



Independence When You Want It, Assistance When You Need It

Oak Terrace Senior Living of Jordan March Newsletter

Facts about St. Patrick's Day

By: Robert Lucas

When is St. Patrick's day?

St. Patrick's Day takes place each year on March 17th, the traditional religious feast day of Saint Patrick.

Did You Know?

There are 34.7 million U.S. residents with Irish ancestry. This number is more than seven times the population of Ireland itself.

St. Patrick's Day Celebration

Corned Beef and cabbage is a traditional St. Patrick's Day dish. In 2009, roughly 26.1 billion pounds of beef and 2.3 billion pounds of cabbage were produced in the United States.

Irish soda bread gets its name and distinctive character from the use of baking soda rather than yeast as a leavening agent.

The first St. Patrick's Day parade took place in the United States on March 17, 1762, when Irish soldiers serving in the English military marched through New York City.

More than 100 St. Patrick's Day parades took place in the United States. New York City and Boston are home to the largest celebrations.

At the annual New York City St. Patrick's Day parade, participants march up 5th Avenue from 44th Street to 86th Street. Each year, between 150,000 and 250,000 marchers take part in the parade, which does not allow automobiles or floats.

March Birthdays



Ralph S. - 3/01

Mickey K. - 3/04

Catherine B. - 3/17

Jane M. - 3/17

Jan E. - 3/20

Kathy K. - 3/23

Leona B. - 3/26

Happy Anniversary Oak Terrace!

February was a busy month for us we had lots of fun celebrating Valentine's Day and Mardi Gras. Now we are into March and we have a busy month ahead of us. We will be celebrating D. Seuss, St Patrick's Day and Spring!! Oak Terrace is also celebrating their 8 year Anniversary for their Jordan location on Wednesday, March 11th.

Let's have a great March!
Don't Forget Daylight Savings is Sunday March 8th. Set your Clocks ahead one hour Saturday before you go to bed!!

SPECIAL DATES

3/2-Robert Bozaich Performance
3/2-Dr. Seuss Social
3/3-Fleet Farm Outing
3/3-Bailey's Buddy Social
3/4-Walmart Outing
3/5-Bingo W/St Pauls Ladies
3/6-Dentist Day Coffee Hour

Community Highlights

3/8-Daylight Savings Begins
3/9-Pajama Day Coffee Hour
~WEAR YOUR PAJAMAS!!!!
3/9-Birthday Party
3/10-Clancy's Restaurant
3/10-Bailey's Buddy Social
3/11-Happy Hour to Celebrate Oak Terrace 8th Anniversary
3/11-Radermacher's Outing
3/12-Concertina Fun
3/13-Friday the 13th Coffee Hour
3/16-Native American History Coffee Hour
3/16- St. Patrick's Day Craft
3/17-St. Patrick's Day Social
3/18-Target Outing
3/19-Spring Cleaning Bingo
3/19-Allen Carlson Performance
3/20-Proposal Day Coffee Hour
3/20-Bingo and Beer
3/23-Resident Council
3/24-Perkins Restaurant
3/24-Bailey's Buddy Social
3/25-Coborn's Outing
3/26-Baseball Social
3/27-Panda Day Coffee Hour
3/30-Doctors Day Coffee Hour
3/30-FREE Manicures W/Sarah
3/31-Bailey Buddy Social

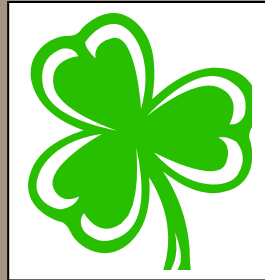
Autumn Lane News

The month of March will be our 8 year anniversary. We have some great performances and special events planned to help celebrate and get us through to the spring season.

March is also National Craft Month. A great month to decorate for St Patrick's Day and Spring.

We will enjoy the following days:

- Dr. Seuss Day
- Becky and Kids Visiting
- Concertina Music W/Alice
- Hot Cocoa Social
- Bingo W/St Pauls Lutheran
- Pajama Day
- Birthday Party
- Oak Terrace Anniversary
- St Patrick's Craft
- St Patrick's Social
- Spring Bingo
- Baseball Social
- Visiting With Katie



Scrambled Words

Unscramble the following words associated with St Patrick's Day.

S R H I I

H R C A M

G E N E R

O L R V E C

N P R C E L E U A H

R O S S C

P E D A R A

N I A W R B O

M K S H C A O R



D O G L

T A I R K P C

K U L C

ANSWERS:

Irish, green, leprechaun, parade, shamrock, gold, patrick, luck, charm, clover, cross, rainbow

Physical Activity Can Prevent 1 in 7 Alzheimer's Diagnoses

A new study has found that more than one out of every seven cases of Alzheimer's disease could be prevented by increasing the amount of physical activity an individual performs. The research finds that as little as 30 minutes of light exercise can lower the risk of an individual developing Alzheimer's.

Hoping to shed light on non-pharmaceutical based Alzheimer's disease interventions, a team of researchers from the Ontario Brain Institute reviewed 871 research articles on exercise and Alzheimer's conducted over the last 50 years. They then closely examined the 45 most comprehensive studies, pooling the data for their analysis.

The researchers found that in seniors without Alzheimer's disease, physically active individuals were nearly 40 percent less likely to develop the disease compared to those who were inactive. The authors also found that physical activity can improve the quality of life for individuals already suffering from Alzheimer's. A meta-analysis of four studies showed strong evidence that an increase in physical activity in Alzheimer's sufferers can improve their ability to perform activities of daily living. Regular exercise also reduced the prevalence of depression in these individuals.

While previous studies have shown that exercise may prevent and slow progression of Alzheimer's, this research indicates that even light or moderate physical activities, such as household chores or walking, can accomplish the same results. The authors hope further research will be conducted to determine the precise optimal amount of exercise for preventing Alzheimer's.

Source: ALFA

