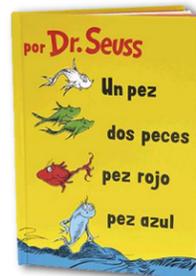


Blast the Birthday Horn

On March 2, don't just wish Dr. Seuss a happy birthday. Do as they do in Dr. Seuss' fictional land of Katroo and let loose a "big blast on the big Birthday Horn!"



Theodor Seuss Geisel, known as Dr. Seuss, was never a doctor of anything. He called himself "doctor" because his father wanted him to study medicine. Thankfully, he pursued children's literature and in 1937 wrote his first book, *And to Think That I Saw It on Mulberry Street*, debuting the pen name Dr. Seuss. The idea for the book struck Geisel while on an ocean voyage. The rhythm of the ship's engines inspired him to write the lines:

*And that is a story that no one can beat.
And to think that I saw it on Mulberry Street.*

No fewer than 20 publishers rejected the book before Geisel showed it to an old college classmate, who was editor of children's books at the publishing house Vanguard Press. Dr. Seuss went on to write over 60 children's books (including some under the name Theo LeSieg), selling over 600 million copies in over 20 different languages.

What makes Dr. Seuss' books so enduring? Children's literature expert Ann Neely believes it is the books' readability. "Children can read Dr. Seuss books many, many times without tiring of the rhythms, the plot, or the art." Furthermore, Seuss' moral lessons appeal to young and old alike. Journalist Melissa Breyer believes adults have plenty to learn from Dr. Seuss. *Did I Ever Tell You How Lucky You Are?* teaches us that self-pity is an unnecessary indulgence. *The Lorax* reminds us that it's up to us to give a voice to the voiceless. Truly, Dr. Seuss' children's books may be more valuable to adults than his odd adult work, a humorous, slightly scandalous take on the legend of Lady Godiva, full of illustrations of the seven nudist Godiva sisters. That book, perhaps understandably, was Seuss' only major flop.

After a long lifetime, more than 100 years, America's telephone infrastructure is showing its age. Disappearing, too, are the engineers and technicians who maintain traditional landline service, according to professor of telecommunications Rob Frieden. Not so fast, say those who celebrate Landline Telephone Day on March 10. Consumer Reports still recommends keeping a landline: sound quality is often better, and because numbers are directly linked to a home address, emergency calls from landlines remain highly reliable. When power goes out, some landlines continue to work, thanks to backup batteries, though these are becoming less common. Telephone companies, however, are shifting to digital networks that are cheaper to maintain. So enjoy landlines while you can—before they disappear.

Last Call for Landlines

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David Bergevin- 3rd
Jeanette Diedrick- 6th
Shirley Smith- 9th
Harry Truman- 11th
Deb Gillen- 11th
Cathy Wilson- 11th
Harry Chappuis- 14th
Taylor Krenik- 24th
Amy Brunner- 25th
Kim Perry- 29th
Kalla Windt- 31st
Peggy VanThomme- 31st

March 2026

Faribault Senior Living

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



Celebrating March

Irish American
Heritage Month

Mad for Plaid Month

Women's History Month

Employee Appreciation Day
March 6

Iditarod Begins
March 7

Daylight Saving Time Begins
March 8

Plant a Flower Day
March 12

St. Patrick's Day
March 17

World Poetry Day
March 21

International Hug a
Medievalist Day
March 31

A Broadway Classic Turns 70

Seventy years ago, on March 15, 1956, *My Fair Lady* opened on Broadway and quickly became one of the most celebrated productions in musical theater history. Its premiere at the Mark Hellinger Theatre marked the beginning of a record-setting run that helped define a golden era for the American stage.

Set in 1912 London, the story follows Eliza Doolittle's transformation from a struggling flower seller into someone confident enough to challenge the expectations placed on her. Although the original production reflected mid-20th-century attitudes, many modern viewers see Eliza's arc as a useful lens on empowerment—an idea that aligns neatly with March's Women's History Month. Her pushback against Professor Higgins feels more relevant now than ever.

The musical also offers a snapshot of a changing era. London in 1912 balanced Edwardian elegance with social tension. Suffrage activism was gaining momentum, fashion was beginning to loosen from restrictive styles, and the traditional class structure faced increasing scrutiny. While *My Fair Lady* presents these shifts with wit and charm, its backdrop hints at the larger societal forces shaping the characters' world.

Over the decades, the show's score has played a major role in its longevity. Songs like "I Could Have Danced All Night" and "Wouldn't It Be Lovely" became standards, recorded by a wide range of performers and woven into popular culture. The familiarity of the music keeps the show accessible, even for those who haven't seen a full production in years.

The anniversary arrives just ahead of World Theatre Day on March 27, a reminder of how live performance continues to bridge generations. Few shows have matched the musical's staying power; its songs and characters have been reinvented through revivals, films, and countless stagings across the globe. *My Fair Lady* still invites audiences to reflect on identity, opportunity, and the ways people reinvent themselves. For a production rooted in another century, its voice remains remarkably current—and still worth hearing.

A Legacy of Laughs



Funny how men often think themselves funnier than women. Studies on humor between the genders have found that men's jokes are sometimes rated slightly funnier—but often it's other men who are laughing. Women, meanwhile, may quietly have the last laugh

on March 31, She's Funny That Way Day, a day celebrating comedians past and present.

Carole Lombard was a leading lady of old Hollywood, a natural beauty whose charm and comedic timing shone even when she took the occasional pie in the face. Barbara Stanwyck could play any role: glamorous dame, femme fatale, tough feminist, and yes, the madcap comedian. Both women were nominated for Oscars yet never won.

Any discussion of funny women must include Lucille Ball, often called the Queen of Comedy. Ball once told a *Rolling Stone* reporter, "I am not funny," though her millions of fans would beg to differ. Not only was she hilarious, she mentored another extraordinary comedian, Carol Burnett.

Many of these performers also changed the business behind the scenes. They pushed for better roles, wrote their own material, and shaped shows that reflected their voices rather than someone else's idea of what women should be. Their influence extends well beyond their punchlines, reminding us that real comedic power comes from having the freedom to tell your own story.

Like many of the men who came before them, no topic is too bold for these daring women. From Phyllis Diller to Joan Rivers to Whoopi Goldberg, to modern comedians such as Tina Fey, Kristen Wiig, Melissa McCarthy, Sarah Silverman, Mindy Kaling, Amy Poehler, Wanda Sykes, and Maya Rudolph, the list of talented women is truly endless—and so are the laughs.

The Curious Case of Whuppity Scoorie

The ancient ritual of Whuppity Scoorie is undertaken in Lanark, Scotland, with dead seriousness every first day of March. At the ringing of the "wee bell," the children of Lanark race counterclockwise three times around the village church, or *kirk*, swinging balls of paper tied to lengths of string. A local Lanarkian, as reported in *The Scotsman* news, explained the ritual as a means of chasing bad spirits away to the next village. The Lanark Community Council's historical records offer a more sinister origin. Boys, armed with rolled-up caps or stones, once marched at the sound of the bell to the neighboring village to fight a rival gang. Once police got wise, they guarded the local road and have ever since. To this day, most Lanarkians are unsure of the point of Whuppity Scoorie, but that doesn't stop the annual event.

Stitched Across the World



Quilters all around the world will be piecing together fabric into wonderful creations on March 21, Worldwide Quilting Day.

During its heyday in the American mid-19th century, quilting was a utilitarian craft. According to Emporia State University's Center for Great Plains Studies, westward homesteaders, inheritors of many great European quilting traditions, fashioned blankets, door and window covers, and play mats for children out of whatever scraps of fabric they could find. Quilters learned to arrange fabric to make wonderful works of art. And because blankets were always needed to protect against the elements, quilting never went out of style.

A number of quilting bees will no doubt be held on March 21, so be ready to cut your favorite patterns—Irish Chain, Log Cabin, Bear's Paw, or Tree of Paradise.

Courtesy Counts



Many lament that common courtesy is not so common anymore. If someone you know is acting less than civil, March 21, Common Courtesy Day, is the perfect opportunity to tactfully share a few tips and reminders on how to treat others with respect.

Some point to technology as a major culprit in the decline of courtesy, especially as we've grown more tethered to our screens. Others see a broader cultural shift: When people feel rushed, stressed, or isolated, empathy tends to shrink. Researchers continue to note that young adults report feeling more pressure and less connection than in previous generations. Etiquette experts also observe that norms have loosened over time, sometimes in ways that make everyday interactions feel less considerate.

Across many countries, parents and teachers are trying to balance freedom with guidance, and the line can get blurry. When expectations around behavior become too vague, kids can miss out on learning how their actions affect others. The result can be the same everywhere: a little more self-focus, a little less awareness. Renewed interest in teaching social skills and emotional literacy suggests that people are recognizing the need to rebuild those habits.

If we don't practice empathy every day, we may have to rely on others to pass laws of courtesy for us. Restaurants declare "No Cell Phone Zones." Sports stadiums regulate fan conduct. New York City even imposes a fine on those who prop their feet on a subway train seat. Psychologist Marie Hartwell-Walker believes that even "faked" manners can teach empathy, that cornerstone of courtesy. Simple acts such as holding doors open, returning phone calls, treating clerks and cashiers with respect, and saying *please* and *thank you*—these daily reminders to consider others' feelings lay a foundation for building empathy.

Mid-March Mood Swing

Mid-March sends us on quite a roller-coaster ride. On the 15th, we may be filled with doubt on Everything You Think Is Wrong Day. But have no fear, for on the 16th comes Everything You Do Is Right Day. Does this mean we should act without thinking? Some call this being impulsive. Strategic thinking expert Greg Githens understands that impulsivity can be a sign of spontaneity, playfulness, and humor—all valuable qualities. If impulsivity, however, leads to bad habits and selfishness, it is nothing more than mindlessness. So play it safe on Everything You Do Is Right Day because you don't want your actions to lead you to celebrate Awkward Moments Day on March 18.

Webs of Wonder

For many, the first reaction to seeing a spider is to squash it. Spider advocates celebrating Save a Spider Day on March 14 want you to think before you squish, and they have some pretty compelling reasons.



Lots of folks, experts and novices alike, think spiders are just plain cool. The Goliath bird-eating tarantula fits in your palm and was named by an explorer who saw it eating a hummingbird. The pinktoe tarantula, named for its pink-tipped legs, can

climb trees and swim. Not impressed? Another reason not to squash spiders is that many of them carry their newly hatched babies on their backs. One whack can disperse hundreds of tiny spiderlings. Still not convinced? Spiders benefit humans in many ways. They eat lots of bugs. Their venom can be used for making medicine. Spider silk, which is stronger than steel, inspires technological innovation. So before your arachnophobia takes over, think twice about squishing a spider on March 14.

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

Hannah Neil- March 3rd
1 year

Jocelyn Simones- March 6th
2 years

Kiersten Kuchinka- March 9th
3 years

Deb Tuma- March 19th
8 years

Shauna Cherro- March 29th
1 year

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

New Neighbors



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

Friday, 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 5th through March 23rd 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.

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.

Resident Sign-Out Sheet

When leaving the building or taking your loved one out, please be sure to sign them out at the front desk on the sign-out sheet. Upon returning, please record the return time as well. This helps our staff accurately complete daily safety checks and account for residents who are out of the building.

A sign-out sheet is also available in the garage by the elevator for those exiting through the garage.



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.



NOON MENU
ST. PATRICK'S DAY

CORNERED BEEF & CABBAGE
BABY RED POTATOES
WHOLE BABY CARROTS
BREAD PUDDING

Tuesday, March 17, 2026



March Word Search

- Imperialterrace
- Donneybrook
- Shillelagh
- Leprechaun
- Tradition
- Celebrate
- Shamrock
- Mischief
- Limerick
- Rainbow
- Ireland
- Fortune
- Emerald
- Blarney
- Banshee
- Bagpipe
- Gaelic
- Clover
- Celtic
- Brogue
- Magic
- Irish
- Green
- Luck
- Gold
- Jig
- Bac



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

EVENING MENU

ST. PATRICK'S DAY

MULLIGAN STEW
 (CHUNKS OF TENDER BEEF, POTATOES, MIXED
 VEGETABLES IN A SAVORY SAUCE)

IRISH SODA BREAD
 LIME POKE CAKE

Tuesday, March 17, 2026

Frequently Asked Questions About Alzheimer's Disease

What is Alzheimer's Disease?

Alzheimer's is a brain disorder that slowly destroys memory and thinking skills, and is the most common form of dementia. In most people with Alzheimer's, symptoms first appear later in life. People with Alzheimer's gradually lose the ability to perform the simplest tasks, such as feeding themselves and bathing.

Estimates suggest that more than 6 million Americans may have Alzheimer's.

What is the difference between forgetfulness & Alzheimer's?

Forgetfulness can be a normal part of aging, but Alzheimer's and related dementias are not. Unlike typical forgetfulness, serious memory problems, such as those that occur with Alzheimer's, make it hard to do everyday tasks & continue to worsen over time. These tasks can include driving, cooking, and shopping. A person with Alzheimer's may not remember important places, dates, events, or even their family as the disease gets worse. If you are worried about your forgetfulness, talk with a health care provider.

What are the symptoms of Alzheimer's?

While the symptoms of Alzheimer's vary, memory problems are typically one of the first signs of cognitive impairment related to the disease. Many people also notice a decline in other cognitive skills. They may have trouble finding words, issues with telling where objects are in space or how far apart they are, or problems with reasoning or judgment. These can be early signs of the disease.

What happens as Alzheimer's worsens?

In the early stages of Alzheimer's, people may experience memory loss and have more difficulty thinking. Related problems can include wandering and getting lost, trouble handling money & paying bills, repeating questions, taking longer to complete normal daily tasks, and personality and behavior changes.

As the disease worsens, people may have difficulties with language, reasoning, thought, and sensory processing, such as hearing and smelling. They might not recognize their family and friends or be able to learn new things.

In the final stages of Alzheimer's, people cannot communicate and are completely dependent on others for care. Near the end of life, the person may be in bed most or all of the time as the body shuts down.

What causes Alzheimer's?

Researchers don't fully understand what causes Alzheimer's in most people. Studies show that age-related changes in the brain along with genetic, health, and lifestyle factors may contribute to a person's risk.

In recent years, scientists have made significant progress in understanding Alzheimer's, and the momentum continues to grow. The importance of any one of these factors in increasing or decreasing the risk of developing Alzheimer's may differ from person to person.

Does Alzheimer's run in families?

People with a parent or sibling diagnosed with Alzheimer's are more likely to develop the disease. This is because a family may share aspects of their genetics, environment, and lifestyle that play a role in the development of Alzheimer's. It's important to note that not everyone with a history of Alzheimer's in their family will develop the disease. Further, not everyone who has Alzheimer's will have a family history of the disease.

Can Alzheimer's be treated or cured?

While there is no cure for Alzheimer's, there are medications available to treat the disease. Medications may help manage the symptoms of Alzheimer's or potentially slow down the progression of the disease. Although there is no single medication or other intervention that will be successful for everyone, scientists continue to study promising new approaches.

It's important to talk with a doctor about what treatment will be most effective in your situation.

Because Alzheimer's is so devastating, some people may be tempted to try unproven "cures." Check with your doctor before taking any treatment or supplement that promises to prevent or cure Alzheimer's. These "treatments" might be unsafe, a waste of money, or both. They might even interfere with prescribed medical treatments.

Can Alzheimer's be prevented?

While nothing has yet been proven to prevent Alzheimer's, researchers are studying promising strategies and learning more about what might — and might not — work. Researchers are exploring how activities such as managing high blood pressure, staying physically active, and keeping your mind engaged may help prevent or delay cognitive decline and dementia. Researchers are also exploring if certain foods and diets, diabetes management, sleep quality, and hearing restorative devices (such as hearing aids) might play a role in preventing Alzheimer's.

Where can I find support if I take care of a person with Alzheimer's?

Millions of people living in the United States take care of a family member or friend with Alzheimer's. While caregiving can be rewarding and meaningful, it can also be challenging. There are many resources available at www.alz.org