

MUSTANG ARBOR HOUSE TIMES



March 2021

March brings with it the promise of gardening and warmer, sunnier days, as Earth turns its frost-bitten cheek from winter and springs forth from the vernal equinox.

8th-International Women's Day

14th-Daylight Savings Time Begins

17th-St. Patrick's Day

20th-First Day of Spring

27th-Passover

28th-Palm Sunday



Kiss Me For Luck - St. Patrick's Day - by StPatrickaStore

Zazzle

What's lucky about March



Dr. Seuss Day is held annually on March 2nd. It is a day that celebrates the birthday of Theodor Seuss Geisel otherwise known by the pen name by which he authored children's books: Dr. Seuss. It also endorses reading, during the 1990's the National Education Association advocated for a day to celebrate reading all over the United States. The more that you read, the more things you will know. The more that you learn, the more places you'll go. Dr Seuss' strange ideas and wacky stories appealed to everyone from kids to adults, and are still remembered to this day.

International Women's Day is celebrated yearly on March 8th and is a day dedicated to honoring the achievements of women throughout history and all across the globe. It is typically a day for women from all different backgrounds and cultures to band together to fight for gender parity and women's rights.

The first issue of the U.S. government's paper money occurred on March 10, 1862 as \$5, \$10 and \$20 bills began to circulate.

The 'Spanish' influenza first reached America on March 11, 1918 and as a result 107 soldiers became sick at Fort Riley, Kansas. One quarter of the U.S. population eventually became ill from the deadly virus, resulting in 500,000 deaths. The death toll worldwide approached 22 million by the end of 1920.

Daylight savings time is observed on March 14th. The main reason the US still observes daylight savings time is to make good use of daylight hours and save energy. In the summer, our clocks are moved forward to extend an hour of daylight to the evening.

The first day of Spring which is marked by the vernal equinox will occur on March 20th for the northern hemisphere. The term vernal translates to "new" or "fresh," and equinox is derived from the Latin word *aequus* meaning "equal" and *nox* meaning "night". Essentially, our hours of daylight, being the period of time each day between sunrise and sunset have been growing slightly longer each day since the Winter Solstice in December, which is the shortest day of the year (in terms of light). The vernal equinox marks the turning point when daylight begins to win out over darkness. In the Southern Hemisphere, autumn begins.

Passover which begins at sundown on Saturday March 27th and lasts for up to 7 to 8 days is also called Pesach. It is a Jewish holiday that gets its name from a pretty dark story: When Israelites were enslaved in Egypt, God unleashed 10 plagues on Egypt. The 10th plague was the death of every firstborn son. God told Moses to instruct Israelites to mark their doorposts with lambs' blood so God would "pass over" their homes and let their firstborn sons live.



Happy Birthday!!!!

March 4 -April Williams

**March 9 – Juan Espinoza
& Miss B Steelman**

**March 25 – Jamey Foote
& Anitha Theophiles**

March 26 – Sarah Hartzell

March 27 – Cristy Davis

March 28 – Nora Brown

Happy St. Patrick's Day



March's birth flower is the daffodil or jonquil. The daffodil also called narcissus was named after a boy in Greek mythology who was turned into a flower. Narcissus is also known as a lent lily because it blooms in early spring and then the blooms drop before Easter. The daffodil is known to signify regard or unrequited love. The jonquil (Mediterranean daffodil) means "I desire a return of affection."



March Birthstone

•Aquamarine•



A symbol of honesty, loyalty, and beauty. The aquamarine is supposed to offer protection from evil and is also said to bring love and affection back into a failing relationship.

ST. Patty's Day Word Search



H	C	R	A	M	P	S	S	O	R	C	A
G	C	U	S	E	K	A	N	S	S	I	G
A	L	L	H	K	R	S	T	B	R	T	M
L	O	I	A	I	Y	E	N	R	A	L	B
E	V	H	M	R	A	O	I	H	I	E	G
L	E	P	R	E	C	H	A	U	N	C	R
L	R	L	O	L	R	S	S	E	B	G	K
I	L	R	C	A	C	I	E	P	O	T	I
H	E	O	K	N	J	R	C	L	W	B	U
S	A	R	L	D	G	I	D	K	U	E	H
E	I	Y	V	E	U	C	G	J	S	C	L
O	T	O	L	O	H	R	A	S	R	S	K

Blarney
Celtic
Clover
Cross
Gold
Green

Hat
Ireland
Irish
Jig
Leprechaun
Limerick

Luck
March
Patrick
Pot
Rainbow
Saint

Shamrock
Shillelagh
Snakes



The Arbor House Philosophy is based on the belief that each resident is entitled to the highest quality of life through wellness services that work to promote each individuals:
independence, healthy lifestyles, dignity, and a sense of security.

The right of each resident to determine his/her need is respected at each level of care, and promoted by providing services in ways that recognize individuals needs and preferences. A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.



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Our Staff

Executive Director.....	Cristy Davis
Director of Nursing.....	Lynne Zepeda
Rn Consultant.....	Shelly Jones
Wellness Coordinator.....	Tonda Morris
Executive Assistant.....	Allison Shepherd
Engagement Coordinator.....	Douglas McCollough
Dietary Manager.....	Alethea Lopez
Maintenance.....	Jamey Foote
Housekeeping.....	Kendra Maley
Laundry Attendant.....	Angie McGuire