

March 2021

Culpepper Garden III

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LEADERSHIP TEAM

Kimberly Searcy
Administrator

Elizabeth
Edwards
Assistant Director
of Nursing

Laura Orihuela
Activities Director

Rebekah Pearson
Service
Coordinator



From the Office

If you have medications, prescriptions and/or over-the-counter such as Tylenol, aspirin, stool softeners, etc.. **in your apartment**, they must be in a secured place and not out on the counter, table or night stand.

PLEASE LOCK YOUR DOOR

We need to know all meds that you bring into your apartment. Please do not carry medications around in wheeled walkers(NO PRESCRIPTIONS OR OTC'S)



RESIDENT FIRE PLAN

&

WHAT YOU NEED TO KNOW

1. In case of fire in your apartment, go into the hall and pull the fire alarm downward.

2. When you are in your apartment and the fire alarm rings,

- Stay in your apartment, keep the door closed, put a wet towel at the bottom of the door to keep the smoke out.
- If you wish, and are able to do so, you, may proceed to the exit door by the laundry room, and exit into the independent living wing.

We ask that Assisted Living residents stay in their apartments and staff will assist if needed.

Note: - Do not use the elevator.

- Do not use the emergency cord.



Fire Drills are mandatory per state regulations and must be done on a monthly basis during the day and/or night. If there is a real fire, staff will alert you. Follow the instructions on the back of your door and be sure to stay in your apartment with windows and doors closed.

St Patrick's Day

WORD SEARCH Search across, down, and diagonally

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Find the following words:

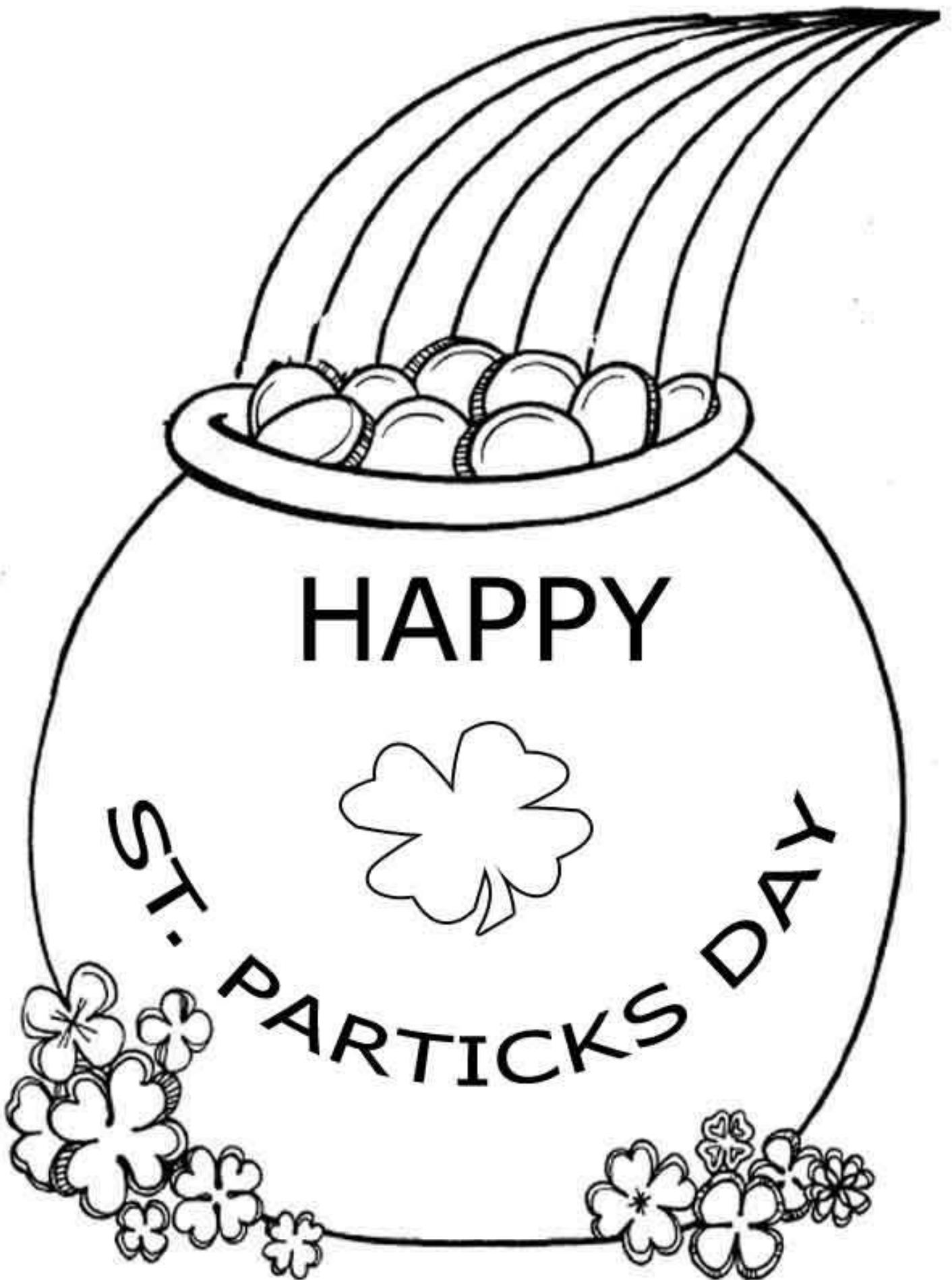
LEPRECHAUN	RAINBOW	GOLD
ST PATRICK	CLOVER	LUCK
SHAMROCK	GREEN	
IRELAND	MARCH	





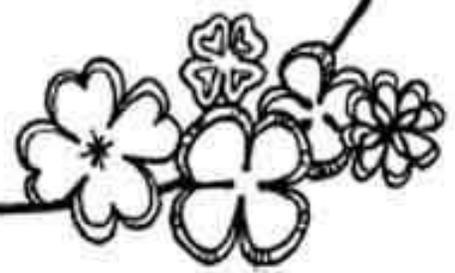
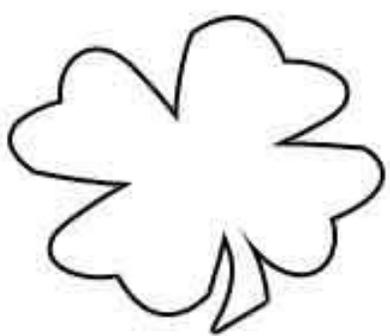
HAPPY
ST. PATRICKS
DAY!





HAPPY

ST. PATRICKS DAY



Valencia's Fire and Fury

The festival of Las Fallas in Valencia, Spain, is one of Europe's wildest spectacles. Valencians greet the arrival of spring on March 19 with music, humor, religious ecstasy, and a massive bonfire.



For millennia, fire has been used as a symbol of rebirth and cleansing during the springtime. The original meaning of the term *falla* was "torch." Over the centuries it evolved to mean the bonfires that were lit in the center of towns during periods of fiesta or religious gatherings. The very first Las Fallas celebrations were held by carpenters on the Feast Day of St. Joseph, the patron saint of carpenters, on March 19. Carpenters would create pyres out of *parots*, which were the wooden scaffolds used to hold the lamps during the darkness of winter. Over time, these parots were dressed in rags and made to resemble local characters. They were lit to both honor St. Joseph and welcome the light of spring. Today, *Las Fallas* refers to not only the festival but also to the fires lit to welcome spring and the massive effigies that are eventually burned on the festival's final day.

Today's festival of Las Fallas lasts for five days from March 15–19, but the excitement starts to build from the very first of the month. Starting on March 1, booming fireworks shows known as *masqueta* are set off at two o'clock each day. The parots of centuries past have evolved into *ninots*, enormous works of art, satirical floats that lampoon politicians, celebrities, or any other international target of derision. On the morning of March 16, the *ninots* are put on display all over the city, and prizes are awarded to the best ones. On the morning of March 17, the sculptures are paraded to the city square, where they lay in wait for two days. Finally, on March 19, *la Crema* begins, and all the *ninots* of Las Fallas are burned. Around ten o'clock, smaller neighborhood floats are set on fire throughout the city. Not until well past midnight is the largest fire set at the city square. *Ninots* stuffed with fireworks explode with raucous fury, starting a deafening inferno that burns until the dawn.

Hold the Phone!

Research shows that on average, a person will spend up to 13 hours per year waiting on hold. That's 43 days of your entire life waiting on the telephone! The month of March, as On-Hold Month, wishes to honor the businesses that provide enjoyable music or other helpful information while we while the hours away. But if you'd rather skip the waiting entirely, here are some tips for avoiding the wait for customer service.

First, call during off-peak hours. Don't call at lunchtime, when reps are most likely to be busy, or on Mondays or Fridays, when calls are heaviest. If given the option, press 0 to be connected to an operator. This will prevent endless computerized menus. Another tip is to choose the "sales" or "place an order" option no matter what your purpose. This will likely get you to a live person who can put you directly in touch with a customer service representative. You can even download an app that will wait on hold for you, so you don't waste those precious hours.

St. Patrick's Day Sins



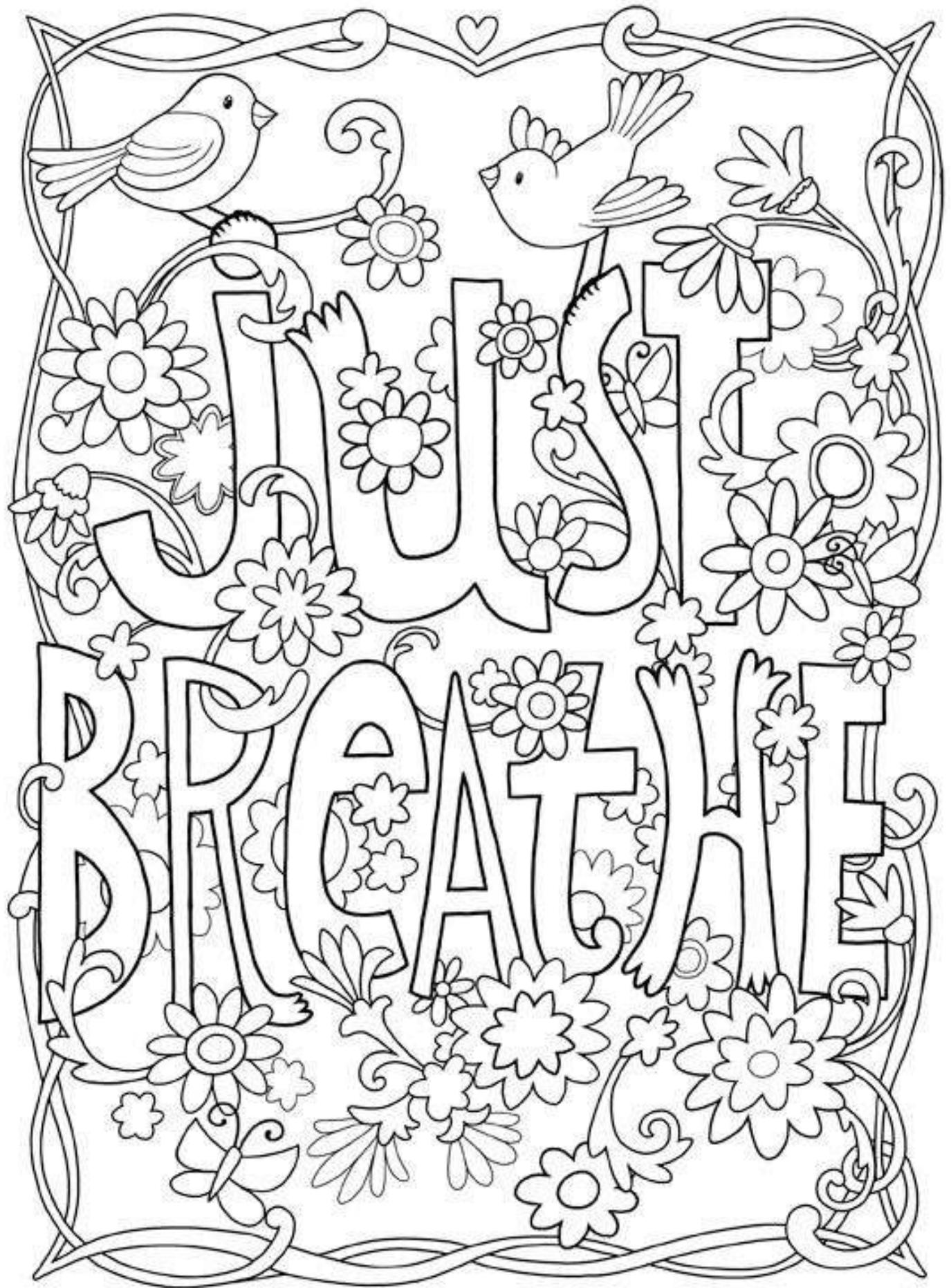
The very first St. Patrick's Day parade was held in Boston in 1737, and it seems as if we've been wearing green and eating corned beef and cabbage on March 17 ever since. But some of the most beloved St. Patrick's Day traditions are not traditional at all. For example, the Irish don't eat corned beef. It was Irish Americans who began eating beef in the 19th century. In Ireland, Irish bacon or lamb stew is the dish of choice on the holiday. Long before green was the color of the Emerald Isle, St. Patrick was associated with the color blue. As the political divide grew between Britain and Ireland, the Irish adopted the color green as a symbol of independence. Perhaps most shocking of all, St. Patrick's real name wasn't Patrick at all, but Maewyn Succat. Nor was he from Ireland but born in Britain under the rule of the Romans. Was St. Maewyn Italian?



You are amazing

Be Kind

Let your light shine



Meet our new DON



Precious Tillman has been selected as the NEW Director of Nursing for Culpepper Garden. She is originally from Florida but has lived in Virginia for close to 15 years. She has two son ages 21 and 27. She has been a nurse for over 12 years and had enjoyed every moment of it. She has experience as an Assisted Living Director of Nursing, Nurse Manager and Nursing Supervisor over the years. Her passions include helping others, watching movies, cooking and shopping. Her favorite color is Pink! She is so enthusiastic about starting her new journey with us at Culpepper Garden. She is scheduled to join our team March 15th, 2021. Let's give her a warm welcome when she arrives!

Thailand's Emerald Buddha

On March 22, 1784, the Emerald Buddha was installed in the *Wat Phra Kaew*, the Temple of the Emerald Buddha, at the Grand Palace in Bangkok, Thailand. The statue's origins are mysterious. One story tells of how lightning struck a monastery in 1434 and the blast revealed a 26-inch-tall Buddha statue covered in stucco. The abbot took it home and noticed the stucco flaking off to reveal an emerald-colored Buddha statue beneath. Over the centuries, the rulers of Thailand have moved the statue from temple to temple, honoring the statue as a sacred palladium, a historical artifact essential to the success and well-being of the nation. Finally, in 1782, King Rama I moved the country's capital to Bangkok and ordered the construction of a new royal palace and temple. On March 22, 1784, the Emerald Buddha was moved into its new temple with great ceremony. While legends tell how the statue was created in 43 BC by the Buddhist sage Nagasena with the help of the Hindu gods Vishnu and Indra, art historians believe it was carved in Northern Thailand during the 15th century in the Chiang Saen style.

That Was Awkward



If you dread embarrassment, then you won't be looking forward to March 18, Awkward Moments Day. The day exists to remind us that no one is perfect and we all suffer embarrassments from time to time. Embarrassment is the result of self-focus. When we do something wrong—call someone by the wrong name or make a mistake in public—we tend to focus only on our transgression. We suffer from what researchers call “empathy neglect.” We are so embarrassed that we forget that others are kind and sympathetic to us. Of course, if someone else made a mistake, we would not shame them. So why should we feel awkward or embarrassed? Today, don't feel awkward, but instead, feel empathy.

KISS COVID GOODBYE



Only the Strong Survive

Oktoberfest may be the most famous of German beer festivals, but for three weeks in March, in-the-know locals travel to Munich for *Starkbierzeit*, or “strong beer” season. While lesser known than Oktoberfest, *Starkbierzeit* still draws six million visitors. And there are no lagers on tap. “Strong beers” are brews with a minimum alcohol content of 7.5 percent, with some containing as much as 19 percent. These beers were brewed strong on purpose. Back in the 1600s, Paulaner monks invented *Starkbier* to help them survive the fasting of Lent.



During Lent, the Paulaner monks faced a dilemma. They had to fast and were not allowed to eat food to sustain them through the day. They could drink, however. So, in 1629, the monks decided to

brew a beer that was rich in nutrients and high in calories. While the brews were colloquially known as “liquid bread,” the very first beer was named *Salvator*, meaning “savior.” In the late 17th century, the monks even sent a keg of the beer to the Pope in Rome, asking for his approval. The Pope gave his blessing, allowing the monks to fill their small tankards (which could hold a liter or more) up to five times a day. It wasn’t long before the citizens of Munich caught wind that the monks were enjoying this new drink, but city laws did not allow the beer to leave the monastery. In the 1700s, Bavarian lawmakers changed the rules to allow monks to serve their *Starkbier* in public during Lent. In 1751, the first *Starkbierzeit* was held, and the tradition has continued ever since, making it the longest-running beer festival in the world.

The hottest reservation during *Starkbierzeit* is at the Paulaner Nockherberg brewery, where the first *Starkbiers* were brewed. Unlike Oktoberfest, where celebrations take place at a central location, local beer halls and breweries stage their own festivities, so visitors can spend three weeks visiting all the local hangouts. When in Munich during *Starkbierzeit*, it is best to toast your beer with the old saying: “Liquid bread doesn’t break your fast!”

March Birthdays

In astrology, those born between March 1–20 are Pisces’ Fish. Pisces are friendly, wise, and selfless, making them compassionate and generous friends. Their intuitive and romantic natures also make them creative and expressive artists. Those born from March 21–31 are Rams of Aries. The first sign of the zodiac, Rams are unafraid to forge ahead with passion, zeal, and confidence. Full of optimism and hope, Aries are both eager to get the job done and unafraid to confront problems head-on.

Ron Howard (director) – March 1, 1954
 Shaquille O’Neal (athlete) – March 6, 1972
 Wanda Sykes (comedian) – March 7, 1964
 Bobby Fischer (chess player) – March 9, 1943
 Simone Biles (gymnast) – March 14, 1997
 Queen Latifah (singer) – March 18, 1970
 Spike Lee (director) – March 20, 1957
 Aretha Franklin (singer) – March 25, 1942
 Mariah Carey (singer) – March 27, 1970
 Warren Beatty (actor) – March 30, 1937

March Birthdays

Nina Burke-March 5th
 Walterene Prucnal- March 21st
 Vien Nguyen-March 27th
 Emiko Takeuchi- March 30th
 James Daley- March 31st

