



# MAHOVA

## News

March 2022

### St. Patrick's Day

St. Patrick's Day originally began as a Christian feast day celebrating the life of St. Patrick. He was the patron saint and national apostle of Ireland. St. Patrick is credited with spreading Christianity throughout Ireland, at the time the country was largely pagan. Why March 17th? It is said to be the date of St. Patrick's death in the late 5th century. Shamrocks are associated with the holiday because legends state that St. Patrick used three leaves to explain the Father, the Son and the Spirit in his teachings.

#### Facts and folklore

- Blue was the color originally associated with St. Patrick.
- Long before the clover was associated with the holiday, the four-leaf clover was regarded as a charm against evil spirits.
- The first St. Patrick's Day Parade was held in New York City on March 17, 1962.
- Traditionally, peas are planted on St. Patrick's Day. Cabbage seeds are also often planted on this day. Old-time farmers believe that to make them grow, you need to plant the cabbage seeds while wearing pajamas.

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### **March is National Nutrition Month**

Try to keep these 13 healthy staples in your pantry.

1. Dried and canned beans and lentils. Beans and lentils are some of the healthiest foods you can eat offering an abundance of nutrients.
2. Nuts, seeds and their butter. Nuts and seeds provide healthy fats, protein, fiber and a variety of vitamins and minerals.
3. Grains. Excellent source of fiber and micronutrients.
4. Frozen fruit and vegetables. Frozen fruits and vegetables are comparable to fresh produce in micronutrient content.
5. Honey. This natural sweetener contains antimicrobial, anti-inflammatory properties and antioxidants.
6. Apple Cider Vinegar. Research has shown that it has antidiabetic, anti-inflammatory, antioxidant, and hearth-healthy properties.
7. Healthy fat for cooking. Coconut oil and olive oil. These add flavor and enhance the absorption of fat-soluble vitamins, minerals and antioxidants from food.
8. Fermented foods. Sauerkraut, kimchi and pickles offer a number of health benefits. They can improve digestive health and reduce inflammation and blood sugar levels.
9. Spices and dried herbs. Turmeric, cayenne pepper, rosemary, cinnamon, ginger, oregano and cumin. Reduce inflammation and lower your risk of certain diseases.
10. Garlic and Onions. These help to reduce your risk of certain illnesses including cancer, mental health, heart disease and diabetes.
11. Healthy condiments. Tahini, salsa, balsamic vinegar, coconut butter, mustard, sriracha are some examples of multi-purpose condiments that are both tasty and healthy.
12. Eggs. Packed with protein and almost every vitamin and mineral your body needs to prosper.
13. Full fat yogurt. Protects against heart disease and the development of belly fat, which is a risk factor for many other conditions.

## Book Ends

### By Georgeen Carden

Anne Perry . . . . .

*Death of a Stranger* is a novel from the William Monk series that take place in mid-Victorian London. In a previous novel, Monk, who has no memory prior to his involvement in a terrible train wreck, has married Hester. Since the train wreck he has worked as a banker, a police detective and now works as a sleuth for hire to avoid the necessity for explaining his memory loss.

Monk's wife, Hester is an unusual woman for her time. She served as a nurse in the Crimean war and has recently opened a hostel for prostitutes where they can get free medical care and food. The hostel is funded by charitable gifts.

A wealthy and socially important railroad owner is found dead outside a brothel and police efforts to find his killer has dried up trade in the neighborhood and cut in to Hester's business as well, so Hester sets out to find the facts of what has been determined to be a murder.

Meanwhile, Monk has been hired by a young woman to see if her intended husband, who works for the deceased man is involved in fraud in connection with his job. The young woman is not who she pretends to be and Monk, himself, comes under suspicion.

Hester and Monk realize they are looking at the same case and work together to solve the convoluted case.

Anne Perry was born Juliet Hulme in Blackheath, London in 1938. At age 6 she was gravely ill and continued to be sickly during her childhood until sent to the Bahamas.

From the Bahamas her family moved her to New Zealand where she and her close friend were convicted of killing the girlfriend's mother. She was fifteen and spent the next five years in prison. She changed her name at the time of her release.

Anne's formal schooling was spotty. She had been taught to read and write by her mother by the time she was four and loved to read.

Anne was in her late thirties before one of her novels was accepted for publication in 1979. She has won prizes and sold over 26 million books since then, though she is more popular in the United States than in her home country. The New York Times has named her to its "100 Masters of Crime" list and she is regularly on its "best seller" list. Perry produces two novels a year by writing 8-9 hours a day.

She now lives in the Scottish highlands north of Inverness with her dog and several cats.

## In Memoriam

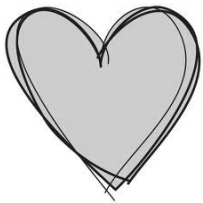
### Forever in Our Hearts



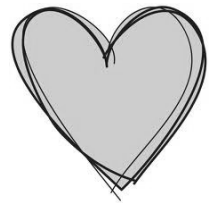
Anne Dechent  
Darlene 'Linda' Wilson



## Anniversaries



March 5, 1966 Les and Zada Lea Kahn  
March 8, 1963 Thomas and Mary Breeden  
March 9, 1963 Garland and Marcella Campbell  
March 24, 1989 Jeffry and Shirley Smith



## Have You Heard?

### Daylight Savings Time

Sunday, March 13

Set your clocks one hour forward

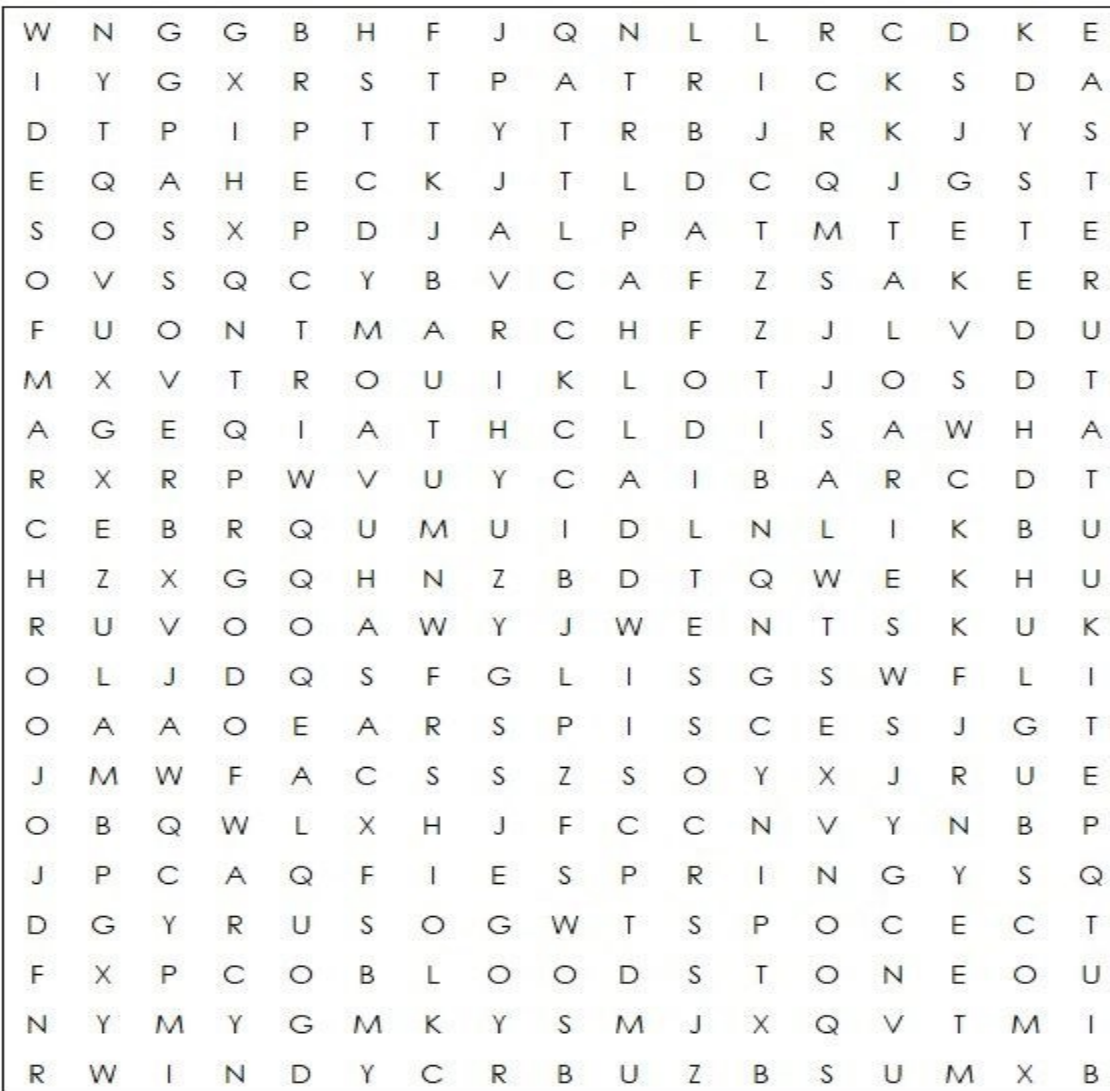
St. Patrick's day in 1973, Pink Floyd's "Dark Side of the Moon" first hit the Billboard top 200 chart at number 95. Fourteen years later, it finally left the top 200 for the first time, setting a still-unbroken world record.

The birthstone for March is Aquamarine and symbolizes protection, courage and happiness. The flower for March is the Jonquil or Daffodil.

# Brain Teaser

Name: \_\_\_\_\_

## March Word Search



MARCH  
AUTUMN  
ST PATRICKS DAY  
EASTER  
PASSOVER

PISCES  
ARIES  
GOD OF WAR  
DAFFODIL  
BLOODSTONE

IDES OF MARCH  
SPRING  
KITE  
WINDY  
LAMB

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## MARCH MADNESS WORD SEARCH

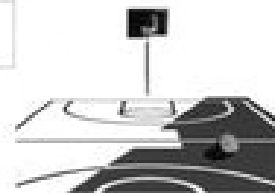


S	B	C	H	A	M	P	I	O	N	S	H	I	P
L	U	S	E	C	N	U	O	B	H	A	U	F	A
F	Z	T	N	E	M	A	N	R	U	O	T	S	B
Z	Z	L	E	A	G	U	E	C	E	A	S	B	R
A	E	T	U	M	L	N	K	C	F	I	H	E	A
R	R	I	E	E	A	U	A	F	S	A	C	S	C
E	L	R	B	A	E	R	E	T	G	N	A	T	K
B	E	E	B	S	M	S	C	A	O	E	O	A	E
O	M	A	D	N	E	S	S	H	A	S	C	A	T
U	A	S	P	O	O	H	S	E	L	E	B	L	T
N	S	D	E	F	E	N	S	E	I	M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

BASKETBALL  
OFFENSE  
ASSIST  
HOOPS  
TEAM  
MADNESS  
BUZZER  
INTERCEPTION  
GOAL  
REBOUND  
LEAGUE  
MARCH  
BRACKET  
BOUNCE  
CHAMPIONSHIP  
DEFENSE  
TOURNAMENT  
COACH

NAME: \_\_\_\_\_

SCORE: \_\_\_\_\_



## Brain Teaser



# St. Patrick's Day Word Search



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



CLOVER  
COINS  
CORNEB BEEF  
TRADITION  
GREEN

IRELAND  
IRISH  
LEPRECHAUN  
LUCK  
MARCH

PARADE  
PATRICK  
POT OF GOLD  
RAINBOW  
SHAMROCK



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## Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

3/1 Thomas Breeden  
3/2 Chester Wright  
3/5 Frances Coleman  
3/5 Mildred Colgin  
3/6 Georgeen Carden  
3/7 Althea Hinson  
3/9 Richard Bradley  
3/12 Steve Sanford  
3/13 Carol Vickers  
3/18 Pat Graves  
3/24 Jeffry Smith  
3/26 John Pierce  
3/28 Jean Taylor  
3/30 Lois Motley

## Employee Birthdays

3/1 Ayse Karakayali  
3/2 Donna Smith  
3/3 Felicia Harrison  
3/5 Vickie Martin  
3/8 Alexandria Street  
3/11 Chantee Alexander  
3/14 Daryl Goode  
3/16 Annette Hyman  
3/21 Gladys Osei-Tutu  
3/21 Robyn Massie  
3/21 Erica Seward  
3/22 Victoria Edmonds  
3/30 Michael West

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### The MAHOVA News

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### **Warren Swanson, CPA, MBA**

Chief Financial Officer

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Senior Administrator

### **Kathy Bryant, ALFA**

Assisted Living Administrator

### **Dr. Danny Felty**

Medical Director

### **Terry Hilton**

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### **Regina Pettaway, RN**

Director of Nursing

### **Ann Meeks**

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### **Mike Butler, Jr.**

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### **Lucas Tuthill**

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