Your Orchard Staff
Manager........................................... Bonny W.
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Mollie F.
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Heather H.
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Maintenance Supervisor...................... Don D.
ddodson@sunrisemgmt.us
Assistant Maintenance Supervisor.......... J.R. O.
Maintenance ..................................... Nick W.
Maintenance ..................................... Jose R.
Maintenance ..................................... Alfredo P.

Office Hours
Monday–Saturday .............................. 9 a.m.–5:30 p.m.
Sunday .............................................. Closed

Important Phone Numbers
Office/After-Hours Emergency (480) 832-7334
Activity Office (480) 832-2027
Police/Fire/Ambulance .......................... 911
Police Nonemergency ......................... (480) 644-2211

March 2017

Read About Rainbows

When the sun comes out after a spring shower, pay attention to the sky around you—you might see a rainbow. People have been fascinated by rainbows for centuries, and deep thinkers such as Aristotle, Rene Descartes and Isaac Newton even studied them. These days, we know a lot more about rainbows.

Enjoy these facts:
- A rainbow is made of millions of raindrops, each reflecting and refracting the sun's rays into a band of colors. Together, the raindrops form the large arc that we see.
- Although many people consider rainbows to have seven colors—red, orange, yellow, green, blue, indigo and violet—they actually contain the entire color spectrum, which includes colors that are not visible to the human eye.
- Sometimes sunlight is reflected twice inside raindrops, creating a double rainbow. The secondary rainbow's colors are always reversed.
- The light reflecting off the moon can also produce a rainbow, called a moonbow. They are rare, hard to see and usually appear gray or white.
- Rainbows can form in the mist of waterfalls, waves and fog.
- An upside down rainbow, also called a smile rainbow or sun smile, is not actually caused by rain, but by sunlight shining through a thin screen of tiny ice crystals high in the sky.
- Nobody sees quite the same rainbow, because each person views the raindrops and the light at a slightly different angle.
- Rainbows always appear in the direction of the rain, with the sun behind you.
The Emerald Isle
St. Patrick’s Day on March 17 is a national holiday in Ireland. Here’s a wee bit more about the land of shamrocks and leprechauns.

- Irish Gaelic is the country’s first official language, but English, the second official language, is more commonly spoken.
- Politically, Ireland is divided between the Republic of Ireland, which covers five-sixths of the island, and Northern Ireland, which is part of the United Kingdom.
- Together, the nations have a population of about 6.4 million.
- Because of its isolation from the European mainland, Ireland lacks several animal species common elsewhere in Europe.
- The national symbol of Ireland is a musical instrument: the harp. The 15th-century harp that served as the model for the emblem is housed at Trinity College in Dublin.
- Many Irish family names start with “Mac,” which means “son of,” or “O,” which means “grandson of” or “descendant of.”
- Kilbrittain Castle in County Cork is the oldest inhabited castle in Ireland. It was built in the early 11th century.

Eat Like You’re Irish
Add authentic flair to your St. Patrick’s Day celebrations by indulging in some traditional Irish foods.

Corned beef and cabbage. It’s the dish everyone in North America associates with St. Patrick’s Day, but it’s really an American version of the bacon and cabbage eaten by Emerald Isle residents. When Irish immigrants arrived in the U.S., they found corned beef brisket to be less expensive and more available than bacon.

Soda bread. The key ingredients of baking soda and buttermilk give this rustic, round loaf its distinctive flavor and texture.

Coddle. Potatoes are present at nearly every Irish meal, sometimes in two different forms. This dish—mashed potatoes mixed with kale or cabbage, scallions, and butter or cream—is a delicious addition to any St. Patrick’s Day plate.

Irish stew. Often considered Ireland’s national dish, this hearty stew was traditionally made with mutton. Nowadays, lamb is more likely to accompany the flavorful mix of potatoes, onions and carrots.

Out to Lunch
This month’s restaurant is: Black Bear Diner
Wednesday, March 15,
at 11:30 a.m.
Please sign up in the activities office.

An Old Flame?
An elderly couple were driving through County Kerry, Ireland. Irene was driving when she got pulled over by the Garda, who asks her, “Ma’am did you know you were speeding?”

Irene turns to her husband, Mick and enquires, “What did he say?”

Mick yells out, “He says you were speeding!” The Garda said, “May I see your license, please ma’am?”

Irene, once again, turns to Mick and says, “What did he say?”

Once more, Mick, shouts out, “He wants to see your license!”

Irene gives the policeman her driver’s license.

The Garda retorts, “I see you are from Kerry. I spent some time there once and had the worst date I have ever had.”

For the final time, Irene turns to Mick and asks, “What did he say?”

Mick yells very loudly, “He thinks he knows you!”
Frank’s Health Talk
A Winter Food Year Round
As one of my favorite superfoods, spreading the good news about beans is quite easy. One recent study of older people revealed that those who regularly ate beans had a significantly lower risk of overall mortality. Many have relegated beans to the back of the pantry for personal reasons. They assume that beans, while

beans would push them into the top ranks of desirable foods. They adapt beautifully to a myriad of seasonings and cooking methods. They are great served hot or cold, inexpensive, fresh or canned, readily available all year round. With a can of beans in the pantry, you have the beginnings of a healthy, nutritious, delicious and almost instant meal. God bless - until next month’s publication - Frank

good for vegetarians, don’t have much to offer the meat-eating diner; and let us not forget the “gas issue.” The truth is that beans are a virtual wonder food. A delicious source of vitamin-rich, low-fat, inexpensive, and versatile protein, beans deserve a place at the table for these reasons alone. But the full power of beans lowers cholesterol, combats heart disease, stabilizes blood sugar, reduces obesity, relieves constipation, hypertension, type II diabetes and lessens the risk of cancer, making this ancient food an extraordinary and important addition to any diet. If the health reasons aren’t enough, the practical reasons for eating

3 Things You Need to Know
When spring cleaning, don’t forget to wipe down these easy-to-miss surfaces:
1) Use a disinfectant wipe on knobs on bathroom and bedroom doors, plus those that lead outside. Wipe down cabinet knobs and drawer pulls, too.
2) Ceiling fan blades. If they are particularly dusty, pull an old pillowcase over the blade and use that to catch the debris as you clean.
3) Windowsills, baseboards and the tops of doors and molding.

Wit & Wisdom
“The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.”
—William Arthur Ward

“Words empty as the wind are best left unsaid.”
—Homer

“If you reveal your secrets to the wind, you should not blame the wind for revealing them to the trees.”
—Kahlil Gibran

“A great wind is blowing, and that gives you either imagination or a headache.”
—Catherine the Great

“... we must sail sometimes with the wind and sometimes against it—but we must sail, and not drift, nor lie at anchor.”
—Oliver Wendell Holmes Sr.

“A light wind swept over the corn, and all nature laughed in the sunshine.”
—Anne Bronte

“Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind.”
—Bruce Lee

“The fragrance of flowers spreads only in the direction of the wind. But the goodness of a person spreads in all directions.”
—Chanakya
### March 2017

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* $ - Event for sale requiring a ticket available at the Activities Department

* Game of the Month: “Sequence”
March, 2017
Daily Holidays
1 Peanut Butter Lovers’ Day
2 Old Stuff Day
3 Caregiver Appreciation Day
4 Hug a GI Day
5 Multiple Personality Day
6 National Frozen Food Day
7 National Crown Roast of Pork Day
8 Be Nasty Day
9 Panic Day
10 Middle Name Pride Day
11 Johnny Appleseed Day
12 Plant a Flower Day
13 Ear Muff Day
14 National Pi Day
15 Dumbstruck Day
16 Freedom of Information Day
17 Submarine Day
18 Goddess of Fertility Day
19 Poultry Day
20 Extraterrestrial Abductions Day
21 Fragrance Day
22 National Goof Off Day
23 National Chip and Dip Day
24 National Chocolate Covered Raisin Day
25 Waffle Day
26 National Spinach Day
27 National “Joe” Day
28 Weed Appreciation Day
29 Smoke and Mirrors Day
30 Take a Walk in the Park Day
31 World Backup Day

Matching Numbers to Make a Masterpiece
Anyone could do it—it was “the art of creative relaxation” that guaranteed “a beautiful painting the first time you try!” Thousands of men, women and children took those words to heart and jumped on the arts-and-crafts craze gripping 1950s America: paint-by-numbers.

Palmer Paint Co. employee Dan Robbins is credited with creating the first paint-by-number kits, which contained a numbered pattern on canvas along with brushes and a set of paints. Each paint color corresponded with a number on the canvas, and when the pattern was filled in correctly, a finished painting emerged.

Although many “serious” artists scoffed at the paint-by-number kits, insisting that copying someone else’s original artwork wasn’t creative or impressive, the general public fell in love with the new hobby. At $2.50 apiece, the Palmer company’s Craft Master kits were both affordable and an entertaining way to learn about painting techniques.

Ear Care Tips
Your ears are small organs that are incredibly complex. Three main sections—the outer, middle and inner ear—contain smaller parts that work together to perform the ear’s two main functions: hearing and balance. Take care of your ears by following these tips.

Toss the cotton swabs. Earwax is essential—it lubricates the ears, protects the canal, and traps dust and other foreign particles. Many people use swabs to try to remove wax, but this can push it farther into the canal, causing injury or infection.

Proper cleaning. Your ears are actually self-cleaning: Wax collects dirt and travels out of the ear with jaw movements such as talking or chewing. Your outer ears are the only parts that need to be washed.

Doctor visits. Health care providers can remove excessive wax buildup or trapped water, and recommend ear drops to soften the wax. Specialists can perform in-depth screenings.

Medications. Certain drugs, including over-the-counter pain relievers, can cause ear damage or hearing loss over time. Your doctor or pharmacist can address any concerns you have about your medicines.

Food and exercise. A healthy diet and regular activity is important for your entire body, including your ears.
Leading Ladies of Advertising

Women have been the faces of some of the most famous advertising campaigns and brand-name products. See if you recognize these characters:

Betty Crocker. This helpful homemaker was created in 1921 to dish out advice to customers of the flour company that would later become General Mills. Betty’s image was first pictured on product packages in 1936.

Rosie the Riveter. During World War II, she was the star of a government campaign to recruit female workers. Various versions of Rosie flexing her muscle convinced millions of women to answer the call to work vital manufacturing jobs.

Clara Peller. “Where’s the beef?” demanded the star of the popular 1984 ads for Wendy’s hamburgers. At age 81, Peller became a media sensation.

Flo. With her bouffant hair, bright red lipstick, white uniform and nametag, Flo has been the perky pitchwoman for Progressive car insurance since 2008.

Home-Delivered Hospitality

Many of us have experienced the comfort of receiving a meal from a friend or neighbor during a difficult time. Across the United States, millions of volunteers devote their time to Meals on Wheels programs to provide that same service to seniors in need.

Officially established on March 22, 1972, the national Meals on Wheels organization traces its roots to World War II, when Great Britain’s Women’s Volunteer Service for Civil Defense brought “meals on wheels” to soldiers and delivered food to civilians who had lost their homes during the Blitz.

Meals on Wheels America consists of more than 5,000 local programs that collectively serve more than 2 million seniors every year. Often, meals are delivered directly to the homes of older adults with limited mobility that prevents them from preparing their own meals.

In addition to hot, nutritious meals, seniors also benefit from having volunteers visit them in their homes, providing companionship and what the program calls a “safety check.”

Games And Such

Sundays ___ 1:00 Board Games
___ 5:30 Texas Hold ‘Em
Mondays ___ 9:00 Dominoes
_____ 10:15 Poker
_____ 1:00 Scrabble
_____ 7:30 Bunko (1st Monday)
Tuesdays ___ 2:00 Bingo
Wednesdays ___ 9:00 Dominoes
_____ 10:15 Poker
_____ 5:30 Rummikub
Thursdays ___
_____ 1:00 Mexican Train
_____ 6:00 Euchre
_____ 5:30 Texas Hold-em
Fridays ___ 9:00 Dominoes
_____ 10:15 Poker
_____ 2:00 Bingo
_____ 5:30 Pinochle
Saturdays ___ 10:00 Cribbage
_____ 10:15 Poker
_____ 1:00 Pokeno
_____ 5:30 Hand and Foot
Card and board games throughout the week; come and join the fun! Try out the new game room!

The articles written in this newsletter are for entertainment purposes only. The views expressed in them are not necessarily the views of The Orchard Mesa, Sunrise Management or any of its subsidiaries.
march sudoku

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9.

Solution:

march crosswords

Across:
2. Burst forth
4. Green island
6. Newly picked
10. Mischievous elf
12. Mix of blue and yellow
13. Gusting air
14. Fortunate

Down:
1. Egg-laying vertebrate
2. Trifoliate clover
3. Suspended water particles
5. Purple flower
7. Curvy, colorful illusion
8. Public procession
9. Third month
11. Falling moisture
12. Precious yellow metal