



March 2013

# Hi-Lites



## ST. PATRICK'S DAY MARCH 17, 2013

March 17 is believed to be the date of St. Patrick's death in 461 A.D. St. Patrick is the patron saint of Ireland. He was born in Scotland (some sources say Wales) in the late 4th century. When he was 16 years old, he was kidnapped and taken to Ireland as a slave. After six years, he escaped to France, where he studied at a monastery. He became a priest then bishop, and in 432, Pope Celestine I sent him to Ireland, where for more than 30 years he converted people to Christianity. He is said to have used the shamrock to explain the Holy Trinity. Driving the snakes out of Ireland is actually a metaphor, meaning that he drove the religion of the Druids out of Ireland, replacing it with Christianity.

### IRISH & ST. PATRICK'S DAY TRIVIA

1. What trade do leprechauns traditionally practice?
2. What does Erin Go Bragh mean, and what language is it?
3. What are the colors of the flag of Ireland, and what do they mean?
4. What are the shapes of the marshmallow pieces in the original Lucky Charms® cereal?
5. What does the Lucky Charms® leprechaun say as the sales pitch?
6. In the 1938 classic movie, Boys Town, what is the name of the Irish priest, and what was his motto?
7. What were the years of the Irish potato famine?
8. In an old Irish superstition, on which day of the week is it considered unlucky to marry?
9. According to a popular folk tale, St. Patrick drove what out of Ireland and into the ocean?
10. St. Patrick's Day is considered the luckiest day of the year to do what?
11. By what other name is the Liffey Bridge in Dublin known as? Which Irish saint is said to have discovered America 1,000 years before Columbus?

Answers on Back Page

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## The Luck of the Irish

The luck of the Irish is a peculiar phrase that may have multiple meanings. There is little agreement on origins of this idiom. Some suggest it simply means that the Irish are inherently lucky, and seem to be able to land on their feet when bad circumstances occur. Something innate about being Irish makes such folks inherently lucky. Others trace origin of the phrase to the United States where especially during the exploration for gold in the west, there were a high number of Irish people who got lucky, and found their “pot o’ gold” in the gold fields of California, or were equally prosperous in silver mining.

There are others who believe that luck in this phrase is truly not the right word, especially if it means good luck. A better term might be fortune, which can be either good or bad. Certainly, Irish history attests to plenty of times of ill fortune. For as many men who may have found a few nuggets of gold buried in California, there were more who fought prejudice against Irish and especially Catholicism in the US and in their homeland. The Irish have lived in land that was taken from them, occupied by the British, the Vikings, and other conquerors. They’ve survived famines, war, starvation, and prejudice, and these are not fortunate things.

Certain wistfulness occurs when some people use the phrase the luck of the Irish. From a historical perspective there are certainly incidences of extremely bad luck, of difficult times, of histories that would make the heart weep. It could just as easily be said that the luck of the Irish relates to poor fortune, bad times, and centuries of losses. A look into Irish poetry or writing always focuses on tragedy. In fact, in some writings, it is these multiple tragedies that are held close to the heart and become an essential part of being Irish.

Less emotional definitions of “luck of the Irish” exist. It’s well known that there are many native superstitions in Ireland; things not totally eradicated from a past history that predates the advent of Catholicism. Some of the earlier Celtic traditions were reinterpreted through the Catholic lens, or were simply allowed to persist. There are many beliefs concerning behaviors that can bring good or bad luck in lots of different circumstances. Luck of the Irish then, may be a reference to many Irish beliefs concerning it, and have little to do with the vast sweep of a tragic Irish history.

### LEPRECHAUN PISTACHIO CAKE

- 15.25-pkg. white cake mix
  - 3.4-oz. pkg. pistachio instant pudding mix
  - 3 eggs
  - 1 cup water
  - ½ cup vegetable oil
  - ½ cup walnuts, chopped
1. Put the cake mix, pudding mix, eggs, water, and oil in a large mixing bowl. With an electric mixer, blend ingredients on low speed. Turn the mixer up to medium speed and beat four minutes.
  2. Fold in the walnuts
  3. Spoon the batter into a greased and floured 9”x13” pan
  4. Bake at 350° for 40-45 minutes or until the cake tests done. Let cool.
  5. Frost with Pistachio topping. See the recipe below.

### PISTACHIO TOPPING

- 3.4-oz. pkg. pistachio instant pudding mix
  - 1 envelope Dream Whip® whipped topping mix
  - 1 ½ cups cold milk
- Put all the ingredients in a bowl and slowly blend them with an electric mixer. Gradually increase the speed to high and continue beating until the mixture forms soft peaks, about four minutes.

## EASTER

Sunday, March 31, 2013

Easter will be celebrated this year in March! The date of Easter Sunday changes every year because it's celebrated on the first Sunday after the Paschal Full Moon. The Paschal Full Moon is part of the Ecclesiastical Calendar and varies considerably, so Easter Sunday can be any time from March 22<sup>nd</sup> to April 25<sup>th</sup>!

### Fun Facts about Easter

- For Americans, Easter is the second most important holiday to eat candy, and lots of it! According to the National Confectioner's Association, Americans consumed seven billion pounds of candy on Easter of 2001. So, what's the first most candy-eating occasion of the year? Halloween, of course!
- Nearly 120 million cards will be sent, exchanged, and given this Easter, which means it holds the fourth spot of the largest card-sending celebration in the U.S.
- Besides chocolate, what other candy pops its head around the corner during Easter time? Jelly beans! An astounding 16 billion jelly beans are made exclusively for Easter. That's enough beans to fill a plastic egg the size of a nine story building!
- When taking a bite into one of the million chocolate bunnies made for Easter every year, 76% of Americans prefer to bite off the ears first, while 5% eat the feet first and 4% eat the tail first.
- In medieval times, a festival of 'egg-throwing' was held in church. The priest would throw a hard-boiled egg to one of the choir boys, and then tossed from one choir boy to the next. When the clock struck 12, whoever held the egg was the winner and got to keep the egg.

## RECIPE OF THE MONTH

Shepherd's Pie with Cheesy Mashed Potatoes

### Ingredients

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 onion, diced (I use a large white onion)
- 2 carrots, diced
- 2 -3 stalks celery, diced
- 3 -4 garlic cloves, minced
- salt, to taste
- freshly ground black pepper, to taste
- 1 tablespoon tomato paste
- 2 lbs lean ground beef or 2 lbs ground lamb
- 2 tablespoons Worcestershire sauce
- 1/2 cup beef stock
- 1 1/2 cups garden peas or 1 1/2 cups frozen peas

### Cheesy Mashed Potatoes

- 4 lbs potatoes, peeled and cubed
  - 4 tablespoons butter
  - 1/4 cup heavy cream
  - 1 cup grated cheddar cheese salt, to taste freshly ground black pepper, to taste
1. Fill a large saucepan with cold water; season with salt (1-2 teaspoons). Add potatoes to the water and bring to a boil. Let potatoes cook until soft about 20 minutes.
  2. Drain the potatoes and place them back into the saucepan for mashing. Add butter and cream and begin to mash potatoes into a semi smooth consistency. Once at desired texture, add cheese and mix well. Season with salt and pepper.

### Shepherd's Pie

(Begin preparing while potatoes are boiling)

3. Preheat oven at 400 degrees F.
4. Add butter and oil to a large skillet on medium heat. Saute onions, carrots, celery and garlic until tender for about 7 to 10 minutes. Season with salt and pepper.
5. Once the vegetables have softened and start to brown a little add the tomato paste and mix evenly.
6. Add the ground beef and cook until beef is no longer pink about 10 minutes.
7. Add the Worcestershire sauce and beef stock. Season with salt and pepper, to taste. Cook and simmer for another 10 minutes. Mix in peas.
8. Transfer mixture to an oven-proof baking dish and spread evenly. Place cheesy mashed potatoes on top of ground beef mixture and spread out evenly, once the top surface has been covered, rake through with a fork so that there are peaks that will brown nicely. Place the dish into the preheated oven and cook until browned about 20 minutes.

## NATIONAL FROZEN FOOD DAY

MARCH 6

National Frozen Food Day is celebrated March 6th of each year. Congress, by Senate Joint Resolution 193, designated March 6, 1984, as “Frozen Food Day” and authorized and requested the President to issue a proclamation upon this occasion.

In Proclamation #5157, President Ronald Reagan said: “Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim March 6, 1984, as Frozen Food Day, and I call upon the American people to observe such day with appropriate ceremonies and activities.”

Freezing food preserves food from the time it is prepared to the time it is eaten. Since early times, farmers, fishermen, and trappers have preserved their game in unheated buildings during the winter season. Freezing food slows down decomposition by turning water to ice, making it unavailable for most bacterial growth. In the food commodity industry, the process is called IQF or Individually Quick Frozen.

Freezing is an effective form of food preservation because the pathogens that cause food spoilage are killed or do not grow very rapidly at reduced temperatures. The process is less effective in food preservation than are thermal techniques, such as boiling, because pathogens are more likely to be able to survive cold temperatures rather than hot temperatures. One of the problems surrounding the use of freezing as a method of food preservation is the danger that pathogens deactivated (but not killed) by the process will once again become active when the frozen food thaws.

Foods may be preserved for several months by freezing. Long-term frozen storage requires a constant temperature of -18 °C (0 °F) or less. Some freezers cannot achieve such a low temperature. The time food can be kept in the freezer is reduced considerably if the temperature in a freezer fluctuates; small ice crystals thaw as the temperature moves up, and refreeze onto larger crystals as the temperature declines. Fluctuations can occur by a small gap in the freezer door or adding a large amount of unfrozen food.

## History Of The Frozen Dinner

Like many creations, the story of the development of the TV dinner is not straightforward. Many people and companies played a role in the development of the concept of a complete meal that needed only to be reheated before eating. The invention of the TV dinner has been attributed to at least three different sources, primarily Gerry Thomas, the Swanson Brothers, and Maxson Food Systems, Inc.

Maxson Food Systems, Inc. manufactured the earliest complete frozen meal in 1945. Maxson manufactured “Strato-Plates” – complete meals that were reheated on the plane for military and civilian airplane passengers. The meals consisted of a basic three-part equation of meat, vegetable and potato, each housed in its own separate compartment on a plastic plate. However, due to financial reasons and the death of their founder, Maxson frozen meals never went to the retail market. Some feel that Maxson’s product does not qualify as a true TV dinner, since it was consumed on an airplane rather than in the consumer’s home.

Following in the footsteps of Maxson Foods Systems was Jack Fisher’s FridgiDinners. In the late 1940’s FridgiDinners sold frozen dinners to bars and taverns. Frozen dinners did not take off, however, until the Bernstein brothers came on the scene.

In 1949, Albert and Meyer Bernstein organized Frozen Dinners, Inc., which packaged frozen dinners on aluminum trays with three compartments. They sold them under the One-Eyed Eskimo label, and only to markets in the Pittsburgh area. By 1950, the company had produced over 400,000 frozen dinners. Demand continued to grow, and in 1952 the Bernstein brothers formed the Quaker State Food Corporation. They expanded distribution to markets east of the Mississippi. By 1954, Quaker State Foods had produced and sold over 2,500,000 frozen dinners!

The concept really took hold in 1954 when Swanson's frozen meals appeared. Swanson was a well-known brand that consumers recognized, and Swanson launched a massive advertising campaign for their product. They also coined the phrase TV Dinner, which helped to transform their frozen meals into a cultural icon.

But this is where different stories begin to emerge. Until recently, the most widely credited individual inventor of the TV dinner was Gerry Thomas, a salesman for C.A. Swanson & Son in 1953. For example, the American Frozen Food Institute honored him in their "Frozen Food Hall of Fame" as the inventor of the TV dinner. However, his role as the inventor is now being disputed.

Conversely, Betty Cronin, a bacteriologist who was also working for the Swanson brothers at that time, asserts that it was the Swanson brothers themselves, Gilbert and Clarke Swanson, who came up with the concept of the TV dinner, while their marketing and advertising teams developed the name and design of the product. Cronin also worked on the project, taking on the technical challenge of composing a dinner in which all the ingredients took the same amount of time to cook, also called synchronization.

## DRIVING STORY

A young boy had just gotten his driving license. He asked his father, who was a minister, if they could discuss his use of the car. His father said to him, "I'll make a deal with you. You bring your grades up, study your Bible, and get your hair cut, and then we'll talk about it."

A month later, the boy came back and again asked his father if they could discuss his use of the car. His father said, "Son, I'm real proud of you. You have brought your grades up, you've studied your Bible diligently, but you didn't get your hair cut!"

The young man waited a moment and replied, "You know, Dad, I've been thinking about that. You know Samson had long hair, Moses had long hair, Noah had long hair, and even Jesus had long hair."

His father replied, "Yes, son, and they walked everywhere they went!"

## BARBIE'S BIRTHDAY

March 9.

Here are some middle-age versions of Barbie we'd like to see.

☺ **Bifocals Barbie** Comes with her own set of blended-lens fashion frames in six wild colors (half-frames too!), neck chain, and large-print edition of Vogue.

☺ **Hot Flash Barbie** Press Barbie's belly button and watch her face turn beet red while tiny drops of perspiration appear on her forehead.

☺ **Facial Hair Barbie** As Barbie's hormone levels shift, see her whiskers grow! Available with teensy tweezers.

☺ **Cook's Arms Barbie** Hide Barbie's droopy triceps with these new, roomier-sleeved gowns. Good news on the tummy front, too—mummuus are back!

☺ **Bunion Barbie** Years of disco dancing in stiletto heels have definitely taken their toll on Barbie's dainty arched feet. Soothe her sores with the included pumice stone.

☺ **No More Wrinkles Barbie** Erase those pesky crow's-feet and lip lines with a tube of Skin Sparkle-Sackle from Barbie's own line of exclusive age-blasting cosmetics.

☺ **Soccer Mom Barbie** All that experience as cheerleader is really paying off as Barbie dusts off her high school megaphone to root for Babs and Ken, Jr. Comes with a minivan in robin's egg blue or white.

☺ **Midlife Crisis Barbie** It's time to ditch Ken. Barbie needs a change, and Bruce, her personal trainer, is just what the doctor ordered along with Prozac. They're hopping in her new red Miata and heading for the Napa Valley to open a B&B.



## HOW TO STAY YOUNG

1. Try everything twice. On one woman's tombstone she said she wanted this epitaph: "Tried everything twice. Loved it both times!"
2. Keep only cheerful friends. The grouches pull you down. (Keep this in mind if you are one of those grouches!)
3. Keep learning: Learn more about the computer, crafts, and gardening, whatever... Never let the brain get idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's!
4. Laugh often, long and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with him/her.

5. The tears happen: Endure, grieve and move on. The only person who is with us our entire life, is ourselves. Live while you are alive.

6. Surround yourself with what you love: whether it's family, pets, keepsakes, music, plants, and hobbies, whatever... Your home is your refuge.

7. Tell the people you love that you love them, at every opportunity

8. Be kinder than necessary, for everyone you meet is fighting some kind of battle.

Wine does not make you fat... it makes you lean...against tables, chairs, floors, walls, etc.). Look after yourself!

## CELEBRATING BIRTHDAYS IN FEBRUARY

*Have a great birthday!*

3 Nikki Aderholdt  
4 Jim Rose  
6 Micki Gildner  
6 Richard Wusterbarth  
8 George Jackson  
9 Germaine Peterson  
10 Debra Landwehr  
11 Beverly Swille  
12 Donna Peterson  
29 Betty Kay  
30 Arthur Washa

## UP COMING EVENTS

<i>Monday</i>	<i>Thursday</i>	<i>Nurse Julie</i>
4, 11, 18, 25	7, 14, 21, 28	Fourth Floor Nurse's Office
12:00PM	12:00PM - 2:00PM	Fourth Floor Nurse's Office

### *Entertainment*

Tom's Tunes will be entertaining in the Community Room on Thursday, March 7, 2013, starting at 6:00 PM. Snacks and refreshments will be provided.

### *BINGO*

Bingo every Tuesday night, 6:30, Cost \$1.00 first card, \$.25 for each additional card; please bring you own chips if possible.

### *Confessions*

Friday, March 2, Father Paul DuCharme will be offering Confessions at 6:00 P.M. and Catholic Mass at 6:30 P.M.

### *Catholic Communion Service*

Sundays, Community Room, 9:00 A.M. If you would like to receive Communion in your apartment, please contact Helen Genunzio, Apt. 314 or Bob Huiting, Apt. 606.

### *Foot Clinic*

The Foot Care Clinic for March is March 18. If you would like to sign up please do so outside of the Nurse's Office or see Julie.

### *Hairdresser*

Dona will be here, March 2, from 7:45 AM to 10:15 AM. If you are interested in a haircut, please stop in the Office to make an appointment. If you are interested in any special services (perms, color, etc.), please stop in the 3<sup>rd</sup> Floor Exercise Room when she is here to consult with her.

## BIRTHDAY CLUB

Mason Manor's Birthday Club for March will be on Friday, March 9 at 2:00 P.M. Everyone is welcome. You don't have to be celebrating a birthday to attend. Come enjoy friends, sweet treats, good old sing-along, games and prizes in the Community Room. Hope some of our new residents will come and enjoy the fun!

## HEALTH CORNER

### *What Changes Occur in the Body as We Age?*

A wide range of changes can happen in the body to different degrees as we age. These changes are not necessarily indicative of an underlying disease but they can be distressing to the individual. Even though the aging process cannot be stopped, being aware of these changes and adopting a healthy lifestyle can reduce their impact on overall health.

#### *Expected bodily changes of aging include change in:*

1. **Skin:** With aging, skin becomes less flexible, thinner, and more fragile. Easy bruising is noticeable, and wrinkles, age spots, and skin tags may become more apparent. Skin can also become more dry and itchy as a result of less natural skin oil production.
2. **Bones, joints, and muscles:** Bones typically lose density and shrink in size making them more susceptible to fractures (breaks). Muscles shrink in mass and become weaker. Joints can suffer from normal wear and tear; joints become inflamed, painful, and less flexible.
3. **Mobility and balance:** A person's mobility and balance can be affected by various age related changes. Bone, joint, and muscle problems listed above in conjunction with changes in nervous system are the major contributors to balance problems. Falls may occur resulting in further damage with bruises and fractures.
4. **Face:** Aging changes also take place in the face. Other than wrinkles and age spots, the overall facial contour can change. Overall loss of volume from facial bone and fat can result in less tightness of the facial skin and sagging. The face becomes droopier and bottom heavy.
5. **Teeth and gums:** Teeth can become more weak, brittle, and dry. Salivary glands produce less saliva. Gums can also recede (pull back) from the teeth. These changes may result in dry mouth, tooth decay, infections, bad breath, tooth loss, and gum disease.
6. **Hair and nail:** Hair can become thinner and weaker as a person ages. Dry hair may lead to itching and discomfort. Nails may become brittle and unshapely. Nails can also get dry and form vertical ridges. Toe nail thickening (ram's horn shape) is common. Nail fungal infections may occur frequently.
7. **Memory:** Problems with memory are common in seniors. However, it is important to realize that minor memory problems do not constitute dementia or Alzheimer's disease. Simple lapses of memory such as not remembering where you left a key or whether you locked the door are a normal part of aging.
8. **Immunity:** The body's immune system can get weaker with age. Blood cells that fight infections (white blood cells) become less effective leading to more frequent infections.
9. **Vision:** Eyes can become drier and the lens can lose its accuracy as we age. Vision can be affected by these changes and can become blurry and out of focus. Glasses or contact lenses can help correct these problems.
10. **Bowel and bladder:** Bowel and bladder control can cause problems with incontinence (involuntary loss of feces or urine). Additionally, bowel and bladder habit can change. Constipation is common in older adults, as are urinary frequency and difficulty initiating urine.
11. **Sleep:** Sleep patterns can significantly change with age. Duration of sleep, quality of sleep, and frequent night time awakening are commonly seen in seniors.

## WELCOME TO MASON MANOR

Please help me in welcoming the following new tenants and friends to Mason Manor!  
We are so excited to have you ☺!

Dean Otten- #707  
Tina Pasterski- #514

## WORDS OF WISDOM

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover. --- Mark Twain

## DAY LIGHT SAVINGS TIME

Day Light Savings Time begins on Sunday, March 10, 2013. Remember to set your clocks ahead before you go to bed on Saturday, March 9

## STAFF DUTY

### Relief Custodians for Week Nights, Weekends and Holidays

*Terry Reeder*  
Monday, Saturday  
Apt. 718  
497-9011

*Elridge Johnson*  
Tuesday, Wednesday, Thursday, Friday, Sunday  
Apt. 509  
71-4519

*Jane Fitzpatrick*  
Lock Outs Only (Emergency)  
Apt. 617

These relief custodians should **only be called for lockouts and/or emergencies when full-time staff is not working**. They will contact the maintenance staff person who is on call for any problems that need to be checked out or repairs needed to the building. **Jane is only to be called in an emergency when the relief custodian cannot be located.**

### Quiz Answers

1) COBBLER OR SHOE-MAKER

2) IRELAND FOREVER, GAELIC

3) GREEN- REPRESENTS CATHOLICS; ORANGE- REPRESENTS PROTESTANTS; WHITE- REPRESENTS LIVING TOGETHER IN PEACE

4) HEARTS, MOONS, STARS, AND CLOVERS

5) THEY'RE ALWAYS AFTER 'ME LUCKY CHARMS® or THEY'RE MAGICALLY DELICIOUS

6) FATHER FLANAGAN, "THERE IS NO SUCH THING AS A BAD BOY"

7) 1845-1849

8) SATURDAY

9) SNAKES

10) GET MARRIED

11) ST. BRENDAN