



2025

*Dates to Remember*

March 5<sup>th</sup>- Ash Wednesday

March 9<sup>th</sup>- Daylight Savings

March 17<sup>th</sup>- St. Patrick's Day

March 20<sup>th</sup>- First Day of Spring



*From Your Administrator  
By Kim Pederson*

The Minnesota Department of Health requires that we do a very thorough facility assessment to ensure that we have the staff and equipment needed to provide proper care and services to our residents. As part of our commitment to ensuring excellent care and service, we would also like to hear from you. Starting March 1, there will be a short survey available at Dani's desk. Please take a few moments to complete one and return it to her desk as well. Responses can remain anonymous. These surveys will also be available at the next family council meeting. Your input will help us assess our strengths and opportunities for improvement. Your loved one's wellbeing is of the utmost importance to us, and we are committed to fostering an environment that promotes their comfort, safety and happiness. Thank you in advance for your participation.

*Kim Pederson, Administrator*

## March Tidbits

- \*Coca Cola was invented in March of 1886 by John Pemberton. He initially intended to sell it as an over-the-counter medicine and planned to make his fortune off its fraudulent medicinal claims. \*
- \*In March of 1931, the Nevada Legislature legalized casinos and “quickie” divorces to boost tourism. \*
- \*Elvis purchased Graceland in March of 1957. Typically, around 600,000 people tour it a year! \*
- \*On March 9<sup>th</sup>, 1959, Barbie made her debut in America. She was originally modeled after the German Lilli Doll, which was sold as a gag gift in tobacco shops! \*

## Birthdays

Janice C.	March 3 <sup>rd</sup>
Millie W.	March 10 <sup>th</sup>
Bob H.	March 11 <sup>th</sup>
Laurie L.	March 11 <sup>th</sup>
Shirley D.	March 18 <sup>th</sup>
Prascovia M.	March 22 <sup>nd</sup>

## Zodiac Signs

- Pisces- March 1<sup>st</sup> – 20<sup>th</sup>  
Traits: compassionate, idealistic, gullible
- Aries- March 21<sup>st</sup>-31<sup>st</sup>  
Traits: courageous, confident, impulsive



Flower: Daffodil

Birthstone: Aquamarine

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## This Day in History

- \*Mar. 1<sup>st</sup>, 1864, Rebecca Lee Crumpler became the first black woman in the U.S. to earn a medical degree. \*
- \*Mar. 2<sup>nd</sup>, 1943, *Casablanca* won the Academy Award for best motion picture. \*
- \*Mar. 3<sup>rd</sup>, 1934, Bank robber John Dillinger made national news after escaping from an “escape-proof” prison. \*
- \*Mar. 10<sup>th</sup>, 1969, James Earl Ray pleaded guilty to the assassination of Martin Luther King Jr. \*
- \*Mar. 12<sup>th</sup>, 1993, Janet Reno was sworn in as the first woman attorney general of the United States. \*
- \*Mar. 13<sup>th</sup>, 1942, the U.S. Army established the K-9 Corp., enlisting dogs to support military operations during WWII. They served as sentries, messengers, and scouts, and saved countless lives. \*
- \*Mar. 14<sup>th</sup>, 1973, U.S. Navy pilot, future state senator, and presidential candidate John McCain was released from being held as a prisoner of war in North Vietnam. \*
- \*Mar. 16<sup>th</sup>, 1998, Pope John Paul II issued a public apology and asked for forgiveness for the Catholic Church’s actions and inactions during the Holocaust. \*
- \*Mar. 19<sup>th</sup>, 1962, known as one of the most influential folk singers and songwriters of our time, Bob Dylan released his debut album to mixed reviews.
- \*March. 25<sup>th</sup>, 1934, the first Masters Tournament was held in Augusta, Georgia. \*
- \*Mar. 28<sup>th</sup>, 1990, President George H.W. Bush posthumously awarded Olympic legend Jesse Owens with the Congressional Gold Medal. Owens won 4 gold medals during the 1936 Berlin Olympics, defining Nazi racial propaganda and became a symbol of racial equality. \*
- \*Mar. 30<sup>th</sup>, 1987, Vincent Van Gogh’s *Sunflowers* painting sold for a record-breaking 39.8 million. \*
- \*Mar. 30<sup>th</sup>, 1992, The USS Missouri, where Japan surrendered to the Allied Forces in 1945, was officially decommissioned. It’s now preserved and serves as a historical landmark in Pearl Harbor. \*

# March

## *Presentation*

Please join us on March 4<sup>th</sup> @ 2:00 for a presentation from local historian David Jones! David's topic will be Prohibition: A Grand Misadventure. In 1920, the United States entered a period during which the manufacture, sale, and transportation of intoxicating liquors was banned. As it turned out, the US also entered a period of lawlessness and corruption, unequalled in its history. Rather than curing the ills of society, Prohibition is remembered for creating some of the worst possible results - thus, this period is remembered as one of the greatest misadventures ever.

## *Ash Wednesday Service*

Chaplain Sherree and Epiphany Catholic Church will hold an interdenominational Ash Wednesday Service on March 5<sup>th</sup>. All residents, family & staff are welcome to attend! The service will be at 11:15 in the Chapel.

## *Daylight Savings*

The days are getting longer! Don't forget to "Spring Forward" by moving your clocks one hour ahead, before you go to bed on March 8<sup>th</sup>! Daylight Savings Time begins on March 9<sup>th</sup>.

## *St. Patrick's Day Party*

Happy St. Patrick's Day! Join us at 2:00 on March 14<sup>th</sup> for cocktails, treats, and live Irish music with Todd Anderson's "Luck of the Irish Show."

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## *The Good Old Days Fill in the Blank Trivia*

1. Early television sets took \_\_\_\_\_ to warm up.
2. A '57 \_\_\_\_\_ was everyone's dream car.
3. When you filled your tank with gas, the attendant would also check the windshield and check the \_\_\_\_\_ and \_\_\_\_\_.
4. Milk was delivered to your doorstep each morning in \_\_\_\_\_ bottles.
5. To get those ice cubes out of their trays, you had to pull the \_\_\_\_\_ on the side.
6. Stamps were given according to the amount of money spent on groceries. They were saved in booklets and redeemed for gifts at the \_\_\_\_\_ Stamp store.
7. Household cleaning items could be purchased at your front door from the \_\_\_\_\_ salesman.
8. The corner drug store sold paper strips with little round candies that cost a \_\_\_\_\_.
9. Carolyn Kennedy's pet pony was named \_\_\_\_\_.
10. \_\_\_\_\_ and cover drills were practiced in school for safety in case of emergency.
11. Phone numbers were preceded by a \_\_\_\_\_ prefix.
12. Baseball cards were 5 cents a pack and usually included \_\_\_\_\_.
13. Coffee shops and café's had music available with table \_\_\_\_\_ box selections.

\*Answer Key on last page\*



## Chaplain's Corner

### Happy St. Patrick's Day!!

How can bad things that happen to us be turned around for good? How can we see, even in our difficulties, signs of God's love and care? How can we not be defined by another's distressing words or actions against us?

Look at the life of St. Patrick, the saint whom we honor with a global holiday on March 17. **Saint Patrick overcame the evil done to him** and turned it around by bringing good to those who mistreated him. Around 380AD Saint Patrick was born and grew up along the banks of the River Clyde in what is now Scotland. When he was 16 years old, however, raiders from Ireland came and abducted him. He was brought as a slave to Ireland. But there in Ireland, he had a heart-opening spiritual experience in which he understood and turned with all his heart to God.

Eventually, he escaped from his Irish captors and returned to his family who begged him never to leave. However, one night he had dream of an Irishman begging him to come bring the Christian message to Ireland. So, at approximately 30 years of age, using the knowledge of the Irish language and culture he had gained during his captivity, he returned to Ireland, this time of his own volition. St. Patrick was so successful that during his ministry in Ireland he started 200-300 churches and baptized 100,000 converts!

#### I learn from St. Patrick's life:

1. He didn't allow others' hurtful actions to keep him from doing good.
2. He used what he had gained during the difficult time to serve others.
3. He allowed God to use his hurts to help others.

The ripple effects of St. Patrick's life and work in Ireland continued to influence the church there for centuries. This prayer is attributed to him.

*May the hand of God protect me,  
the way of God lie before me,  
the shield of God defend me, the host of God save me.  
May Christ shield me today.*

*Chaplain Sherree Lane*



## 13 Lucky Facts About St. Patrick's Day!

1. Though we've come to associate green with the Irish and the holiday, the 5th-century saint's official color was "Saint Patrick's blue," a light shade of sky blue.
2. Although he made his mark by introducing Christianity to Ireland in the year 432, Patrick wasn't Irish himself. He was born to Roman parents in Scotland or Wales in the late 4th century.
3. It's a national holiday in both Ireland and Northern Ireland, but up until the 1970s, pubs were closed on that day. Before that time, the saint's feast day was considered a more solemn, strictly religious occasion.
4. New York City's St. Patrick's Day Parade is one of the world's largest parades. Since 1762, roughly 250,000 marchers have paraded up 5th Avenue on foot—the parade still doesn't allow floats, cars, or other modern trappings.
5. New York may have more manpower, but Chicago has a spectacle all its own. The city has been celebrating St. Patrick by dumping green dye into the Chicago River since 1962.
6. The Irish village of Dripsey proudly touts that it hosted the Shortest Saint Patrick's Day Parade in the World. The route ran for 26 yards between two pubs.
7. How did the shamrock become associated with St. Patrick? According to Irish legend, the saint used the three-leafed plant as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.
8. In Irish lore, St. Patrick gets credit for driving all the snakes out of Ireland. Modern scientists suggest that the job might not have been too hard—according to the fossil record, Ireland has never been home to any snakes. Modern scholars think the "snakes" St. Patrick drove away were likely metaphorical.
9. Corned beef and cabbage doesn't have anything to do with the grain corn. Instead, it's a nod to the large grains of salt that were historically used to cure meats, which were also known as "corns."
10. It's estimated that 13million pints of Guinness will be consumed worldwide on St. Patrick's Day. In fact, it's the biggest day for bars in the country. And in general, it's expected that Americans will spend over \$6 billion celebrating the holiday come March 17.
11. According to Irish legend, St. Patrick wasn't originally called Patrick. His birth name was Maewyn Succat, but he changed it to Patricius after becoming a priest.
12. In traditional Irish folk tales, there are no female leprechauns, only nattily attired little guys who spend their days making and mending shoes.
13. You can't attend a St. Patrick's Day event without hearing a cry of "Erin go Bragh." What's the phrase mean? "Ireland Forever."

## Key Facility Contacts:

Administrator.....Kim Pederson  
Chaplain.....Sherree Lane  
Dir. of Admin. Services.....Dani Van Beek  
Dir. of Compensation.....Lori Jumper  
Dir. of Enviro. Services.....Connie Riley  
Dir. of Finance.....Marti Bullock  
Dir. of Health Info.....Pam Carpentier  
Dir. of Maintenance.....Kurt Becker  
Dir. of Nursing.....Alicia Leavitt  
Dir. of Nutrition.....Paula Kaniewski  
Dir. of Rehabilitation.....Tom Kylo  
Dir. of Social Services.....Chris Neely  
Dir. of Staff Development.....Sue Sellner  
Dir. of Therapeutic Rec.....Linnea Maki  
Infection Preventionist.....Sam Graf

\*In the event of a community  
emergency or natural disaster,  
please use our emergency  
number for recorded  
information and updates:  
763-210-7018\*

### Good Old Days Answer Key-

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|-----------------|----------|---------------|----------|----------|-----------------|----------|
| 1. Five         | 2. Chevy | 3. Oil, Tires | 4. Glass | 5. Lever | 6. Green, Stamp |          |
| 7. Fuller Brush | 8. Penny | 9. Macaroni   | 10. Duck | 11. Word | 12. Gum         | 13. Juke |