

Marching to a Healthy Beat



March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Having fresh fruit and vegetables in your home is a simple way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best. Perhaps it is no coincidence that March is also Quinoa Month (pronounced *KEEN-wah*). This ancient seed, harvested high in the Andes Mountains, is one of nature's most perfect foods. In 1955, researcher Philip White wrote, "While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom." That's high praise for an often-overlooked food.

Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the "mother of all grains" and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It's a nutritive powerhouse.



David Bergevin- 3rd
Ron Trahan- 3rd
Jeanette Diedrick- 6th
Shirley Smith- 9th
Harry Truman- 11th
Deb Gillen- 11th
Leola Rodewald- 12th
Harry Chappuis- 14th
Kelsey Walock- 15th
Dayme Berroa-Perez- 24th
Amy Brunner- 25th
Kim Perry- 29th
Kalla Windt- 31st
Peggy VanThomme- 31st

Celebrating the Mario Way



March 10, or rather MAR10, is Mario Day—a holiday for the fictitious Mario Bros. video-game plumbers. It's designated as such because MAR10

looks like MARIO. It also can be a day to celebrate the Marios in your life. Even if you don't know a Mario, you can still celebrate one. Cheer on racing legend Mario Andretti by watching highlights of his iconic career. Read a book by writers Mario Puzo or Mario Vargas Llosa. Grab a slice at Mario's pizzeria.

While the name Mario is most often associated with Italy, it is quite common in Germany, Spain, Bulgaria, Greece, Latin America, and America. It comes from the Roman name *Marius*, which derives from *Mars*, the Roman god of war. For those wanting to give the name Mario a more delicate and feminine touch, there is the name Maria, or should we say MAR14?

March 2025

Faribault Senior Living

843 Faribault Rd Faribault, MN 55021 | 507-331-6510 | www.faribaultseniorliving.com

Celebrating March

Humorists Are Artists Month

Women's History Month

Save Your Vision Month

Women in Construction Week
March 2–8

Learn What Your Name Means Day
March 5

World Plumbing Day
March 11

Quilting Day
March 15

St. Patrick's Day
March 17

French Bread Day
March 21

Quirky Country Music Song Titles Day
March 27

A March Through Egypt's Charms

March in Egypt brings more than warm sun and ancient wonders—it offers a celestial showstopper. On March 19, during the spring equinox, the Great Sphinx of Giza steals the spotlight as the sun sets perfectly on its shoulder, creating a moment of alignment that is both awe-inspiring and steeped in ancient precision. This phenomenon occurs only twice a year, in March and September, showcasing the sphinx's extraordinary positioning.

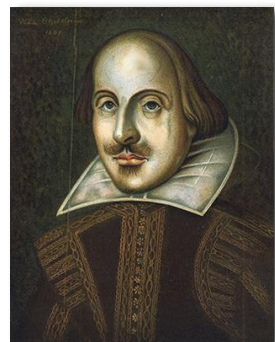
The equinox itself is a time of balance, when Earth's hemispheres receive equal sunlight, making day and night the same length. For the sphinx, carved from limestone bedrock and likely modeled after Pharaoh Khafre, it's an ideal occasion to bask in the sun—a cosmic nod to its enduring role as a guardian of Egypt's ancient secrets and astronomical knowledge.

March often coincides with Ramadan, a deeply spiritual time for Muslims in Egypt and worldwide. While days are quiet as people fast, evenings are vibrant with shared meals, colorful lanterns, and a communal spirit. The festive atmosphere often spills into the streets, where vendors offer traditional treats like *kunafa*, a sweet, nutty pastry, and *qatayef*, a pancake stuffed with nuts that is fried and dunked in syrup. Hospitality shines, and visitors are warmly welcomed to experience the unique blend of reflection and celebration.

For travelers, Egypt in spring offers more than history and spirituality. Strolling through Cairo's bustling markets or gliding down the Nile in a traditional felucca boat feels like stepping into an adventure novel. Whether marveling at pyramids or sipping mint tea in the shade, Egypt charms with its timeless appeal. The season's pleasant weather is perfect for exploring Luxor's temples or wandering through the Valley of the Kings without the intensity of summer's heat. The scent of blooming jasmine and the lively sounds of bustling streets remind you that Egypt's vibrant present is as captivating as its ancient past.

Everyday Shakespeare

In his play *Julius Caesar*, William Shakespeare warned, “Beware the Ides of March” (March 15). Lucky for all lovers of the bard that Shakespeare Week falls from March 24 to March 30.



Shakespeare Week was begun in 2014 by the Shakespeare Birthplace Trust in England. Its goal is to make Shakespeare delightful, not dull. His works are part of the curriculum for half of the world’s schoolchildren. For many, the writings

of Shakespeare are remembered as difficult, mandatory high school reading. But, in Shakespeare’s day, his plays were considered bawdy, coarse, and boisterous, and theaters were often dirty, loud, and very crowded—some holding crowds of up to 3,000 people. A three-hour play was considered a rollicking good time. Shakespeare knew his audience.

Though many now consider Shakespeare’s plays to be examples of great literature, a part of high culture, or difficult to understand, Shakespeare wrote to his audience—many of whom were common folks just like himself. He was sure to include plenty of jokes, fights, love triangles, and off-color remarks.

Shakespeare has seeped into our everyday life. Many common expressions were written by Shakespeare, including:

- “Wild goose chase” (*Romeo and Juliet*)
- “Seen better days” (*As You Like It*)
- “Off with his head.” (*Richard III*)
- “Good riddance.” (*Troilus and Cressida*)
- “Knock, knock! Who’s there?” (*Macbeth*)
- “Break the ice.” (*The Taming of the Shrew*)

Utter one of these phrases between March 24 and March 30, and you might be celebrating Shakespeare Week without even knowing it.

Paws on the Trail

Mushers begin the “Last Great Race” across the Alaskan wilderness on March 1. The word *Iditarod* comes from the native northwestern Alaskan language and means “distant place.” It’s the name of a city, a river, a trail, and the famous roughly 1,100-mile dogsled race.

Not just any dog can compete in the race. Only dog breeds accustomed to the cold, such as Alaskan Malamutes and huskies, are allowed to race. In 1980, musher John Suter entered with a team of European poodles; many of the dogs were dismissed at checkpoints along the way with frozen feet. In 1990, rules for accepted dog breeds were established.

Frigid temperatures aren’t the only threat to a dogsled team. Massive moose have been known to charge at racers. To ensure the health and well-being of the dogs, they are treated like all-star athletes and are accompanied by veterinarians. The last team to cross the finish line receives the Red Lantern Award, named after the lantern that remains lit until the final dog arrives.

A Tale of Two Names



Istanbul or Constantinople? The largest city in Turkey has struggled with its name for centuries. The Greek colonist Byzas founded the city as Byzantium around 700 BC. It was renamed Constantinople in AD 330,

when Roman emperor Constantine made it the capital of the Roman Empire. The name persisted until 1453, when the city was overtaken by the Ottoman Turks and renamed Istanbul. Yet most Turks, even in an official capacity, referred to the city as *Kostantiniyye*—which many still confused with Constantinople. It wasn’t until March 28, 1930, that the Turkish Postal Service decreed it would no longer send mail to any place addressed as Constantinople. It has been Istanbul ever since.

Chasing Cherry Blossoms



It lasts for only two weeks, but what a beautiful two weeks it is. *Hanami* is the Japanese term for enjoying the spring beauty of blossoming flowers. The most

spectacular show of all is the viewing of the cherry blossoms, known as *sakura* by day and *yozakura* by night. It begins at the end of March.

The practice of hanami began in seventh-century Japan, when wealthy elites and members of the Imperial court would gather to view plum blossoms. Soon, though, cherry blossoms became more highly regarded for their beauty. Before long, members of the “samurai class” joined in the viewing, and finally the practice became widespread among all people—rich or poor. The cherry blossom has even become Japan’s unofficial national flower.

The blossoming of the cherry trees also ushers in an entire season of hanami parties. Many rush to parks and reserve spots, relaxing under the blossoming trees with blankets. The most popular spot in the country for hanami is Tokyo’s Ueno Park, where there are more than 1,000 flowering cherry trees. Japan’s best hanami location may be the mountaintop town of Yoshino, where thousands of cherry trees burst into bloom and a veil of pink flowers resembling clouds slowly floats down the mountainside. The tiny lanes of this sleepy village become packed with visitors.

America’s most famous version of hanami begins every March in Washington, D.C. In 1911, the city of Toyko gifted 2,000 cherry trees to the U.S. Sadly, those trees were infested with insects and had to be destroyed. But Tokyo mayor Yukio Ozaki was undeterred. He sent a new shipment of 3,020 cherry trees, which arrived in Washington on March 26, 1912. Visitors have flocked to D.C.’s Tidal Basin to enjoy the cherry blossoms ever since.

Full-Court Frenzy

The “Road to the Final Four” begins Tuesday, March 18. Sixty-eight of the country’s best men’s college basketball teams will compete in a three-week tournament known as March Madness, or the Big Dance. With so many games to follow, it’s common for fans to watch several games at once across channels.

The tournament is also crucial for college basketball programs aiming to bolster their national reputation. The NBA draft takes place three months after the tournament, and a player’s performance during March Madness can impact their draft prospects. While the focus is on team play, standout individual performances still draw attention. Top contenders like Kansas, Duke, Kentucky, Arizona, and Gonzaga remain perennial favorites. Yet, the magic of March Madness often lies in the unexpected—a “Cinderella” team overcoming the odds to deliver a victory.

Barbie Beyond the Box



On March 9, 1959, the Mattel toy company unveiled the first Barbie doll at the American Toy Fair. Ruth Handler, cofounder of Mattel, was inspired to create the doll after observing her daughter prefer paper dolls of adult women over baby dolls. Barbie became the first adult doll for kids—and the star of the first TV ad aimed at children. While Barbie has faced criticism for promoting gender stereotypes and unrealistic body proportions, the toy has generated over \$1.5 billion in sales.

In 2023, Barbie’s cultural impact reached new heights with the release of the *Barbie* movie, directed by Greta Gerwig. The film’s vibrant visuals, sharp humor, and exploration of identity captivated audiences worldwide, cementing Barbie’s status as both a toy and a cultural icon.

A Friendly Reminder

Assisted Living residents, when leaving for an appointment, paperwork for you to take is located in black hanging basket above resident sign out (Near Front Desk). Papers will be in an envelope with your name on it.

- Please see Jenafer at front desk before entering offices, as we may be busy or on the phone.
- No plastic bags of any kind in recycling bins, these are not allowed by our service provider and results in contamination charges for the facility.
- Post your weekly Activities calendar where you can see it. Try something new this month!
- In the interest of building safety and security, residents should not open doors for people they are unfamiliar with. Visitors may contact a staff member for entry

FSL WIFI

Username: FSL Family
Password: Smiles@843!

Employee Anniversaries

Jocelyn Simones- March 6th
1 year

Kiersten Kuchinka- March 9th
2 years

Deb Tuma- March 19th
7 years

Thank you for all the time, care, and effort you give to make FSL a WONDERFUL place to live and work.

New Neighbors

319



In our home, Love, Laughter, and Friendship are always welcome.



Helpful Phone Numbers for Seniors

Buckham Memorial Library 334-2089	Meals on Wheels 800-277-8418 ext. 328
Fashions on Central 334-9242	Rice County Public Health 332-6111
Faribault City Hall 334-2222	Rice County Social Services 332-6115
Faribault Community Center 334-2064	Senior Companion Program 330-1867
Faribault Senior Center 332-7357	Senior Dining 332-7680
Hiawathaland Transit- bus system 866-623-7505	Senior LinkAge Line 800-333-2433
Veterans LinkAge Line 888-546-5838	Social Security 800-772-1213

FEELING LONELY?

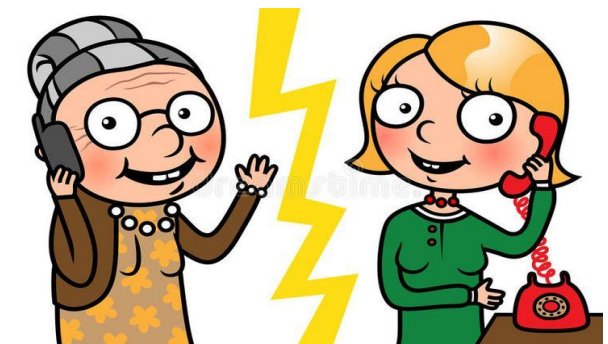


Senior Friendship Line 800-971-0016

The Institute on Aging offers a **Senior Friendship Line** that anyone can call toll free.

The friendship line is available 24 hours a day and you can both call in whenever you like and receive calls from them.

The people on the other end of the line will provide emotional support, check in on your well-being and provide any needed counseling. The main goal of the line is suicide prevention, but it can be a resource worth trying out when you feel lonely, even if you're not at risk of suicide.



Contact Us

Main Line: 507-331-6510

Fax: 507-331-7252

Office Hours:

Monday-Friday
8:00am-4pm

Executive Director

Sarah Valentyn (LALD): 507-331-6521

sarahv@faribaultseniorliving.com

Assisted Living Director

Heather Tesch (LALD): 507-331-6517

heathert@faribaultseniorliving.com

Nursing Office:

Director of Clinical Services

Calista Vos (RN, BSN): 507-331-6520

calistav@faribaultseniorliving.com

Assistant Director of Clinical Services

Alyssa Moravec- (RN, BSN) 507-331-6512

alyssam@faribaultseniorliving.com

Resident Coordinator

Rachel Byrne- (TMA) 507-331-6511

rachelb@faribaultseniorliving.com

Maintenance Manager

Pat "Nezzy" Nesburg

patn@faribaultseniorliving.com

Office Coordinator

Jenafer Jensen

office@faribaultseniorliving.com

Activities Coordinator

Donna Boyer

activities@faribaultseniorliving.com

FSL Monthly Blood Pressure Clinic

Thursday, March 20th

10:30-11:30a

Lounge

Come see our nursing team to have your vitals and weight checked!!



Heather will be out of the office:
March 6th through March 24th for
vacation.

Please direct any issues/concerns to
Sarah in her absences.



Reminder:

When needing assistance after hours or on weekends, please push your pendant.

Office staff do not check voicemails at these times and will not get them until the next business day.

LAUNDRY ROOM ETIQUETTE

Laundry Rooms are available for residents to use. These are a shared space. Please be respectful of others and their laundry.

- Place your room number magnet on the machines you are using.
- Once machine is operating leave alone until complete
- Please remove clothes in a timely manner so that everyone has a chance to use the machines.
- After using dryers, please clean out the lint traps.
- If someone's laundry has been sitting for a long while, please ask a staff member for assistance, you may also go to apt of items in machine and ask them to move items.



Thank you for being kind & courteous!

Dining Information



Kitchen (Main Line)

507-331-6515

• Please call the Kitchen main line **minimum two hours in advance** if you are requesting a meal, making any changes or having a guest.

• If you would like to request a menu alternative or smaller portions, please fill out a menu and place in the black wire basket near the Dining Room or call the kitchen a minimum three hours in advance.

What is there to do at Faribault Senior Living?

As the weather gets cooler, we will be spending more time indoors.

Take a tour of the building and get to know what there is to offer!

A variety of activities are offered daily. You will receive a new calendar each week at your door. Hang it up somewhere you can see it each day. If you need another, they are at the Activities office on the first floor by the Library.

- **-1 (Basement level):** Exercise Room, Vending Machine, garage parking access
- **1st Floor (Main):** Library, Lounge, Dining Room, Front Desk, Activities Office, Back Patio (through the dining room), Front parking lot, “Reflections” Living Area
- **2nd Floor:** Community Room (*Room can be reserved for parties/gatherings*)
- **3rd Floor:** Hair Salon (*Call Kathryn for appt. 507-838-0492*)
- **4th Floor:** Movie Theater & Craft Room

If you need help navigating, you can ask staff, or your neighbors and we will help you find your way.

The Loft Salon on 3rd

(Open by Appointment)

Salon #: 507-331-6519

Kathryn #: 507-838-0492

Hello, from Kathryn!
Set up your hair, manicure,
or Pedicure Services!

*Please let the salon know
if you will not be coming
to your hair appointment.*



Date(s): 4th Tuesday of the month
Time: 5:30—7:00 p.m.
Location: Buckham West Commons
507-332-7357

Are you helping an elder with daily living activities? Then you are a caregiver. Join us on the 4th Tuesday of the month at Buckham West ~ 19 Division St. W. in Faribault for conversation with other caregivers. Open to all; no charge.

Heel & Toe, LLC
Foot and Nail Care
Services

Jill Salmonson-Olson

Owner & RN

Mobile: (320) 318-8684

Email: Heeltoe2024@gmail.com

CALL OR EMAIL FOR APPOINTMENT

Cash and Check Accepted

Pricing Guide

New Clients: \$75.00

Fingernail Trimming: \$15.00

Foot & Toenail Session: \$60.00

Sessions must be booked with Jill as this is an outside service, FSL cannot book these appointments.



March Themed Meal Days

March 4th

Mardi Gra/Fat Tuesday

Lunch menu:

Kielbasa w/ peppers,
onions and honey
mustard glaze

Roasted potatoes

Braised cabbage w/
fennel

Dinner Menu:

New Orleans style
chicken & sausage
gumbo over white rice

Warm French Bread

March 17th

St. Patrick's Day

Lunch menu:

Corned beef & cabbage

Baby red potatoes

Whole baby carrots

Bread pudding

Dinner menu:

Cottage Pie
(ground beef, mixed veg,
covered in mashed
potatoes)

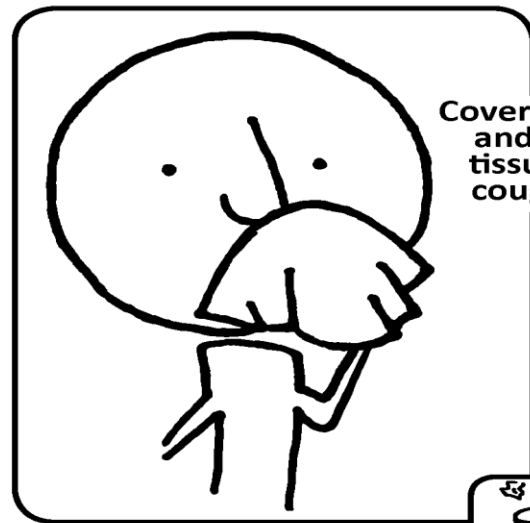
Irish soda bread

Pistachio cookie

Normal meal prices apply

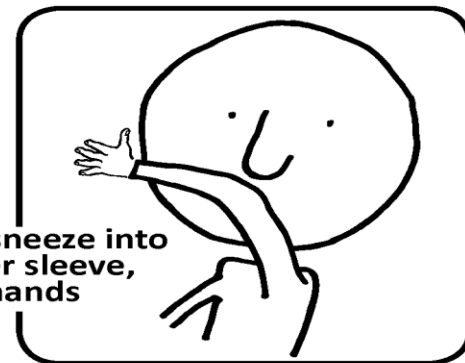
Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or cough or sneeze into your upper sleeve, not your hands



Put your used tissue in the waste basket.

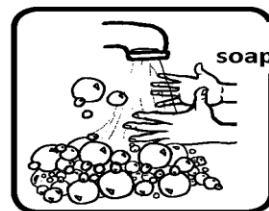


You may be asked to put on a surgical mask to protect others.



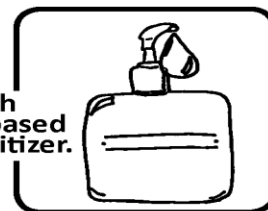
Clean your Hands

after coughing or sneezing.



Wash with soap and water

or clean with alcohol-based hand sanitizer.



Meal Pick-up and Delivery Reminders

Noon meals for pick-up will be in the lounge around 11:30a, evening meals for pick-ups will be in the lounge around 4:30p. Please make sure you are picking up your meals as close to these times as possible to prevent spoiling of food, which can cause illness.

Please make sure when taking food back to your apartment that you refrigerate your leftovers to prevent food from spoiling and causing illness.

Meal deliveries all must be approved by the management team, we only deliver meals due to illness or an approved health issue.

Please notify kitchen at minimum 1 hour prior to meals of any changes, the more notice given the better so we can prepare the correct amounts of food for meals.

Name: _____

Date: _____

MARCH

Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

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

- BASKET
- BLOOM
- BUTTERFLY
- CHICK
- CROCUS
- DAFFODIL
- DAYLIGHT
- EASTER
- EQUINOX
- FLOWER
- GREEN
- HATCHING
- IRISH
- KITE
- LAMB
- LION
- LUCKY
- MARCH
- NEST
- RAIN
- REBIRTH
- RENEWAL



ST. PATRICK
 SUNSHINE
 TULIP
 WINDY



SAVINGS
 SEASON
 SHAMROCK
 SPRING



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