

Sunnybrook of Carroll
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Won't You Be My Neighbor?



Each year, March 20 is celebrated as Won't You Be My Neighbor Day in honor of the birthday of Fred Rogers, everybody's favorite television neighbor. Rogers suffered a lonely childhood and was often taunted about being overweight. He overcame his shyness to become a Presbyterian minister but left the seminary to go into television. He hated TV and wanted to transform it into a means of nurturing those who would watch and listen. Rogers was a natural when it came to children's broadcasting, using his talents to develop puppets, music, and characters that appealed to kids' better natures. By the time the show *Mister Rogers' Neighborhood* aired in 1968, he had mastered his use of imaginative elements and the kind, quiet manner that became his trademark.

Looking Ahead to March

"Spring forward, fall back," right? Daylight savings time in on Sunday March 8th, 2020. Just a friendly reminder to turn those clocks ahead one hour. One of the best joys of spring is Daylight Savings Time – finally, the days are longer and brighter. With the Weather Turning to Spring soon we can't predict mother nature and still must be prepared for the possibility of that last snowstorm, but the thoughts, smells and feel of Spring are just around the corner! Warm weather brings that awesome moment you get to say goodbye to the sweaters upon sweaters, paired with scarves, heavy coats, turtlenecks, and long underwear – basically everything that could possibly drag you down. Being able to Open a window for fresh air to clear out the stale air of winter and inhaling the fresh smell of spring, I just cannot contain my excitement because **spring** just brings smiles. I am looking forward to sunshine, floral aromas, and a fresh sense of rejuvenation and just lots of colorful goodness. Spring is on its way, and while winter certainly has a worse reputation than it deserves it is just one of the 4 seasons Ah, the spring! There is no denying the sheer beauty, peacefulness, tranquility and happiness that this season imparts on us.

March 2020

Sunnybrook of Carroll

Assisted Living and Memory Care * Ph. 712-792-8995



The Power of Names

The power of bestowing names is so great that in the Old Testament of the Bible it is God who grants this amazing gift to Adam and Eve. Modern psychologists agree that names are significant. As children develop the ability to speak, they name things to make sense of the world around them. The first full week of March is Celebrate Your Name Week, a time to appreciate our names.

In 1948, professors at Harvard University studied the success of recent Harvard graduates. As it turned out, those with common names like Mike had found more success than those with unusual names such as Berrien. The professors concluded that rare or unusual names had negative psychological effects. More studies followed, and they bore out similar results. Names seemingly influence where we go to school, where we choose to live, who we marry, and even the kind of financial investments we make. Psychologists have attempted to explain this phenomenon as a result of the "implicit-egoism" effect, or the fact that we are drawn to things that resemble us. Other psychologists offer a different explanation.

Names send powerful signals about where we come from: our native country, ethnicity, religion, and economic background. When we hear a name, we hear so much more.

Of course, not everyone loves their given name. According to Legal Zoom, people often change their name if it's very common. They list Britney and Ashley as two examples. Another reason people change their name is because it's difficult to spell or pronounce.

Celebrate Your Name Week is a chance to be proud of not just our names but of who we are. When you introduce yourself, say your name loud and proud, for the way you treat your name shows the way that you

Celebrating March

Irish-American Heritage
Month

Women's History Month

International Black Women
in Jazz and the Arts Month

World Compliment Day
March 1

International Women's Day
March 8

Welllderly Week
March 16–22

St. Patrick's Day
March 17

Tuskegee Airmen Day
March 22

Make Up Your Own Holiday
Day
March 26

Sock Monkey Day

The fabulous folk-art-toy-turned-kitschy-gift known as the sock monkey enjoys its own holiday on March 7. (Some sources say March 1.) The sock monkey can trace its origins back to England's Victorian era and the exploration of the continent of Africa. Tales of exotic new animals were recounted in news reports and fictional tales such as Rudyard Kipling's *The Jungle Book*. It became fashionable to decorate children's rooms with all manner of stuffed animals such as lions and monkeys. It did not take long before the trend reached America. Swedish immigrant to America John Nelson patented a sock-knitting machine in Rockford, Illinois, in 1868. His socks became so popular that they became known as "Rockford Red-Heels." During the Great Depression in America, economical families created their own stuffed animals, notably monkeys, using these trademark red-heeled socks. The red heels gave the "sock monkeys" their distinctive red mouths. In 1953, a woman named Helen Cooke patented the "sock monkey" and eventually sold her idea back to the Nelson Knitting Company, still located in Rockford.

Smiling can trick your brain into happiness — and boost your health

Ever had someone tell you to cheer up and smile? It's probably not the most welcomed advice, especially when you're feeling sick, tired or just plain down in the dumps. But there's good reason to turn that frown upside down, corny as it sounds. Science has shown that the mere act of smiling can lift your mood, lower stress, boost your immune system and possibly even prolong your life. It can open doors and the hearts of other people whose culture you do not even know. A smile is the most international language that everyone knows. "A smile is also something that is easy to pass on. Much like yawning, smiling is contagious. On a less mechanical level, there's also the idea that when we see a smile, we want to reciprocate because we feel endeared. We should make a conscious effort not to take smiles from our loved ones for granted, and to keep in mind that across the globe a smile can mean so much more than a simple facial movement." So, share your smiles today!! "Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." —Thich Nhat Hanh

The Great Escape



On March 24, 1944, the British bomber pilot Leslie "Johnny" Bull poked his head out of the ground and took his first breath of freedom after suffering as a prisoner of war in the Nazi-controlled Stalag Luft III camp. The so-called "Great Escape" had begun, one of the most daring mass breakouts ever attempted during wartime.

In 1944, the camp housed over 10,000 Allied service members. The location of the camp was chosen in part due to its sandy soil, which made any attempts to tunnel out extremely difficult. This did not deter Royal Air Force Squadron Leader Roger Bushell from devising a grand tunneling scheme. His plan consisted of "three bloody deep, bloody long tunnels," code-named Tom, Dick, and Harry. Previous escapes had been attempted, but none on the scale Bushell proposed. Not only did he oversee the excavation of three tunnels but he also devised a system of signals that allowed POWs to track prison guards and communicate their whereabouts. He also procured civilian clothes for escapees, forged travel documents, and equipment for the 600 digging inmates. As the plan's mastermind, Bushell was given the code name "Big X."

His plan proved ingenious. Powdered milk cans distributed by the Red Cross were fashioned into shovels, picks, and lanterns. Excavated dirt was smuggled to the surface inside inmates' trouser legs and then scattered while the prisoners walked around. The tunnels were 30-feet deep and just 2-feet square, the walls shored up with pieces of wood scavenged from all over the camp, most notably the prisoners' bunk beds. Many of the guards, who were openly anti-Nazi, assisted in the procuring of forged documents and materials. By the moonless night of March 24, 1944, the tunnel "Harry" was complete, and 76 men tunneled to freedom. Of the 76 escapees, 73 were captured, but the dramatic "Great Escape" became the stuff of legend and a Hollywood blockbuster.

February Fun, Love and Food

