

March 2015

Cloverleaf Connection

Cloverleaf Healthcare * 9325 N. Crawford St, Knightsville IN 47857
(812)446-2309 * www.cloverleafhealthcare.com



American Heart

Celebrating March

St. Patrick's Day
March 17
Party at 3pm

Community Bingo
March 26
At 2pm

**Party for Resident's with
February Birthdays**
March 30 at 2pm

Entertainment at Cloverleaf

Nellie Schopmeyer March 4, 10:15am

Darrin Kelley March 5 and 19 at 9am

Brad Robison March 6 and 20 at 9am

Crossroads Feb 14 and 28 at 2pm

Mike Brown Feb 16 at 6:30pm

Ron Rodgers Feb 18 at 6:30pm

Music by JC Feb 19 at 6:30pm

Rick Wetnight Feb 21 at 2pm

Church Services Provided by:

The Door-March 1 at 2pm

Chester Hapenny-March 8 at 2pm

Knightsville Church of Christ-March
15 at 4:30pm

Ernie Rush-March 22 at 2pm

Charles Parr-March 29 at 2pm

Irish-American Heritage Month

Irish or not, many don green on March 17 to celebrate St. Patrick's Day. What most don't know is that each year since 1991 the American president has proclaimed the entire month of March as Irish-American Heritage Month. It's a time when, by presidential decree, "we reflect on proud traditions handed down through the generations, and we celebrate the many threads of green woven into the red, white, and blue."

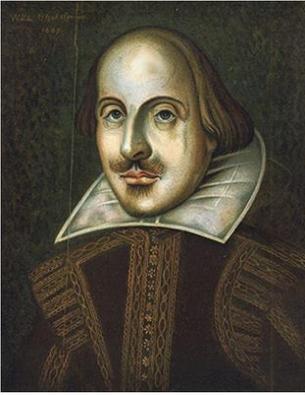
There is no doubt that St. Patrick's Day is the centerpiece of all Irish-American celebrations in March. Both Boston and New York City compete for the claim of the first St. Patrick's Day Parade, an event so dear to Irish-Americans that American presidents have attended—including the first Irish-American Catholic president, John F. Kennedy, in 1961. Each March, the Irish Taoiseach, or prime minister, presents the American president with a ritual crystal bowl full of shamrocks—the three-leaf clover that has become the national symbol of Ireland.

How will the 44 million Americans of Irish descent be celebrating this March? Traditional Irish music, featuring fiddles, flutes, and pipes, provides the perfect harmony for Irish step dancing and jigs.

Food is found wherever there is celebration: shepherd's pie, Irish stew, colcannon (mashed potatoes mixed with kale or cabbage), soda bread, bacon and cabbage, and black pudding satisfy the hungriest. And no meal would be complete without a pint of Irish stout.

When you've had your fill of dancing and dining, you can turn to reading: Irish nationals James Joyce, Oscar Wilde, Samuel Beckett, Edna O'Brien, Seamus Heaney, and W. B. Yeats are famous worldwide for their writing. So, with 31 days to celebrate Irish Americans, it may be time to add more green to your closet.

Common Shakespeare



In his play *Julius Caesar*, William Shakespeare warned to “beware the Ides of March” on March 15. Lucky for all lovers of the bard that Shakespeare Week falls from March 16 to March 22.

Shakespeare Week is only in its second year. Begun in 2014 by the Shakespeare Birthplace Trust in England, its goal is to make Shakespeare delightful, not dull. His works are on the curriculum for half of the world’s schoolchildren. For many, the writings of Shakespeare are remembered as difficult and mandatory high-school reading. But, in Shakespeare’s day, his plays were considered bawdy, coarse, and boisterous, and theaters were often dirty, loud, and very crowded—some holding crowds of up to 3,000 people. A three-hour play was considered a rollicking good time. Shakespeare knew his audience.

Though many now consider Shakespeare’s plays to be examples of great literature, a part of high culture, or difficult to understand, Shakespeare wrote to his audience—many of whom were common folks just like himself. He was sure to include plenty of jokes, fights, love triangles, and off-color remarks.

Shakespeare has seeped into our everyday life. Many common expressions were written by Shakespeare, including:

- “Wild goose chase.” – *Romeo and Juliet*
- “Seen better days.” – *As You Like It*
- “Off with his head.” – *Richard III*
- “Good riddance.” – *Troilus and Cressida*
- “Knock, knock! Who’s there?” – *Macbeth*
- “Break the ice.” – *The Taming of the Shrew*

Utter one of these phrases between March 16 and March 22, and you might be celebrating Shakespeare Week without even knowing it.

The Last Great Race

Mushers begin the “Last Great Race” across the Alaskan wilderness on March 7. The word *Iditarod* comes from the native northwestern Alaskan language and means “distant place.” It’s the name of a city, a river, a trail, and the famous 1,150-mile dogsled race.

Not just any dog can compete in the race. Only dog breeds accustomed to the cold, such as Alaskan Malamutes and Siberian or Alaskan huskies, are allowed to race. In 1980, musher John Suter entered with a team of European poodles; many of the dogs were dismissed at checkpoints along the way with frozen feet. In 1990, rules for accepted dog breeds were established. Frigid temperatures are not a dogsled team’s only threat. The town of Willow, often the starting line of the Iditarod, is known as “Moose Alley.” Massive moose have been known to charge racers. Meanwhile, all dogs are treated like all-star athletes and are accompanied by veterinarians. The last team to cross the finish line is given the Red Lantern Award. This name comes from the lantern that is not extinguished until the last dog comes in.

February Parties at Cloverleaf

Wilma Edwards Celebrated Mardi Gras!



Bob and Joan Miller enjoyed Valentine’s Lunch!



Employee of the Month **Michelle Lain**

Michelle was nominated by family members of our residents for her dedication and helpfulness with financial concerns. Michelle spends time with the families and answers their questions as she can. She always lets families know to call her with any questions and if she does not know the answer will spend the extra time to research until she does. Michelle is able to make a very difficult process a much easier one with her calm manner and smile!

Customer Service Superstar **Stephanie Hayes**

Stephanie was nominated by fellow co-workers. She has shown great dedication and love for the residents by “going the extra mile”. On Christmas Stephanie came in and used the van to take a resident to their family’s home to spend the day. She also took a resident to his daughter’s funeral in the van. He otherwise would not have been able to attend. “Stephanie never says no and is always wanting to take care of residents and help them with what they need”. Thank you Stephanie for always taking the time to make our residents happy!

March Madness

The “Road to the Final Four” begins Tuesday, March 17. Sixty-eight of the country’s best men’s college basketball teams begin a three-week tournament known as March Madness, or the Big Dance. There are so many games that it takes different television stations to cover all the action. CBS, TNT, TBS, and TruTV often cover games simultaneously, and it’s not uncommon for viewers to watch multiple games on multiple stations at the same time.

The tournament also is significant for college basketball programs hoping to elevate their reputations. Basketball’s professional league, the NBA, holds its draft three short months after the finish of the tournament. A college player’s performance can dramatically improve or impair his chances to sign with a professional team. The Big Dance isn’t about individual standouts but about team play. The top contenders are familiar: Kentucky, Duke, Kansas, Arizona, and Wisconsin. However, the beauty of March Madness is when an unlikely team wins against all odds. These “Cinderella” teams are often what bring the Madness to March.

Birth of Barbie

On March 9, 1959, the Mattel toy company unveiled the first Barbie doll at the American Toy Fair in New York City. Ruth Handler, co-founder of Mattel, got inspiration for the doll after watching her daughter ignore baby dolls in favor of paper dolls of adult women. Barbie became the first adult doll for kids—and star of the first TV ad to target children.

Barbie’s design was a near replica of a German cartoon character and doll named Lilli. While Barbie has seen controversy for her gender stereotypes and unrealistic proportions, the toy has generated more than \$1 billion in sales. Time will tell whether Lammily, a new doll with more realistic proportions, will earn as much.



Recondition Your Nutrition



eat more fruits, whole grains, and vegetables.

Having fresh fruit and vegetables in your home is an easy way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in the correct portions: it is not only important to eat healthy foods but also to eat the correct amount of healthy foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood betters, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best.

Perhaps it is no coincidence that March is also Quinoa Month (pronounced KEEN-wah). This ancient seed, harvested high in the Andes Mountains, is one of nature’s most perfect foods. In 1955, researcher Philip White wrote, “While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom.” That’s high praise for an often-overlooked food. Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the “mother of all grains” and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It’s a nutritive powerhouse.



March Birthdays

In astrology, those born between the 1st and 20th in March are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They’re emotional, compassionate people, always willing to help others. Those born from the 21st to the 31st in March are Aries, the Ram. Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.

- Chief Joseph (hero) – March 3, 1840
- Knute Rockne (coach) – March 4, 1888
- Albert Einstein (scientist) – March 14, 1879
- Jerry Lewis (actor) – March 16, 1926
- Moms Mabley (comedian) – March 19, 1894
- Marcel Marceau (mime) – March 22, 1923
- Aretha Franklin (singer) – March 25, 1942
- Warren Beatty (actor) – March 30, 1937

Employee Birthdays!!

- | | |
|-------------------|----------|
| Sara Niehaus | March 4 |
| Amanda Crosswhite | March 6 |
| Marcella Anderson | March 7 |
| Michelle Lain | March 10 |
| Brandy Head | March 11 |
| Allie Taylor | March 16 |
| Deanna Hickman | March 27 |

Hope you all have a very happy Birthday!

