

Transitions Times

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Celebrating March

World Compliment Day

March 1

DAYLIGHT SAVINGS TIME BEGINS

March 11

St. Patrick's Day

March 17

INTERNATIONAL DAY OF HAPPINESS

March 20

FIRST DAY OF SPRING

March 20

PALM SUNDAY

March 25

GOOD FRIDAY

March 30

Egg-ceptional Spring Traditions

With the arrival of spring on March 20 comes all the holidays and traditions associated with the end of winter: religious traditions like Passover and Easter, and Nowruz, the Persian New Year. All of these celebrations share an important symbol: the egg.

For millennia, the egg has been an exalted symbol of birth, rebirth, and hope. Ancient Egyptians told stories of the sun god hatching from an egg. Sometimes the sun was considered an egg, laid each day by Seb, a cosmic goose and god of the earth. In Hinduism, the egg represents the makeup of the universe. The shell is the heavens, the white is the air, and the yolk is the earth. In the Persian story of creation, Good and Evil are locked in an epic battle. When Evil is hurled into an abyss, Good lays an egg, which represents the universe, with Earth suspended from the heavens as a halfway point between Good above and Evil below. Eggs have always been a symbol of the beginnings of the universe and life itself. No wonder that after the long dark of winter, with the return of the sun, eggs are revered as harbingers of life.

When Jews sit together for the Passover seder on March 30, an egg will adorn the seder plate as a symbol of the ritual offering to the Temple in Jerusalem. Furthermore, the egg symbolizes—you guessed it—life itself. For Christians, Easter is a holiday celebrating the resurrection of Jesus Christ, so using an egg as a symbol of rebirth was a natural choice. The traditional color to dye Easter eggs is red, symbolizing the blood Jesus shed on the cross. In Macedonia, congregants bring their red eggs to Easter church services, and when the priest proclaims, "Christ is risen," it is customary to eat the egg as a ritual breaking of the Lenten fast. Elsewhere, in Iran, Persians prepare for their new year, Nowruz, by preparing their ceremonial table, the *haftseen*, with symbolic foods and objects, including painted eggs representing fertility. All over the world, people will be looking at eggs in a different light.

Awaiting a Return to Capistrano



On March 19, the residents of San Juan, California, look forward to the return of special visitors to the old Spanish mission: cliff swallows. The return of the cliff swallows to the San

Juan Capistrano Mission is legendary. Hundreds of years ago, local shopkeepers drove away the swallows, which built mud nests on shops and homes. The displaced birds built new nests in the eaves of the old stone church, named for the warrior-priest Giovanni de Capistrano. Every year since the 1930s, the community has heralded the return of the swallows to Capistrano with great fanfare.

In recent years, though, the swallows have returned in decreasing numbers. Some people blame urbanization. For a century or more, the mission was the largest building in San Juan, a perfect target for the nesting swallows. As the population increased, more buildings were built, and swallows began to find alternate nesting sites. Things were complicated further in the 1990s when preservations performed a restoration of the church, the oldest continually used structure in California, and removed the mud nests. Cliff swallows are known to be attracted to places with old nests. The restoration, while architecturally important, discouraged the birds. That's when the mission sought the help of a professional.

Dr. Charles R. Brown, professor of Biological Sciences at the University of Tulsa and cliff swallow expert, was charged with the task of luring the birds back to the mission. He has employed everything from broadcasting cliff swallow song to building an artificial wall of swallow nests out of plaster. The good news is that the birds have again been spotted in the area of the mission, even though they have not been nesting on the church. Yet every year on March 19, St. Joseph's Day, the swallows are welcomed with the ringing of the mission bell, flamenco dances, food, and fanfare. Even if the cliff swallows aren't ready to return to Capistrano, the locals are ready for them.

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A Slice of Pi



When one measures a circular object, it always turns out that its circumference, or the length around, is a little more than three times its width across—3.1415926 to be exact. This number, known as pi, actually goes on forever. Scientists have calculated its value to more than one trillion digits past its decimal. But for the purposes of celebration, Pi Day is held on March 14, or 3/14, each year. The first Pi Day was organized in 1988 by physicist Larry Shaw, who worked at the San Francisco Exploratorium. The original celebration consisted of Exploratorium staff walking around in a circle and eating pies. Celebrations have evolved since then, including competitions to see who can recite the most digits of pi and Albert Einstein look-alike contests, thanks to that famous scientist's birthday also falling on March 14. It's a mathematical holiday Einstein likely would have been pleased to be a part of.

St. Paddy's Pastimes Debunked



They say that everyone is a little bit Irish on St. Patrick's Day, and the world will be draped in green on March 17, when St. Patrick's Day celebrations take place across the globe in honor of the patron saint of Ireland. But if you really want to celebrate the right way, be sure to take a look at these facts behind St. Patrick.

St. Patrick may be one of Ireland's patron saints (along with St. Brigid and St. Columcille), but he was not Irish. Evidence suggests that he was, in fact, British. By some accounts, he was born with the name Maewyn Succat in either Scotland or Wales. Yet it is important to realize that even though St. Patrick may have been born in Britain in the year 390, at the time of his birth, Britain was occupied by the Romans. Thus, it is very likely that Patrick's family was from Roman aristocracy. Indeed, Ireland's precious St. Patrick may well have been Italian.

But don't trade in Irish green for Italy's tricolor green, white, and red just yet. The true color of Ireland might be blue. King Henry VIII flew a blue flag over Ireland during the 16th century. Knights of the Most Illustrious Order of Saint Patrick, a society of Irish knights founded by King George III in 1783, wore a light blue color known as St. Patrick's blue. The Irish president flies a blue flag with a harp. So when did green become the color of Ireland? During the Great Irish Rebellion of 1641, Irishmen flew a green flag against King James. Green became the color of Irish nationalism and independence during the Irish Rebellion of 1798, a notion promulgated in the ballad "The Wearing of the Green."

So whether you're marching in Dublin, raising a pint of Guinness in New York, Irish dancing in Sydney, or eating corned beef and cabbage in Montreal, just remember that none of these pastimes come from the original St. Patrick's Day. The Roman Catholic feast day was traditionally spent in quiet prayer, a far cry from the raucous celebrations of today.



CONGRATULATIONS!
Transitions Resident Council
Recognizes
Brian Heminger, CNA
As an outstanding employee for
March 2018

Walt Kingera, Administrator
Tammy Stollar, Director of Nursing
Leslie King, Asst. Director of Nursing
Pat Wagner, Admissions Director
Rob Kalas, Social Service Director
Mark Wargo, Maintenance Director
Sandy Bertani, Business Office Mgr.
Kim Bartos, Environmental Services
Jackie Austin, Dietary Manager
Marsha Kirker-Bozich, Life Enrichment
Director

MARCH OUTINGS & SPECIAL EVENTS

MARCH 1...MANAGER'S BONUS BINGO
MARCH 5...COUNTRY RIDE AND ICE
CREAM AT THE MEADOWS
MARCH 9...VEGAS DAY
MARCH 14...ST. PATRICKS DAY CRAFTS
WITH BRIDGES HOSPICE
MARCH 16... ST. PATRICK'S DAY
CELEBRATION WITH ENTERTAINMENT
BY TIM LITVIN
MARCH 19... FUNNY MONEY AUCTION
MARCH 20... LUNCH AT RED ROBBIN
MARCH 21... RESIDENT BIRTHDAY PARTY
WITH ENTERTAINMENT BY JOE LEGE
MARCH 28...RESIDENT COUNCIL
MEETING
MARCH 30...EASTER EGG COLORING
MARCH 31...FAMILY EASTER BRUNCH
& CHILDREN'S EASTER EGG HUNT

RECIPE OF THE MONTH

Minty Shamrock Parfait

Ingredients:

- 1 (18.4-ounce) box brownies, prepared according to the directions on the box, cooled
- 1 (3.9-ounce) box instant vanilla pudding mix
- 2 cups cold milk
- 1/4 teaspoon mint extract
- 16 ounces whipped topping, divided
- Green food coloring
- Crushed Andes mints

Directions

1. Crumble brownies in a medium bowl. Set aside.
2. Whisk pudding mix, milk, and mint extract in a large bowl for 2 minutes. Fold in 1 cup whipped topping and green food coloring.
3. Layer equal parts of brownie, pudding, and whipped topping in a clear glass. Repeat layers and sprinkle with crushed Andes mints.
4. Repeat step 3 to fill the remaining glasses.

Makes 6–8 servings

(depending on the size of the glasses)



March Birthdays

In astrology, those born between March 1–20 are Pisces. Friendly and selfless, Fish are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings. Aries' Rams are born between March 21–31. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident that they can navigate any challenges.

Audrey E. - March 8
Dorothy P. – March 20
John F. – March 25
Belvina P. – March 31
Richard K. – March 31

Don't Fear the Ides



It was William Shakespeare, via his play *Julius Caesar*, who warned that the Ides of March, on March 15, were cursed. Indeed, while Caesar was murdered by a group of political conspirators on March 15, the Ides of any month are not particularly evil or ignominious. The words *Ides*, *Kalends*, and *Nones* are terms used to describe any month's phases of the moon. *Ides* simply means the first full moon of the month, so in reality the Ides of March technically takes place this year on March 31. Likewise, the *Kalends* marks the month's first new moon, which is on March 17, and the *Nones* is the moon's first quarter, on March 24. Far from cursed, March's Ides were particularly joyful because they also heralded the new year.