

## All About Artichokes

Resembling large, green flowers with pointed petals, artichokes are one of the more unique offerings in the produce department.

Artichokes are members of the thistle family, and the part we eat is actually the plant's flower bud. They are one of the world's oldest cultivated foods, dating back to ancient Greece and Rome. French immigrants brought artichokes to America in the 1700s, and Presidents George Washington and Thomas Jefferson grew the vegetable in their gardens.

Spring is peak season for fresh artichokes, which can be baked, boiled, steamed or grilled. The individual petals are usually pulled off and dipped in melted butter and other sauces. The meaty core, called the heart, is considered a delicacy and often served as an ingredient in dips and salads, and as a pizza topping.

The green globes are low-calorie, fat-free and loaded with nutrients. One artichoke contains 10 grams of fiber — about one-third of the recommended daily amount — and is a rich source of antioxidants, including vitamin C, as well as folate and magnesium.

France, Italy and Spain are leading producers of artichokes, while nearly all of the U.S. crop is grown in California.



## Health Perks of Positivity

March is Optimism Month, but those who make a year-round habit of looking on the bright side may reap a number of health benefits.

**Better physical health** — Optimists tend to have reduced rates of heart attack and stroke, as well as lower blood pressure and better cholesterol levels. Evidence suggests that those who have a positive outlook are more likely to exercise, eat well and get enough sleep.

**Increased life span** — Since optimism and good health often go hand in hand, it follows suit that people who view life through rose-colored glasses are apt to live longer. A study of centenarians found that the majority had positive attitudes.

**Stronger immune system** — Research shows that being optimistic about a stressful situation can raise the body's immune response, increasing its ability to fight infection and disease.

**Lower depression rate** — Compared to pessimists, optimists are often more social, handle stress better and are more resilient. These qualities can help ward off depression.

**Faster recovery** — Recovery rates show that people with sunny dispositions bounce back from illness and injury faster than those who are less hopeful.



# The Devonshire Lifestyle

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March 2018

## The Wings of Spring

If you need a signal that spring is just around the corner, look to the skies. Many migrating birds are now making their way to nesting grounds and rest areas, including these feathered favorites:

**Cliff swallows** — One of the most famous symbols of spring is the return of these birds to Mission San Juan Capistrano in Southern California. Flying 6,000 miles from Argentina, the swallows reach the area around March 19, when tourists flock to the city to celebrate Swallows Day.

**Sandhill cranes** — In late February, these cranes begin leaving their winter homes in the Southern U.S. and Mexico to set up camp in Canada, Alaska and Siberia. Throughout March and early April, half a million of the birds will make a pit stop in Nebraska's Platte River valley to rest and fuel up on food before continuing north.

**Long-billed curlews** — As temperatures turn warmer, these shorebirds — the largest in North America — move from the coastlines and Mexico to the continent's west-central grasslands. Bird-watchers are in for a spectacular show as male curlews perform looping flight patterns while making their sharp "whit-whit" calls.

**Red knots** — Their 9,300-mile spring migration from South America to the Arctic is one of the longest trips of any bird, and a ready supply of eggs spawned by horseshoe crabs draws thousands of red knots to stop in Delaware Bay. During this feast, it's estimated that 90 percent of the species' population can be seen there in a single day.

## Irish Heritage in America

March is the month for celebrating all things Irish. According to the U.S. Census Bureau, more than 30 million people in the U.S. can trace their roots to the Emerald Isle. That

number is more than seven times the population of Ireland.

The biggest wave of immigrants

arrived in the mid-1800s to escape the Irish Potato Famine, which began after a fungus destroyed most of Ireland's potato crop, a staple food, for several years. Large populations settled in New York City, Boston, Chicago and Philadelphia.

The Irish brought with them many traditions that made their way into American culture. Most famously, the St. Patrick's Day holiday has become an annual celebration of their heritage that includes parades, shamrocks and the wearing of green. The day's festivities wouldn't be complete without a meal of corned beef and cabbage, an American version of the Irish dish of bacon and cabbage. Irish stew, soda bread and colcannon are also part of the cuisine brought to America.





MARCH 2018

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

Transportation Schedule

- Thursday, 11:10 a.m.  
Lunch Outings
- Sunday, 2-4 p.m.  
Bus Ride


Birthdays

- Martha Norman, 11th
- Helen Gonzales, 18th
- Clayton Washington, 26th
- Maude Jones, 30th

“The finest compliment  
you can pay a man  
is that his word was  
as good as gold.”

—Evel Knievel

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
				1	2	3
				10:00 <b>A Women in History, AR</b>	10:00 Jazzy Exercise, AR	
				10:30 What's the Buzz?, AR	10:30 World Prayer Day (Prayers), AR	10:00 Coupons Picking, AR
				11:15 Trip: Lunch Outing, O	2:00 Bingo With Prizes, AR	<b>11:00 Individual Adult Coloring</b>
				3:00 Nature Video, AR	3:30 TGIH Social, AR	6:45 Checkers, AR
					6:45 Jigsaw Puzzle Time, AR	
9:00 Sunday School, IA 4	5	6	7	8	9	10
<b>9:30 Bible Scripture Reading, AR</b>	10:00 Fitness & Moves, AR	10:15 Cocoa and Reminiscing, AR	10:00 Chair Exercise, AR	10:00 Physical Games (Golf), AR	10:00 Jazzy Exercise, AR	10:00 Coupons Picking, AR
10:30 Gospel Sounds, AR	<b>10:30 A Women in History, AR</b>	10:30 Physical Games (Horseshoes), AR	10:30 News & Views	10:30 Daily Word Reading, AR	10:30 Book Club & Doughnuts, AR	<b>11:00 Individual Adult Coloring</b>
2:00 Trip: Scenic Bus Ride, O	11:00 Irish Music & Juice, AR	<b>11:00 America Heart Talk, AR</b>	2:00 Bingo With Prizes, AR	11:15 Trip: Lunch Outing, O	2:00 Fun With Bingo, AR	6:45 Checkers, AR
2:30 Sunday at the Movie, AR	2:00 Bingo With Prizes, AR	3:30 Singalong Songs, AR	<b>3:00 Women Trivia, AR</b>	3:00 Fun With Singalong, AR	3:30 March Trivia, AR	
8:00 <i>Academy Awards With Snacks, AR</i>	3:30 Social Hour		<b>6:45 Fun Flicks &amp; Popcorn, AR</b>		6:45 Jigsaw Puzzle Time, AR	
	6:45 Card Games, AR					
DAYLIGHT SAVING TIME BEGINS 11	12	13	14	15	16	17
9:00 Sunday School, IA	10:00 Fitness & Moves, AR	<b>10:00 Hot Tea and Reminiscing, AR</b>	10:00 Chair Exercise, AR	10:00 Physical Games (Golfing), AR	10:00 Fitness & Fun, AR	ST. PATRICK'S DAY
<b>9:30 Bible Scripture Reading, AR</b>	10:30 St. Patrick's Word Games	10:30 Physical Games (Horseshoes), AR	10:30 Chat With Juicy Juice, AR	10:30 Daily Word Reading, AR	10:30 Irish Cream Coffee and Doughnuts, AR	10:00 Coupons Picking, AR
10:30 Gospel Sounds, AR	<b>11:00 Women Actresses, AR</b>	11:00 Reading for the Soul, AR	11:00 News & Views, AR	11:15 Trip: Lunch Outing, O	<b>11:00 Health Talk (Women Talk), AR</b>	<b>11:00 Individual Adult Coloring</b>
2:00 Trip: Scenic Bus Ride, O	<b>2:00 Bingo With Prizes, AR</b>	<b>3:30 Art Expression (Cloverleaf), AR</b>	2:00 Bingo Bucks Time, AR	<b>2:00 Celebrating Outlaw Hoedown, IL</b>	2:00 Bingo With Prizes, AR	<b>2:00 St. Patrick's Movie, AR</b>
2:30 Sunday at the Movie, AR	3:30 Girl Scout Cookies Snacks, AR		<b>3:30 Pie Day (Tasting Pies)</b>	<b>3:30 Women in Music Songs, AR</b>	<b>3:30 St. Patrick's Day Social</b>	6:45 Checkers, AR
	6:45 Card Games, AR		<b>6:45 Fun Flicks &amp; Popcorn, AR</b>		6:45 Jigsaw Puzzle Time, AR	
9:00 Sunday School, IA 18	19	20	21	22	23	24
<b>9:30 Bible Scripture Reading, AR</b>	10:00 Fitness & Moves, AR	SPRING BEGINS	10:00 Chair Exercise, AR	10:00 Inside Walking Club, AH	10:00 Jazzy Exercise, AR	
10:30 Gospel Sounds, AR	10:30 Word Games & Updates, AR	10:00 Walking Warriors, AH	10:30 World Poetry Day, AR	<b>10:30 American Red Cross</b>	10:30 Book Club and Doughnuts, AR	10:00 Coupons Picking, AR
2:00 Trip: Scenic Bus Ride, O	<b>11:00 About Eve's, AR</b>	10:30 Physical Games (Horseshoes), AR	<b>11:00 Women in Politics</b>	11:15 Trip:Lunch Outing, O	<b>2:00 Birthday Party of the Month, IA</b>	<b>11:00 Individual Adult Coloring</b>
2:30 Sunday at the Movie, AR	2:00 Money Bingo	<b>11:00 America Heart Talk, AR</b>	<b>2:00 Singing With Bonnie and Friends</b>	<b>2:00 Women's Movie (Hidden Figures), AR</b>	3:30 Bingo Hour, AR	6:45 Checkers, AR
	<b>3:30 Chocolate Caramel Snack, AR</b>	3:30 Nature Crafts (Birdfeeders), AR	3:30 Bingo With Prizes, AR	<b>3:00 Popcorn Snacks, AR</b>	6:45 Jigsaw Puzzle Time, AR	
	6:45 Card Games, AR		6:30 Puzzle Club, AR			
PALM SUNDAY 25	26	27	28	29	30	31
9:00 Sunday School, IA	10:00 Fitness & Moves, AR	10:00 Biblical Daily Reading, AR	10:00 Chair Exercise, AR	10:00 Walking Club, AR	GOOD FRIDAY	
<b>9:30 Bible Scripture Reading, AR</b>	10:30 It's My Holiday, AR	10:30 Physical Games (Horseshoes), AR	10:30 Juice Break With Updates, AR	<b>10:30 Health Talk (Fruits), AR</b>	PASSOVER BEGINS AT SUNSET	10:00 Coupons Picking, AR
10:30 Gospel Sounds, AR	2:00 Bingo Bucks Day, AR	<b>11:00 Women in Theatre, AR</b>	11:00 News & Views, AR	11:15 Trip: Lunch Outing, O	10:00 Jazzy Exercise, AR	<b>11:00 Individual Adult Coloring</b>
2:00 Trip: Scenic Bus Ride, O	<b>3:30 Resident Council Meeting, AR</b>	<b>2:00 Music With Ellen, DR</b>	<b>2:00 Singalong With Bonnie, DR</b>	<b>2:00 Yoga Hour, AR</b>	10:30 Doughnut Break, AR	6:45 Checkers, AR
2:30 Sunday at the Movie, AR	6:45 Card Games, AR	3:30 Craft Hour, AR	3:00 Bingo With Prizes, AR	3:30 Table Games (Chess & Checkers), AR	<b>11:00 Good Friday Reading, AR</b>	
3:00 Pecan Snacks, AR		<b>7:00 North Hampton Church of Christ, DR</b>	<b>6:45 Fun Flicks &amp; Popcorn, AR</b>	6:45 Spades Hour, AR	<b>2:00 Birthday Party of the Month, IL</b>	
					3:30 Bingo With Prizes, AR	
					6:45 Jigsaw Puzzle Time, AR	