



WEL-LIFE

AT ELK POINT

600 E Lincoln St • Elk Point, SD 57025

March 2010



At Your Service

Cherilyn Hallaway Director
Kelly Bogenreif, LPN D.O.N.
Traci McDonald, RN D.O.N.
Carol LaBrune Dietary
Mel Hughes Maintenance

Make News in the Newsletter

Do you have some news to share? We'd like to have it! Contact the office if you have an announcement or information you'd like to share, and we'll get it in the next issue of the newsletter.

Don't Expect a Leprechaun to Bring You Good Luck

You don't need a four-leaf clover to bring you luck. You can make your own. English psychologist Richard Wiseman researched the topic for his book, "The Luck Factor." He says "lucky" people discover their own pots of gold by following four standards:

- 1) They don't ignore their intuition.
- 2) When they face hard fortune, they are quick to recover due to their resilient response. Specifically, they can imagine how much worse a situation could be. Then they focus on how to use the negative incident to their advantage.
- 3) They aren't afraid of taking a chance, even if it means disrupting their daily routines.
- 4) They are optimistic about the future. Their positive outlook results in upbeat outcomes.



Irish Blessing

May your blessings outnumber
The shamrocks that grow,
And may trouble avoid you
Wherever you go.

Healthy Tip: Dream Big

Go ahead and dream a little; it's good for your health! Having dreams and aspirations gives your life meaning and provides something to work toward. Dreams test our determination, foster our ambitions and provide satisfaction when we actually reach our goals. As the saying goes, "Shoot for the moon. Even if you miss, you'll land among the stars."

NUMB3R CRUNCH3R: Gateway Arch in St. Louis

- 630: Height in feet
- 13: Cost in millions to build
- 17,246: Weight in tons
- 18: Maximum number of inches it can sway (9 inches each way)
- 30: Number of miles you can see while at the top

History of March

March, from the Latin *Martius*, meaning "Of Mars" (the Roman god of war), was originally the first month of the year, as well as the month to resume military campaigns and conflicts. Today, many cultures still celebrate the new year in March.

Mark This Merry Month

Jokes lead to laughter, which leads to feeling better. March's International Mirth Month is based on research showing that humor is therapeutic. Lift your spirits by visiting www.AJokeADay.com for some clean fun.

Put on a Happy Face

March is Optimism Month.



Trivia Whiz

Green should be the official color for March. After all, it's the month when all things dormant begin to come alive. And, of course, green rules on St. Patrick's Day. What else is green?

Safer spending.

American currency has been green since 1862, when the U.S. Treasury Department created a green ink to discourage counterfeiters.

Sacred symbolism.

In Japan, green is regarded as the color of eternal life.

Scientific factors.

Green is noteworthy in the world of science because the chemical chlorophyll causes plants to be green. The color is also important in the development of technology such as night-vision goggles, which depict views using that hue because the human eye is most sensitive to it and is more easily able to discern shades of that color.



Yoga Helps Manage Weight

Research has long suggested that practicing yoga can reduce stress and increase flexibility. More recently, studies have found that yoga may also improve a person's ability to manage weight more effectively.

The Fred Hutchinson Cancer Research Center in Seattle conducted a study of 300 people. It found that those who practiced yoga had lower body mass indexes than those who did not practice yoga but were still considered physically active. These findings support the center's 2005 research that found yoga helps middle-age people gain less weight over a 10-year period.

Study leader Alan Kristal concluded that yoga challenged participants who practiced regularly to focus, accept their surroundings without judgment and meditate through discomfort. These standard yoga teachings may help participants be more mindful of the food they consume, more aware of feelings of hunger and fullness and more perceptive of reasons for eating. This can encourage eating discipline and help control emotional eating.

Kristal says, "The buzzword here is *mindfulness*—the ability to observe what is happening internally in a nonreactive fashion. That is what helps change the relationship of mind to body and eventually to food and eating."

Happy Birthday to Residents and Staff

3-4	Loren H.
3-9	Kathryn B.
3-10	Stella J.
3-13	Martha T.
3-22	Paula VR.
3-28	Darlyene M.



Love That Elevator Music
March is National On-Hold Month.

Thank You

Wel-Life at Elk Point would like to give a BIG THANK YOU to Jean Girard for her time volunteering at our home. Jean has been providing activities to our residents starting an exercise group and getting the residents together to do many more types of activities. It has been fun seeing the residents participate!!





Finding Old Friends

Have you ever wondered, "Whatever happened to that guy ... or gal?" Time passes, people change and families move away. For many seniors, memories of old friends are all that's left of past relationships. Thankfully, the Internet makes it possible—and fairly easy—to locate people.

While younger generations tend to leave a larger, digital footprint due to social and professional networking web sites, many seniors don't belong to such sites. Nevertheless, you can perform a people search to locate the contact information you need to reconnect with that certain someone.

What's the best way to get started? Search for yourself first. Remember, not everything published on the Internet is reliable and accurate. Thus, searching for yourself and seeing things that may pop up—such as old addresses and phone numbers—will help you understand what information is available. Start with a simple Google search. You'll likely get results for lots of people with the same name, so be sure to include some unique data, such as a hometown or high school. Also search sites such as www.SwitchBoard.com and www.AnyWho.com.



Milk's Favorite Cookie

Only days before a ship named the Titanic made startling news worldwide, the National Biscuit Co. introduced three new cookies. Mother Goose Biscuits and Veronese Biscuits were two of them. Those products didn't last. The third, however, blossomed into a food giant. It was called the Oreo cookie, although how it got its name remains debatable, nearly a century later. Some have speculated it comes from the Greek word "oros," which means mountain.

Much like their unusual name, the cookies sport an unusual design on the two chocolate wafers that sit on either side of the white cream filling. A series of four-leaf clover patterns surrounded by a circle with the word "Oreo" in the middle, the design's origination remains unknown.

Oreos hit the shelves in 1912. The manufacturer initially targeted the snack for consumers in England. Today, however, the cookie is an American icon and has adapted as times change. For example, the manufacturer added a lemon meringue flavor to its lineup in the 1920s, but that option proved unpopular. Since then, tastes have continued to evolve. Flavors such as strawberry and peanut butter are currently in vogue. Similarly, the company noted health concerns in the latter part of the century and eliminated the use of trans fats in its recipe. No matter its variables, the cookie remains popular; consumers have purchased nearly 500 billion over the years.



Wit & Wisdom

"Luck is what happens when preparation meets opportunity."
—*Seneca*

"I'm a great believer in luck. And I find the harder I work, the more I have of it."
—*Thomas Jefferson*

"Luck affects everything. Let your hook always be cast; in the stream where you least expect it, there will be a fish."
—*Ovid*

"Being deeply learned and skilled, being well-trained and using well-spoken words—this is good luck."
—*Buddha*

"Those who have succeeded at anything and don't mention luck are kidding themselves."
—*Larry King*

"The only thing that overcomes hard luck is hard work."
—*Harry Golden*

Computer WORLD



Are you computer savvy?
Solve this puzzle and find out!

Application
Backup
Blog
Ethernet
Hardware
Icon

Memory
Motherboard
Online
Podcast
Processor
Software
Storage
Virus
Vista
Web

N	F	O	M	W	A	W	Y	B	L	R	V	B	L	O
P	O	D	C	A	S	T	O	R	A	G	E	A	R	W
H	U	I	E	D	P	O	S	N	M	W	A	C	P	E
Y	D	R	T	R	R	Y	F	I	L	Z	O	U	D	Y
B	O	X	H	A	O	V	O	T	V	I	C	O	N	Q
X	F	T	E	O	C	I	B	I	W	H	N	O	B	T
C	E	R	R	B	E	I	D	R	Q	A	N	E	P	T
P	K	B	N	R	S	B	L	O	G	R	R	W	W	L
H	Z	I	E	E	S	E	B	P	K	D	K	E	X	T
Y	X	K	T	H	O	U	G	Z	P	W	B	F	H	K
A	R	R	G	T	R	W	M	O	B	A	V	H	F	O
S	M	E	M	O	R	Y	V	M	C	R	N	U	E	K
Y	P	M	C	M	F	I	F	K	D	E	O	A	S	M
B	W	Q	S	A	Z	S	U	R	I	V	L	Y	W	F
C	M	V	C	X	Y	P	O	E	R	L	X	W	V	M

"This Month In History" MARCH

44 B.C.: The famous emperor Julius Caesar is killed on the Ides of March.

1781: Astronomer William Herschel discovers the planet Uranus.

1794: Eli Whitney receives a patent for his cotton gin.

1845: Stephen Perry patents the rubber band.

1850: "The Scarlet Letter" by Nathaniel Hawthorne is published.

1894: Coca-Cola is sold in bottles for the first time.

1903: In New York City, the Martha Washington Hotel opens, the first hotel exclusively for women.

1912: Juliette Low founds the American Girl Guides, better known today as the Girl Scouts.

1931: Congress officially adopts "The Star-Spangled Banner" as the national anthem of the United States.

1933: "King Kong" premieres in New York City.

1952: Jonas Salk first tests his polio vaccine, which he announces publicly in 1955.

1959: The Barbie doll, invented by Ruth Handler, debuts to the delight of little girls everywhere.

1961: President John F. Kennedy establishes the Peace Corps.

1978: Charlie Chaplin's coffin is stolen from a Swiss cemetery and held for ransom.

1981: The "most trusted man in America," anchorman Walter Cronkite, retires from the "CBS Evening News."