

Sunset SENIOR LIVING

418 Washington Street • Quincy, IL 62301 • (217) 223-2636

Spring Is in the Air

Celebrate the first day of spring on March 20 by spending some time outdoors. Count how many birds you see, look for emerging green grass or flowers, or simply inhale deeply and enjoy the fresh air.

Memorable Melody: 'Mr. Blue Sky'

A scientific study named it the happiest song in the world, thanks to its bouncy beat, familiar key, and sunny lyrics celebrating a clear, cloudless day. Recorded in 1977 by Electric Light Orchestra, "Mr. Blue Sky" was written by the band's frontman Jeff Lynne during a working vacation in the Swiss Alps, where weeks of clouds and rain blotted out his creativity. As soon as the sun emerged, Lynne captured the simple joy he felt in the song's chorus: "Mr. Blue Sky, please tell us why you had to hide away for so long?" Though it wasn't a hit single, the track is now considered ELO's signature tune.

Brainteaser

Question: Many have heard me, but nobody has seen me. I will not speak until spoken to first. What am I?

Answer: An echo.

Rest To Feel Your Best

A fussy child is often a sign they're ready for a nap—and the same is true for adults. Not only do short naps help improve memory and creativity, but they can also lift your mood when you're feeling sad or stressed. Health experts say even if you don't fall asleep, simply resting for a while in a quiet spot with no distractions can calm you down and lower blood pressure.

March 2022



First Flowers

The cup-shaped crocus is one of the first flowers to bloom every year. Popping up from the cold ground, sometimes through a blanket of snow, the blossoms announce the arrival of spring with their cheerful colors of purple, yellow and white.

A Bunch of Blarney

One of Ireland's best-known legends, the Blarney Stone is said to give the "gift of gab"—the ability to charm others with witty words—to all who kiss it. Visitors of Blarney Castle, located in County Cork, must climb 127 steps up a steep spiral staircase, lie down on the floor, and lean backward to land a smooch on the stone, which is embedded in an outer wall 100 feet above the ground.

Time Marches On

"Don't watch the clock; do what it does. Keep going." —Sam Levenson

Spring's Favorite Bird

The red-breasted robin is a sign that spring is coming. Welcome the new season with these rockin' robin facts:

- American robins are the largest members of the thrush family of birds, which includes bluebirds and nightingales. Males and females are almost identical, but males tend to be more brightly colored.
- The idiom "the early bird gets the worm" definitely applies to robins. They're often spotted eating earthworms out of the ground during the morning hours. The birds also love berries, and at feeders, they prefer suet and mealworms to birdseed.
- Impressive singers, robins' best-known tune is their wake-up call of "cheer up, cheer up, cheerily." Dawn is their noisiest time, but they'll tweet throughout the day, and are among the last songbirds heard before sunset.
- Robins build their nests on tree branches and on the ground. Their pale blue eggs are so recognizable that there is a trademarked color called "robin's egg blue."
- The birds are very social and will roost in large groups. In some areas, a single flock can consist of a quarter million robins!



Pancakes Aplenty

Sweet or savory, pancakes are enjoyed in many diverse countries. Here's how they stack up across the globe:

Crepe. Thin and airy, these iconic French pancakes are typically folded around fillings such as chocolate, whipped cream and fruit.

Blini. This tiny yet fluffy Russian pancake has become a trendy appetizer, often topped with sour cream and caviar.

Bing. In China and other parts of East Asia, you'll find many varieties of these pancakes. Sometimes, ingredients are cooked directly into the batter, such as the scallions in *cong you bing*.

Kaiserschmarrn. Austria's famous "scrambled pancake" is also beloved in Bavaria, the German region known for Oktoberfest. A large, freshly cooked pancake is torn into pieces and caramelized in butter and sugar, then sprinkled with powdered sugar.

Cachapa. These Venezuelan pancakes are made with freshly ground corn kernels, giving the batter a lumpy texture. They're often topped with cheese or pork and folded in half.

Neighborly Lessons From Mr. Rogers

He taught many children the importance of kindness, and his legacy lives on every year on his birthday, March 20, as Won't You Be My Neighbor Day. Take some pointers from Mr. Rogers on how to do good in your neighborhood.

Say hello. In each episode of "Mister Rogers' Neighborhood," the soft-spoken host took time to say "Hi, neighbor!" to his viewers. A simple greeting can make others feel noticed and important. Regularly exchanging hellos can also lead to a friendly relationship between neighbors.

Communicate and listen. Kids learned how to handle conflict peacefully from the puppets that lived in the Neighborhood of Make-Believe. Hearing what others have to say and offering your own opinion in a gentle manner makes solving problems easier.

Be a helper. During frightening events, Mr. Rogers reminded us of his mother's advice: "Look for the helpers. You will always find people who are helping." No matter what's going on in the world, you can always offer assistance to members of your community.





Emblems of the Emerald Isle

Everybody's Irish on St. Patrick's Day, so put on some green and learn about Ireland's most iconic symbols.

Shamrock. This lush green clover grows abundantly throughout the island. Ancient Celts believed its three leaves represented faith, hope and love. The similar but hard-to-find four-leaf clover includes an additional aspect: luck.

Yellowstone: A National Treasure

This month marks a major conservation milestone: 150 years since the creation of Yellowstone National Park, the first-ever national park. Located mostly in Wyoming and parts of Montana and Idaho, it was established March 1, 1872.

One of the most unique places on Earth, Yellowstone sits atop a giant volcano. Roughly half of the world's hydrothermal features are found within the park, in the form of geysers, colorful hot springs and bubbling mudpots. The famous geyser Old Faithful erupts around 20 times a day, shooting

Celtic harp. The medieval triangular harp was played at the courts of kings and chieftains. Now the Irish national emblem, the Celtic harp can be found on everything from coins to official documents.

Claddagh ring. Often worn as an engagement or wedding ring, this piece of jewelry dates back hundreds of years. The story goes that a 16th-century fisherman from the village of Claddagh was kidnapped and forced to work as a goldsmith's apprentice. While learning the trade, he designed a ring of two hands holding a crowned heart, signifying friendship, love and loyalty.

hot water and steam more than 100 feet in the air.

With mountains, forests, grasslands, lakes, rivers and waterfalls, Yellowstone's diverse landscape is home to abundant wildlife, including the greatest concentration of mammals in the continental U.S. Millions of visitors flock to the park every year to view elk, bears, wolves and huge herds of bison.



Wit & Wisdom

"There is no personal charm so great as the charm of a cheerful temperament."
—Henry Van Dyke

"Just as the petals of a flower unfold and open to the warmth and light of the sun, so do we unfold and open to the enchantment of charm."
—Thokoza

"Charm is the ability to make someone else think that both of you are pretty wonderful."
—Kathleen Winsor

"Without painting, sculpture, music, poetry, and the emotions produced by natural beauty of every kind, life would lose half its charm."
—Herbert Spencer

"Perhaps the basic thing which contributes to charm is the ability to forget oneself and be engrossed in other people."
—Eleanor Roosevelt

"You know what charm is: a way of getting the answer 'yes' without having asked any clear question."
—Albert Camus

"There is no charm equal to tenderness of heart."
—Jane Austen

"Charm's key ingredient is consideration for others."
—Ellen Lubin-Sherman



Cartoon Characters

The world of animation has brought to life a wide range of characters over the years—everything from a Jazz Age flapper and a talking bear to a crime-solving dog and a sea sponge. Take a look at these popular cartoon characters and when they made their screen debuts.

Year	Character	Debut Cartoon/Series
1928	Mickey Mouse	“Steamboat Willie”
1930	Betty Boop	“Dizzy Dishes”
1940	Bugs Bunny	“A Wild Hare”
1958	Yogi Bear	“The Huckleberry Hound Show”
1969	Scooby-Doo	“Scooby-Doo, Where Are You!”
1989	Homer Simpson	“The Simpsons”
1999	SpongeBob SquarePants	“SpongeBob SquarePants”
2000	Dora	“Dora the Explorer”
2004	Peppa	“Peppa Pig”
2012	Daniel Tiger	“Daniel Tiger’s Neighborhood”



418 Washington Street
Quincy, IL 62301