.

We had more live music entertainment with singer Abe Curran - a resident favorite who plays a little bit of everything and Steve Johnson was here for our February Birthday Party!

Bill Jackson, a singer/storyteller, was here too. His theme was "The Boys of Winter" a story that brought us back to the 1930's and what it was like to be a ski jumper back then. It was the perfect way to end the end the month and tie in the 2026 Winter Olympics!

Stay warm and healthy,

Cindy Koecher

Heath + Wellness Coordinator



Stitched Across the World



Quilters all around the world will be piecing together fabric into wonderful creations on March 21, Worldwide Quilting Day.

During its heyday in the American mid-19th century, quilting was a utilitarian craft. According to Emporia State University's Center for Great Plains Studies, westward homesteaders, inheritors of many great European quilting traditions, fashioned blankets, door and window covers and play mats for children out of whatever scraps of fabric they could find. Quilters learned to arrange fabric to make wonderful works of art. And because blankets were always needed to protect against the elements, quilting never went out of style.

A number of quilting bees will no doubt be held on March 21, so be ready to cut your favorite patterns—Irish Chain, Log Cabin, Bear's Paw, or Tree of Paradise.

Last Call for Landlines

After a long lifetime, more than 100 years, America's telephone infrastructure is showing its age. Disappearing, too, are the engineers and technicians who maintain traditional landline service, according to professor of telecommunications Rob Frieden. Not so fast, say those who celebrate Landline Telephone Day on March 10. Consumer Reports still recommends keeping a landline: sound quality is often better, and because numbers are directly linked to a home address, emergency calls from landlines remain highly reliable. When power goes out, some landlines continue to work, thanks to backup batteries, though these are becoming less common. Telephone companies, however, are shifting to digital networks that are cheaper to maintain. So enjoy landlines while you can—before they disappear.

This Month in History

- March 1, 1790** – The US Supreme Court convenes for the first time
- March 1, 1961** – President John F Kennedy established the Peace Corps
- March 10, 1862** – The first issue of US Government paper money occurred as \$5, \$10, and \$20 bills began circulation
- March 10, 1880** – The Salvation Army was founded in the United States
- March 13, 1781** – Uranus, the seventh planet, is discovered by Astronomer William Herschel
- March 13, 1943** – A plot to kill Hitler by German army officers failed as a bomb planted aboard his plane failed to explode due a faulty detonator
- March 15, 44 BCE** – Julius Caesar was assassinated by approximately 60 Roman senators
- March 17th** – Celebrated as St. Patrick's Day commemorating the patron saint of Ireland
- March 19, 1931** – Gambling was legalized in Nevada transforming Las Vegas from a dusty railroad town into a gambling mecca
- March 19, 2003** – The United States launched an attack against Iraq to topple dictator Saddam Hussein from power
- March 23, 1775** – Patrick gave his famous "Give me liberty or give me death!" speech to convince the Second Virginia Convention to prepare for war against Britain
- March 24, 1989** – One of the largest oil spills in US History occurred as the oil tanker *Exxon Valdez* ran aground in Prince William Sound off Alaska, resulting in 11 million gallons of oil being leaked over a stretch of 45 miles
- March 25, 1807** – The British Parliament abolished the slave trade
- March 25, 1911** – The Triangle Shirtwaist Factory Fire occurred in New York City killing 146 workers, mostly young immigrant women after they found exit doors deliberately locked by factory owners
- March 31, 1933** – The Civilian Conservation Corps, the CCC, was founded. Unemployed men and youth were organized into quasi-military formations and worked outdoors in national parks and forests