

The Crack Jack Idea

Sugar-coated popcorn and peanuts were a common snack at the end of the 19th century, but in 1896 Fritz and Louis Rueckheim created a formula that prevented the mix of popcorn and peanuts from sticking together. One customer who sampled this idea found it so wonderful that he exclaimed, "That's a crackerjack!" The Cracker Jack name was born. It wasn't until February 1913, that Cracker Jack placed the first of their famous prizes inside of the box. These were small prizes such as metal tops, tiny joke books, paper dolls and even miniature furniture. When Cracker Jack began offering prizes in a set or series, sales soared; people wanted to collect entire sets. Perhaps the most famous prizes of all were the baseball cards of 1914. Today, a complete set of 144 cards is worth tens of thousands of dollars.



75 Baseball cards from the 1960's through 2006



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.

- Joy Jones-- March 14
- Lindy Hawkins-Williams--March 14
- Della Rieschick--March 17
- Roger Rumph—March 19
- Joan Coulat—March 19
- Sally Levings—March 24
- Glen Courtney—March 30

Healing By Color



March is Color Therapy Month, which means that it is a month to recognize that colors have the capacity to heal. The notion that colors have the power to heal dates all the way back to ancient Egypt, where sun-activated solariums constructed with multicolored glass panes were used for therapeutic purposes. Colors evoke different responses in people. Some colors are stimulating, others soothing. Colors can influence decision-making, mood, appetite, emotions, and energy levels. The goal of color therapy is to use color and light in ways that ease stress and promote well-being. While some are skeptical, others point to how light therapy is used to combat seasonal affective disorder. Blue light is also used to treat neonatal jaundice in newborns. Green light may reduce pain.

Winding Commons

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Dan Catanio
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Deanna's Download

It looks like we're finally going to see some warm weather. This would be a great time to invite your families to enjoy the patio spaces that we have available outside. Don't forget to mark your calendars on Saturday, March 13th for Daylight Savings time. It's time to SPRING FORWARD! I love it when we get a little extra sunshine!

We are bringing back the paint classes that so many of you have enjoyed. On March 6th, Hilary's sister, Holly, will be here to hold another class for our residents. We will be doing it in the Media Room to allow enough room to keep our normal 6 ft. distance. Please sign up today as the space is limited.

I want to welcome our new hair stylist, Jane Ma. She is working in the salon on Saturdays and Sundays. If you would like to make an appointment, please call her directly at (916) 223-9658.

What do you suppose is the most asked question at Winding Commons Senior Living?

Answer: When is the Dining Room going to open? Well, we may finally have an answer for you. We plan to do a soft opening on March 22nd for dinner only and limited occupancy to start. We are working on the details and will get more information out to you very soon.

Activities Corner by Barbara

Spring is in the air and we welcome the newness of a favorite season! It won't be much longer before we turn to the outdoors for our exercise classes along with other activities. It's time to think about a change of scenery from your apartment to the outdoors. Remember a daily walk around the community in the fresh air adds to a healthy life! Also, you may want to share conversation with others and join in with some activities (while practicing social distancing and wearing your mask). Kick off spring and join others Saturday the 6th at 1:00pm for a fun paint class with Holly (Hilary's sister). You will need to call the office to reserve a seat. The class is limited to 10 residents so be sure and sign up early! If you are one that enjoys reading the Book Club meets every third Tuesday of the month and will meet March 16th at 3:00pm in the Media Room. New residents are always welcome! I am happy to announce that we are able to bring back Bean Bag Toss! However, we will play it a "little" differently. It is necessary that you sign up for the activity by calling the office to reserve your spot. The first 10 residents to sign up will be assured a seat. Bean Bag Toss will be played every other Tuesday at 2:30 pm in the Media Room and will begin next month. Look for dates on your April calendar! Another activity soon to be added will be Mobile Wheel of Fortune. It will take the place of the Word Producer activity as we put this activity to rest for a while. Additional information will follow shortly on the new Wheel of Fortune Activity. We welcome new residents and encourage you to become a part of your community by joining some of the many activities available to you. We will celebrate Saint Patrick's Day March 17th during our mobile Happy Hour by offering a "good ole Irish drink" to you all.

Marketing Minutes by Hilary

Hi, everyone. I know it's been a while since we all got together for a marketing event. Hopefully sooner than later we can get back to Happy Hours and other events.

I wanted to share with you our "Resident Referral" program. If you refer a friend to Winding Commons, you can receive a referral bonus of \$1,000 off your rent. That can really add up depending on how many friends you have looking to move.

Thank you for always being positive and welcoming when you see me with new prospects.

Fun Facts:

- ❑ Hot water will turn into ice faster than cold water
- ❑ The Mona Lisa has no eyebrows
- ❑ The tongue is the strongest muscle in the body
- ❑ Coca Cola was originally green
- ❑ Camel's have 3 eyelids to protect the sand getting in eyes from wind storms
- ❑ Women blink twice as much as men do
- ❑ The name of all continents end with the same letter they begin with
- ❑ More people visit France than any other country
- ❑ Only three countries in the world don't use the metric system
- ❑ California is the Artichoke Capital of the World



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.

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!"