

Hooked on Fish and Chips

An iconic meal throughout the U.K., fish and chips has also grown in popularity in the U.S.

This simple duo features battered, deep-fried fish fillets, along with thick-cut potato slices, or chips, which are similar to American steak fries. The earliest record of this culinary combination being served to the public dates back to the 1860s in England.

At that time, advances in commercial fishing made fish cheaper and more available. Trains could quickly transport the catches across the U.K. Fish and chip shops—called “chippies” in British slang or “chippers” by the Irish—sprang up to sell the meal, served hot and fresh in paper cone wrappers. These shops are still popular, and an order of fish and chips to go is a staple for many. It’s such a comfort food, some have called fish and chips England’s national dish.

In the U.K., cod and haddock are the most common fish for the meal, and the traditional condiments are salt and malt vinegar. U.S. menus tend to offer cod, halibut or a regional fish, along with some tartar sauce.

America’s Song

It was from a ship in Baltimore Harbor during the War of 1812 that lawyer Francis Scott Key wrote a stirring poem. Its words would then become the lyrics to America’s national anthem.

Key witnessed the daylong Battle of Baltimore while being held prisoner aboard a British warship. At daybreak on Sept. 14, 1814, he saw that the large American flag was still flying over Fort McHenry, announcing victory over Great Britain. Moved by the sight, Key took an envelope from his pocket and began to draft a poem, which he titled “Defence of Fort McHenry.” It would eventually be published in handbills and newspapers. Key set his patriotic poem to the tune of a popular drinking song, and soon it was being called “The Star-Spangled Banner.”

By 1889, the U.S. Navy began playing Key’s work at official occasions, and President Woodrow Wilson made the song part of his public appearances beginning in 1916. On March 3, 1931, a resolution by Congress, signed by President Herbert Hoover, declared the song America’s national anthem.

Today, along with official functions and patriotic holidays, it’s common for the national anthem to be performed before sporting events, a tradition that began at baseball games during World War II.

Bright Blooms of Spring

With their vibrant yellow petals and trumpet-shaped centers, blossoming daffodils announce the arrival of spring.

The sunny flowers are also known by their botanical name, narcissus. They’re also called jonquils, which are smaller varieties, and daffadownillies. Botanists say there are 40 to 200 daffodil species, and thousands of hybrids of the flower.

Most daffodils have yellow blooms perched atop long green stems with grassy leaves. All-white varieties are common as well, and you can find daffodils with white petals and a yellow, orange or peach center.

Daffodils are easy to grow and care for, making them one of the most popular flowers for gardeners. Bulbs are planted in the fall and bloom in early spring, reappearing every year with more and more flowers that bring carefree, cheerful color to flower beds and container gardens early in the season.

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MARCH 2021

Embrace an Optimistic Outlook

Optimism is good for you! People who are optimists tend to be happier and healthier, says the research. Here are some ways you can make positivity a habit.

Choose a motivational phrase — Whether a line from a favorite song, a meaningful quote, or a goal you want to achieve, turn to inspiring words when you need a pick-me-up.

Spend time with upbeat people — We tend to act like those we’re surrounded by the most, so as much as possible, spend time with cheerful, kind people rather than folks who complain or gossip. Being around negative attitudes can cause you to take on a negative mindset.

Assume the best — Give people the benefit of the doubt, and forgive them for their faults, even if they let you down. Do this for yourself, too!

Focus on solutions — When you encounter a problem, avoid playing the blame game or dwelling on how you could have done things differently. That doesn’t solve anything, and can make you and others feel worse. Instead, figure out how you can help right now.

Practice gratitude — Before you go to bed, think about three good things that happened that day. Writing them down in a journal and reading through them later will remind you of things to be grateful for and boost your hopeful thinking.

With a Little Luck

In many cultures, good fortune can be gained with the help of a lucky charm.

There’s a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection.

Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan’s “lucky cat,” with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it’s elephants.



MARCH 2021

Locations

Activities Room, AR
 Courtyard, CY
 Craft Room, CR
 Dining Room, DR
 Game Room, GR
 Windsor Room, WR

Birthdays


Anne Mellucci, 4th
 Frances Coffey, 9th
 Susan Houston, 13th
 Estelle Milsap, 16th
 Sarah Charles, 29th
 Annie Tensley-Daye, 30th

Country Store

Tuesday & Thursday
 11 a.m.-Noon

“Never, ever underestimate the importance of having fun.”

—Randy Pausch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Peanut Butter Lovers Day 9:30 Grocery Orders w/Amy 10:30 Motivational Monday Bible Study, AR 11:30 Game: “Finish Lines,” AR 1:30 Popcorn & a Movie, AR 4:00 MSNBC News Hour, AR	2 10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR	3 9:30 Grocery Orders w/Amy 10:00 Fresh Fruit Basket 10:30 Exercise w/Legacy 1:30 Pokeno, AR 3:00 Wii Game: “Wheel of Fortune,” AR 4:00 Golden Oldies Music Hour	4 10:00 Craft Time: Shamrock Wreaths, AR 11:00 Country Store 1:30 Jackpot Bingo (Sign up.), AR 2:00 Menu Chat w/ Sarah, DR 3:30 Exercise w/Amy 4:00 “Easy Listening Music Hour”	5 9:30 Grocery Orders 10:00 Wii Game: “Jeopardy,” AR 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch “MSNBC,” AR	6 10:00 Individual Word Search Puzzles, AR 11:00 Snack Cart 1:30 Movie (Residents’ Choice), AR
7 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 3:00 Sunday Football, AR	8 Holiday Day 9:30 Grocery Orders w/Amy 10:30 Motivational Monday Bible Study, AR 11:30 Game: “Trivial Pursuit” 1:30 Popcorn & a Movie, AR 4:00 MSNBC News Hour, AR	9 Jersey Day 10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR	10 Celebrity Look Alike Day 9:30 Grocery Orders w/Amy 10:00 Fresh Fruit Basket 10:30 Exercise w/Legacy 1:30 Tabletop Ping-Pong, AR 3:00 Chess Club, AR 4:00 Golden Oldies Music Hour	11 Tie-Dye Day 10:00 Book Club, AR 11:00 Country Store 11:00 Massage Event w/ Legacy, AR 1:30 Jackpot Bingo (Sign up.), AR 2:00 Menu Chat w/Sarah, DR 3:30 Exercise w/Amy 4:00 “Easy Listening Music Hour”	12 Tacky Day 9:30 Grocery Orders 10:30 Wii Game: “Wheel of Fortune,” AR 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch “MSNBC,” AR	13 10:00 Individual Word Search Puzzles, AR 11:00 Snack Cart 1:30 Movie (Residents’ Choice), AR
DAYLIGHT SAVING TIME BEGINS 14 National Pi Day 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 3:00 Sunday Football, AR	15 9:30 Grocery Orders w/Amy 10:30 Motivational Monday Bible Study, AR 11:30 March Trivia, AR 1:30 Popcorn & a Movie, AR 4:00 MSNBC News Hour, AR	16 10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR	ST. PATRICK’S DAY 17 Saint Patrick’s Day 9:30 Grocery Orders w/Amy 10:00 Fresh Fruit Basket 10:30 Exercise w/Legacy 1:30 Pokeno, AR 3:00 Saint Patrick’s Day Celebration, AR 4:00 Golden Oldies Music Hour	18 10:00 Craft Time: “Introduction to Knitting,” AR 11:00 Country Store 1:30 Jackpot Bingo (Sign up.), AR 2:00 Menu Chat w/ Sarah, DR 3:30 Exercise w/Amy 4:00 “Easy Listening Music Hour”	19 9:30 Grocery Orders 10:30 Game “Finish Lines,” AR 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch “MSNBC,” AR	FIRST DAY OF SPRING 20 10:00 Individual Word Search Puzzles, AR 11:00 Snack Cart 1:30 Movie (Residents’ Choice), AR
21 World Poetry Day 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 3:00 Sunday Football, AR	22 9:30 Grocery Orders w/Amy 10:00 Morning Tea, AR 10:30 Motivational Monday Bible Study, AR 1:30 Popcorn & a Movie, AR 4:00 MSNBC News Hour, AR	23 10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR	24 9:30 Grocery Orders w/Amy 10:00 Fresh Fruit Basket 10:30 Exercise w/Legacy 2:00 Rainforest Theme Party (1st Floor), AR 3:00 Rainforest Theme Party (2nd & 3rd Floor), AR 4:00 Golden Oldies Music Hour	25 10:00 Floral Arranging, AR 11:00 Country Store 1:30 Jackpot Bingo (Sign up.), AR 2:00 Menu Chat w/ Sarah, DR 3:30 Exercise w/Amy 4:00 “Easy Listening Music Hour”	26 9:30 Grocery Orders 10:30 Wii Game “Jeopardy, AR 1:30 Happy Hour: 1st Floor, AR 2:15 Happy Hour: 2nd Floor, AR 3:00 Happy Hour: 3rd Floor, AR 4:00 News Watch “MSNBC,” AR	27 10:00 Individual Word Search Puzzles, AR 11:00 Snack Cart 1:30 Movie (Residents’ Choice), AR
28 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 3:00 Sunday Football, AR	29 9:30 Grocery Orders w/Amy 10:30 Motivational Monday Bible Study, AR 11:30 Nature Video, AR 1:30 Popcorn & a Movie, AR 4:00 MSNBC News Hour, AR	30 10:00 Coffee Shop & Fresh Pastries 11:00 Country Store 1:30 Bingo (Sign Up), AR 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR	31 9:30 Grocery Orders w/Amy 10:00 Fresh Fruit Basket 10:30 Exercise w/Legacy 1:30 Pokeno, AR 3:00 High Tea Party: Wear Your Fancy Hats, AR 4:00 Golden Oldies Music Hour	