

Religious Roots to Raucous Parties

As March arrives, many look forward to the holidays of St. Patrick’s Day and Mardi Gras. Yet both of these holidays are more modern American inventions than age-old religious traditions.

St. Patrick’s Day, as a religious celebration, has a lengthy history. It dates back to the mid-17th century and was initiated to honor Saint Patrick and his work to bring Christianity to Ireland. The Feast of St. Patrick was held each year on the date of his supposed death, on March 17, 461 AD. The observance of the date was a solemn occasion, mostly involving quiet prayer. As recently as the 1970s, pubs were closed in Ireland on St. Patrick’s Day. The rollicking revelry typically associated with the day was decidedly un-Irish and an American invention. During the Irish Famine of 1845–1850, many Irish immigrated to America, where they were not welcome. As the Irish community in America grew and prospered, they began to celebrate both their Irish-ness and their newfound American-ness. Corned beef, shamrocks, and leprechauns were never part of true Irish St. Paddy’s Day celebrations, but they were integrated into Irish-American identity and so became celebrated symbols of St. Patrick’s Day. The American version of St. Patrick’s Day is so strong that many Irish-American traditions have even returned to Ireland.

Mardi Gras takes place on the day before Ash Wednesday, the first day of Lent and the 40 day period that precedes Easter. This year, Mardi Gras is on March 5<sup>th</sup>. Mardi Gras, like St. Paddy’s Day, originated as a solemn religious holiday. As the day before the start of the ritual fasting of Lent, it was an opportunity to indulge in sweet, fatty foods, giving rise to the name “Fat Tuesday.” Over the centuries, these small indulgences led to greater hedonism, practices that were heavily discouraged by the Church. The elaborate Mardi Gras celebrations held in New Orleans emerged in 1857 when a group of men created a secret society called the Mistick Krewe of Comus. They held a lavish ball and parade, setting the secular foundations for many wild Mardi Gras to come.

Ash Wednesday (the day after Fat Tuesday) is sometimes jokingly referred to as “Trash Wednesday” because of the amount of refuse left in the streets during the previous day’s celebrations and excesses. The tons of garbage picked up by the sanitation department is a local news item partly because it reflects the positive economic impact of tourist revenue.



In astrology, those born March 1–20 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. Those born March 21–31 are Rams of Aries. Like rams, Aries charge forward with courage, confidence, and enthusiasm.

**** Resident Birthdays ****					
03/12	Esther Hendrick	03/19	Greta Siracusa		
03/15	Vassie Salter	03/20	Dorothy Rhodes		
03/17	Allene Dougherty	03/24	Doris Williams		
		03/30	Ruth Schultz		
**** Employee Birthdays ****					
03/10	Angela Perez	03/19	Robin Smith		
03/14	Annie McCray	03/21	Bonnie Brege		
03/16	Toni Calloway	03/22	Sharon Isenbarger		
		03/25	Kaitlyn Askey		



Join us for the monthly Birthday Bash on Tuesday, March 26<sup>th</sup> at 3:30 pm in the Ice Cream Parlor. Enjoy live entertainment with Sherrie and have some BIRTHDAY CAKE!



March 10, 2019

It may seem as if winter will last forever, especially as the days grow colder still, but fortunately that is not the case. The clocks will go forward on Sunday, March 10<sup>th</sup> at 2:00 am. Most clocks, digital watches and smartphones will change automatically to reflect the new time, but if you have an analog clock, set a reminder to turn the clock forward an hour.

Daylight Savings Time was introduced by Benjamin Franklin as a way of saving energy during the summer. However, the practice didn’t become widespread until 1918, when “Fast Time” was introduced during the war. In 1942, the practice was again introduced by President Franklin D. Roosevelt and made permanent in 1966 under the Uniform Time Act. The new law created a country-wide rule for Daylight Savings Time, while offering states the ability to opt out.

Arizona, American Samoa, Hawaii, Guam, the Northern Mariana Islands, Puerto Rico and the US Virgin Islands all do not observed Daylight Savings Time.

On Sunday, November 3<sup>rd</sup>, the clocks will turn back an hour, at which point waking hours will again be filled with more darkness.

Arbor Oaks News

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Celebrating March  
Irish-American Heritage Month

Employee Appreciation Day  
March 1

Mardi Gras  
March 5

International Women’s Day  
March 8

Pi Day  
March 14

St. Patrick’s Day  
March 17



DIRECTORY	
Mary Gaudet.....	Executive Director
Joy Post.....	Resident Care Director
C.J. Cale.....	Activity Director
Jerome Jackson.....	Food Services Director
Schelma Whitcomb.....	Business Manager

Resident Spotlight: Lois Sherrow



Lois Sherrow was born on September 29, 1934, in Blackshear, Georgia, the third from the last of 11 children born to Ulysses Byrd and Maude Henderson Byrd. They lived on a farm where they grew tobacco & cotton. Everyone worked on the farm, even the children, so Lois learned how pick cotton & sucker tobacco. She walk 8 miles to a little country school to obtain her education.

Lois met her husband, Loyce Sherrow,in Waycross, Georgia, where Lois was working at J.C. Penney in the jewelry department. A year later in 1991, they were married and moved to Richmond, Indiana. They had one daughter, Teresa. They eventually settled in Fernandina Beach and enjoyed living in a beautiful condo on the beach. Following Loyce’s death, Lois moved to Arbor Oaks in May of 2017.

Lois has two grandchildren and 2 great grandchildren. She also has a cat named Kay Kay (pictured above) who is spoiled and loved very much. Her interests include Bingo, jewelry making and socializing. She is literally a “social butterfly”! You will frequently see her flitting through the lobby greeting people with her happy smile. She loves to help people and is quite a “cut-up”. Her favorite event is Happy Hour every Friday at 3:00pm.

Lois enjoys living at Arbor Oaks. She loves the friends she has made as well as the care and attention from all the staff. She says, “All my needs are taken care of which gives me plenty of time to enjoy life.” We are so happy that Lois chose Arbor Oaks as her home.





Spring and “springtime” refer to the season and also the ideas of rebirth, rejuvenation, renewal, resurrection and regrowth. Many of our northern friends have been home bound by snow storms and below freezing temperatures of Winter and are welcoming the balmy breath of Spring.

Springtime brings evidence of renewal as the pungent, earthy smell of rain-soaked soil fills the air and the farmers begin to till the earth for spring planting. Regrowth quickly follows the rain and our eyes are treated to the profusion of color as the daffodils, lilac, tulips and dogwood begin to burst into new blooms. When I was growing up in Southeastern Ohio, the first harbinger of Spring was the crocus peeking their heads from the earth and reaching for the sun.

Rebirth is easily recognized as many animals have mating seasons that cycle around spring. It is the time when we see the new birth of kittens, chicks, bunnies, fawns and all manner of baby critters. My stepdad raised Hereford cattle and my favorite was the newborn Hereford calves with the little white star down their foreheads.

As the winter gives way to the warmer temperatures of Spring, we feel rejuvenated and more inclined to **spring** into action to get things done. Although in Florida we don’t have as may “winter” days as our northern friends, the longer days of springtime encourage us to get out and work on projects we have been putting off all winter, such as trimming shrubs, planting flowers and other spring cleaning projects. We begin to look forward to picnics in the park, flying kites and taking trips to the beach. The weather is ideal for visiting the local farmers’ markets where the seasonal produce getting more colorful and diverse. I love the Lakeland Downtown Market on Saturdays. It is a great place to meet new friends, visit the vendors and find a friendly dog to pet.

Springtime is the season that really gives us that “feel good” feeling. Do you remember *Bambi*? In the springtime the animals became “twitterpated” with warm and fuzzy feelings. People get that way too, I think. Flowers boom and hope “springs” eternal. Hold on to that “feel good” feeling and share it with family, friends and even complete strangers. Share a smile and a hug with everyone who crosses your path and see what happens. May your nights be starlit and may this season of rebirth, renewal and rejuvenation bring you hope, peace and love.

- Submitted by Becki Ringleb

## Evergreen Resident of the Month Patty Walter



Patty Walters came to our Evergreen family on July 4, 2016. Patty has a very playful personality and always has a smile on her face. She loves people and gives great hugs.



**Employee Appreciation Day** is celebrated on the first Friday in March, this year being on **March 1<sup>st</sup>**, and is a day for employers to

thank their employees for the hard work they have done all year. This special day may have begun sometime in the 1990s in response to Boss’s Day, where people were reminded of the importance of respecting and appreciating all that their bosses have done for them. In turn, it became necessary to encourage mutual respect to both sides of this equation. It is often easy to forget that employees are some of the most important assets a company can possess. In the course of the daily grind, it is easy to under-estimate all the things they do, not just within the scope of their jobs, but above and beyond that to keep things running smoothly.

Please take time to give a word of encouragement and thanks to the team at Arbor Oaks who serve you every day!



At a recent Staff Meeting, **Maureen Blake** was chosen for outstanding job performance. Maureen came on board with our Arbor Oaks

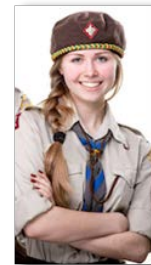
family in September of 2018. She is a true team player with a can-do attitude who cares for all the residents and treats them with respect. Keep up the good work, Maureen. We do appreciate you!



Julie Enanorado has recently joined the Legacy Team as Therapy Services Coordinator. Julie has lived in Lakeland and worked in skilled nursing facilities for over 20 years. She has been a therapist for 7 years. Julie, Shannon and Edson are here to provide outpatient physical and occupational therapy services. If you are interested in obtaining these services, please see Joy Post, Resident Care Director of Arbor Oaks.

## Girls Guiding Girls

The Girl Scouts is one the largest and most successful organizations for girls in the world. Juliette Gordon Low, finding inspiration from the Girl Guide movement in England, established the first Girl Guide Troop in America on March 12, 1912. For this reason, the week of March 10–16 is celebrated as Girl Scout Week.



Born in Savannah, Georgia, just before the American Civil War, Gordon Low was raised with traditional Southern values emphasizing duty, loyalty, and respect. Gordon Low was also an American aristocrat born to successful parents. As such, she attended boarding schools, met many influential people, married well, and moved to England. Gordon Low’s marriage was not a happy one, however, and she spent much time alone painting, learning metalworking and woodworking, and doing charity work. After her husband died, she met Sir Robert Baden-Powell, founder of the Boy Scouts, a guide movement for boys that taught the skills of military preparedness and outdoor adventuring. Scouting proved to be the perfect unity of values that she had enjoyed all her life: duty and respect combined with practical skills for survival. It was not long before Gordon Low met Agnes Baden-Powell, Sir Robert’s sister and founder of the Girl Guides, and so Gordon Low organized Girl Guide troops in London herself.

Gordon Low returned to her beloved Savannah in March of 1912 with the mission to grow the girl scouting movement in America. On March 12, she registered 18 girls, establishing the very first Girl Guide troop. Thanks to her family’s extensive social connections and the help of Sir Baden-Powell, Low was able to quickly grow her local troop into a nationwide movement. She faced one competitor, the Camp Fire Girls, but this organization believed that girls should not participate in strenuous outdoor activities meant for boys. Gordon Low held fast to her love of scouting, and for over 100 years, the Girl Scouts have given young girls the confidence, skills, and character to become the leaders of tomorrow.



At Arbor Oaks we have our own version of *March Madness!!!* Check out your calendar insert for upcoming events as well as the following regular monthly activities:

**Veterans Meeting:** **Friday**, March 8<sup>th</sup> at 10:00 am in the upstairs lobby! Join the Cornerstone Veteran Volunteers and your fellow Vets for coffee, conversation and snacks.

**Resident Council:** **Wednesday**, March 13<sup>th</sup> at 10:30 am in the Community Center. This is the forum for your voice to be heard and for you to share your ideas for upcoming events.

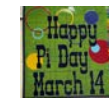
**HAPPY HOUR** – Every Friday afternoon at 3:30 pm in the Ice Cream Parlor. Come out and enjoy some of your favorite entertainers and yummy snacks!



Check your calendar insert for other exciting activities and events in February and sign up at the Lobby Desk for shopping, dining in/out and other bus outings.

You can also sign up at the Lobby Desk for shopping and other bus outings as well as the following personal services:

**Pretty Nails** – 10:00 am on Saturday  
**Beauty/Barber** - 9:00 am every Wednesday  
**Podiatrist** – Last Thursday of the Month  
**Dermatology** – Check dates at Lobby Desk



Thursday, March 14<sup>th</sup>, is National Pi Day! Pi Day celebrates the mathematical constant  $\pi$  (pi) or 3.141592653...Pi is the ratio between the circumference (the distance around the circle) and the diameter (the distance through the center of the circle). Pi is a constant, therefore it will be the same for circles of all sizes. Pi is a special number due to its infinite and patternless nature, meaning that the digits after the decimal point never repeat themselves in a specific order.

Pi Day celebrations originated in 1988 at the San Francisco Exploration when Larry Shaw, a physicist at the Exploratorium, organized the first Pi Day. It was held on March 14<sup>th</sup> (3/14), given that the first digits of Pi are 3.14. Celebrations at the Exploratorium included taking young museum visitors on a parade to the Pi Shrine, which is a round brass plaque fixed on the floor of the museum and serving fruit pies to visitors. Since then, Pi Day celebrations have spread both nationally and globally. On March 12, 2009, the U.S. House of Representatives recognized March 14, 2009 as National Pi Day.