

Milestone Senior Living

March 2020

Reminder:

Please wear and use your call pendant, if you need help or assistance. We have staff here 24/7.



March Music

*Shari Sarazin

Friday 3/13 @ 1pm

*Dewayne Keys

Wednesday 3/18 @ 2:30pm

*Jim Hetzel

Thursday 3/26 @ 2:30pm



Contact Information:

Executive Director:

Angie Starcer

#608-807-9533

Lead RCA

Patty Haas

#608-553-3704

Life Enrichment Coordinator:

Nicole Hoerig

#608-413-0454

Culinary Coordinator:

Lisa Dublin

#608-413-0451

Maintenance Coordinator:

Mike Starcer

#608-444-3841

March Birthdays

Mary M 3/12



Vermont Lutheran Church

March 19th

@ 11am

Sunroom



Shirley Merker

will be here



Thursday, **March 12th @**
1pm

Come join in on the fun and
make some Valentine cards!

The **four-leaf clover** is a rare variation of the common three-leaf clover. According to traditional superstition, such clovers bring good luck, though it is not clear when or how this superstition began. The earliest mention of "Fower-leafed or purple grasse" is from 1640 and simply says that it was kept in gardens because it was "good for the purples in children or others". A description from 1869 says that four-leaf clovers were "gathered at night-time during the full moon by sorceresses, who mixed it with vervain and other ingredients, while young girls in search of a token of perfect happiness made quest of the plant by day". The first reference to luck might be from an 11-year-old girl, who wrote in an 1877 letter to *St. Nicholas Magazine*, "Did the fairies ever whisper in your ear, that a four-leaf clover brought good luck to the finder?"

The Drunken Leprechaun

There is a misconception that leprechauns are drunkards however; they do have a fondness of drinking Irish Poitín. It would be unfair to mistake them for their Irish cousins the Cluricauns, a drunken creature who loves to cause chaos around Ireland during the night.

Catching a Leprechaun

Catching one of the wee folk is no easy task and it's often discouraged. They're quick, smart, and have magical powers to vanish into thin air but they can be caught. It's believed that if you're lucky enough to catch a Leprechaun he'll grant you 3 wishes to be released but be careful, making the wrong wish could result in a lifetime of bad luck.

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

ASIAN
AFRICAN
BANANAS
BULL
CIRCUS
CROP RAIDERS
DUMBO
EAR
EAT
ELEPHANTIDAE
ELEPHANTS
ELEPHAS
FESTIVAL

FIL
FRUIT
HANNIBAL
HERD
HOWDAH
IVORY
JUMBO
JUNGLE
LOGGER
LOUD
MAMMAL
MARULA
MUDBATH

MUSTH
NUT
PINK
POACHER
POLO
RICE
ROAR
RUSE
SALT
SMART
STAMPEDE
SUGARCANE
SUMATRAN

SWIM
TEA
TEMPLE
TRAMPLED
TRUNK
TUSK
WATER
WHITE
WRINKLES
YAM
ZOO

Mystery Phrase: _____

Random Facts:

The average snowflake falls at 3.1 mph. The average raindrop falls at around 20mph

The universe is estimated to be 13.7 billion years old

Gondolas in Venice have to be painted black by law

Cheese is believed to be the oldest of all man made foods

A group of cheetahs is called a coalition

To lose one pound of fat, you would need to burn 3500 extra calories

At its peak the US nuclear arsenal contained 31,700 nuclear warheads

Triplets occur in approximately 1 in every 8,000 pregnancies. Twins occur in approximately 3 in every 100 pregnancies

			1			7	4	
	5			9			3	2
		6	7			9		
4			8					
	2						1	
					9			5
		4			7	3		
7	3			2			6	
	6	5			4			



About the Month of March

March is the 3rd month of the year and has 31 days.

Season (Northern Hemisphere): Spring

Holidays

Read Across America Day (Dr. Seuss Birthday)

Saint Patrick's Day

Pi Day

Daylight Saving Day

Women's History Month

National Nutrition Month

American Red Cross Month

Fire Prevention Month

Symbols of March

- Birthstone: aquamarine and bloodstone
- Flower: daffodil
- Zodiac signs: Pisces and Aries

History:

The name March comes from the Roman god of war, Mars. For many years, March, being the start of spring, was also the start of the New Year. Much of Europe used March as the start of the year. Britain used March 25th as the beginning of the New Year until 1752.

March in Other Languages

- Chinese (Mandarin) - sanyuè
- Danish - marts
- French - mars
- Italian - marzo
- Latin - Martius
- Spanish - marzo

Historical Names:

- Roman: Martius
- Saxon: Hrethmonath
- Germanic: Lenz-mond (Springtime month)

Fun Facts about March

- It is the first month of Spring which begins between March 19-21.
- In the Southern Hemisphere, March is the same as September in the Northern Hemisphere.
- Each year March and June end on the same day of the week.
- It is the time of year when animals start to wake up from hibernation.

March Madness is a basketball tournament played by the NCAA.

Easter is sometimes celebrated in March.

Leprechauns are one of Ireland's more famous characters from Irish folklore. They have become renowned all over the world.

The mischievous Irish Leprechaun has captured the imagination of millions of people over the years. With tales from some of how they've sighted these wee folk in the Irish countryside.

What is a Leprechaun?

The Leprechaun is part of Irish mythology and folklore that fall under the topic of the Faerie folk, also known as 'wee folk' or the 'little people'. They are members of the Tuatha Dé Danann who invaded Ireland and were banished to live underground.

Standing 2-3 feet tall, leprechaun's are a devious character. They are quick-witted, highly intelligent, and will do anything to evade capture.

As a cousin of the Clurichaun, the Leprechaun is known to inhabit Ireland before the arrival of the Celts and can survive hundreds of years. Some consider leprechaun's to be the true natives of Ireland who are descended from Irish royalty.

Where do leprechaun's live?

The Leprechaun can only be found in Ireland, in rural areas away from the general population. Burrowed deep in underground caves with entrances hidden as rabbit holes or found in a hollow trunk of a Fairy tree they find safety away from humans who seek to capture them to be granted 3 wishes.

The love for music & dance

The Leprechaun is well-known for their love of Irish music and traditional dance. They'll often hold Celi's that can last for days. They are expert musicians when it comes to playing the tin whistle, the fiddle, Bodhrán, and even the Irish harp.

Shoemakers by trade

They are considered the only faerie to have a trade which is that of shoe-making. It's believed because leprechaun's dance so much they are always in need of new shoes,

The famous Irish writer and poet, W.B. Yeats is quoted as saying

Because of their love of dancing they (the Fae) will constantly need shoes

Yeats goes on to tell the story of a woman who had been spirited away by the Faeries. She had been returned seven years later, minus her toes. She had danced them off!

You'll hear an Irish Leprechaun before you'll ever see one. If you're ever out in the rural countryside and hear a tap, tap, tap, it's usually the sound of them hammering nails into the soles of a shoe. But try to find whoever is making the noise is next to impossible.

Cunningham, Margaret

Margaret was married to William Cunningham in 1946, and the couple had two sons. William passed away unexpectedly in 1959 leaving Margaret to raise their two children.



She was born on Jan. 1, 1916, in Farina, Ill. Margaret graduated from the University of Illinois with a bachelor's degree in Food Science. She later went on to earn another bachelor's degree in Social Work and finishing up with a master's degree in Psychology from the University of Louisville. She worked for the State of Illinois as a social worker until 1970 when she left that position for a job with a private adoption agency until she retired in 1986. After she retired, she moved to the Madison area to be closer to family.

Survivors include her sons, Michael (Heidi) Cunningham and William (Mickie Benak) Cunningham; granddaughter, Audrey Hall; great-grandsons, Andrew Hall and Ryan Hall; step-grandson, Lucas (Millie) Miller; and step-granddaughters, Tiffany (Michael) Greenheck and Rachel (David) Revolinski. Margaret was preceded in death by her father, Arthur Burdick; mother, Blanch (Crandall) Burdick; her husband, William Cunningham; and her sister, Annabelle Melton.