

# DOOR TO DOOR

The Arbors at Amherst

March 2019



**“Beautiful young people are acts of nature, But beautiful old people are works of art”**



Saint Patrick was not actually Irish. His mother was a Scot and his father was Italian.



Corned beef is not a traditional Irish dish. The beef was borrowed from Jewish-American immigrants to use as a substitute for the more expensive and traditional Irish bacon.



A Leprechaun is really an Irish shoe maker who has a reputation for being rich, but mean. Cheerful leprechauns are purely an American fabrication.



Irish coffee was not invented in Ireland, but in San Francisco.



The first St. Patrick's Day Parade was in 1773 during the American Revolution in the city of Boston, MA.



“A wish that every day for you will be happy from the start and may you always have good luck and a song within your heart”  
- Irish Blessing

“Look forward to spring as a time when you can start to see what nature has to offer once again”  
- Byron Pulsifer

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## The Arbors at Amherst



**Left and Above:** Harry enjoying some quiet creative time, working on a beautiful collage of color, during “Getting Artzy”. Come on out and join us!



**Above:** “Piano with Jerry” is always a wonderful treat, and a great way to socialize and sing out loud. Look for his next visit on your weekly schedules and come on out for some good music and good company. It is always a good time!

### FLU SEASON...

The flu season is once again upon us. If you are feeling “under the weather”, please stay in your apartment and notify a staff member who will have a nurse come by to see you. Drink plenty of fluids...Cover your cough...Wash your hands frequently...Get plenty of rest...Stay Healthy!



**Below and Right:** Are you looking for a fun, relaxing, social way to spend an afternoon? No pressure, no stress, just enjoyment. Come on up to the Great Room this month at 3:30pm on 3/1 and 3/29 (and possibly 3/15 as well) for a “Visit with Niko”. There is nothing better than getting a little ‘puppy love’ in the afternoon....





## SPRING BEGINS... (March 20th)

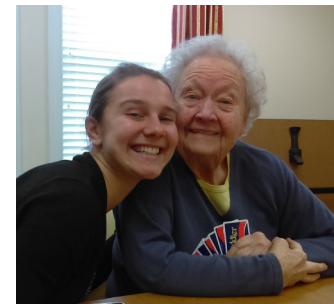
Once again, night and day stand in perfect balance. Spring is the vernal equinox, one of the two times in the year that the daylight and darkness are equal. During the spring equinox, the Earth's axis is tilted toward the sun, which increases the hours of daylight, and in turn warms the Earth and encourages new growth.



**Above:** “Fireside Sing Along” was well attended and a lot of fun. Wine and punch were served, and voices were raised in song. There was much laughter, discussion on the original artists, and reminiscing on the old favorites. Watch your calendars for future sing along events, and come join us!



**Left:** The amazing young talent of “Jazz to Hip Hop” wowed us all during their visit. **Right:** If you’re looking to challenge your brain and have some fun...join us for a game of Quiddler!



### UNSCRAMBLERS:

RAYBENL NESTO

PURAHSCLENE

SNUGISE

CREVOL

DREAMLE SEIL

### Irish Humor...



An Irishman was flustered not being able to find a parking space in a large mall’s parking lot.

“Lord”, he prayed, “I can’t stand this. If you open a space up for me, I swear I will give up drinking me whiskey, and I promise to go to church every Sunday.”

Suddenly, the clouds parted and the sun shone on an empty parking spot. Without hesitation, the man said, “Never mind, I found one.”

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## UNSCRAMBLER ANSWERS:

BLARNEY STONE  
LEPRECHAUNS  
GUINNESS  
CLOVER  
EMERALD ISLE



**Foot Clinic**  
3/7

**Hairdresser**  
Tuesdays

## Welcome Home New Residents

Herbert B. (Apt. 113)  
Telle Zoller (Apt. 117)

**Birthstone - Aquamarine**  
**(Courage)**

**Flower - Jonquil (or Daffodil)**

## Happy Birthday !

3/2 Dave M.  
3/6 Bertrum B.  
3/18 Marjorie H.  
3/26 Rosie Z.  
3/27 Ellie M.  
3/28 Faith C.  
3/29 Claire M.

## To Your Health...

### **Singing boosts immunity and lowers stress.**

“Music comes from heaven. You just have to pull it down.” Music, and singing, can promote better physical and mental health in a variety of ways: 1. Relieving Boredom, 2. Motivating Movement, 3. Rekindling Positive Memories, 4. Shifting Negative Thinking Patterns, 5. Calming Nervousness, 6. Encouraging Happy Thoughts, and 7. Promoting Social Interaction. Music is like food for the soul. It can bring joy to the heart and fresh air to the lungs. Singing songs and letting rhythm move both body and mind to better health and happiness is a priceless asset. According to an article in the California Berkeley Wellness Newsletter “Researchers in Germany studied antibodies (part of a healthy immune response) and stress hormones in members of an amateur choir, comparing levels when the singers were singing or just listening. The stress hormones went up when they listened, and their antibodies went up when they sang...” This shows that a healthy shift happens physically in the body when a person sings as opposed to just listening to music. For better physical and mental health, come on out to a Tuesday session of “Music Therapy with Rusty” in the media Room, and a “Sing Along” on Friday in the Sunroom. It is sure to lift your spirits and leave you feeling refreshed and rejuvenated! See you there!