

Monthly Gazette

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Celebrating March



Mirth Month

Optimism Month

Do Something Positive Day
March 1

Australia Labor Day
March 3

Sleep Awareness Week
March 3 - 9

Procrastination Week
March 3-9

March Forth
March 4, of course
(Do a good deed!)

Daylight Savings Time Begins
March 9

Napping Day
March 10

St. Patrick's Day
March 17

Spring Begins
March 20

Easter
March 23



Napping Is Nifty

Did you know that March 3 – 9 is Sleep Awareness Week and March 10 is Napping Day? When we are sleeping, our bodies are actively rejuvenating themselves: tissue is repaired, heart health is improved, hormones are regulated, and our immune systems are strengthened. The stress on our bodies caused by a chronic lack of sleep puts us at higher risk for cancer, cardiovascular disease, diabetes, and obesity. Lack of sleep impairs our concentration, reaction time, judgment, learning, performance, and memory and causes us to be more accident-prone. And in case that's not enough, it tends to make us crabby and hard to live with.

As we age, we tend to get less *deep* sleep than when we were younger, causing us to wake less refreshed. It was once thought that people who napped during the day would be less likely to sleep well at night, but newer research suggests we are fighting nature to resist naps. Most people are normally awake about 16 hours a day and rest for eight, but our body's clock almost always takes a dip in alertness about halfway through that awake cycle. If you are feeling groggy at about 2:00 p.m., your body is telling you to nap. The siesta was not an idle invention (pun intended). Studies show that taking a nap corrects all the problems lack of sleep creates. One study of NASA pilots showed a 34% boost in performance and a 54% boost in alertness in those who napped. The optimum nap length seems to be 10 -20 minutes. Naps lasting 30 minutes or longer seem harder to wake from.

Still not convinced? Consider these famous nappers: Winston Churchill, Napoleon Bonaparte, Albert Einstein, Leonardo Da Vinci, and John F. Kennedy. Get your ZZZZs.

Resources: www.healthcentral.com

March Is Optimism Month

Are you an optimist or a pessimist? George Will once suggested (perhaps in jest) that he was the latter because, "The nice part about being a pessimist is that you are constantly being either proven right or pleasantly surprised."



Harry Truman, on the other hand, was an optimist who said it came down to a matter of attitude: "A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties." Research suggests that Truman was right. Optimists tend to be happier, healthier, and better able to cope with stressful situations. They tend to achieve more and live longer. Who wouldn't want to be an optimist?

Perhaps the most interesting aspect of optimism is that, according to psychologist Martin Seligman, it can be learned. In his book, *Learned Optimism*, he notes that people who are optimists don't have fewer trials in life, but they see them differently. They imagine the future in positive terms, so that they see whatever problems they are facing now as temporary. They don't let past failures choke their confidence; they keep moving on.

Finally, they practice three P's: Their optimism is *pervasive*, in virtually all situations, and *permanent*. If something good happens, it's not luck, but a result of their hard work or good qualities. If something bad happens, it's caused by a temporary situation: "My spouse yelled at me because he's in a bad mood." Finally, they don't take things *personally*. They attribute difficulties to outside causes and not their personal failings. This tends to generate a fourth P: *persistence*. People who believe they are not succeeding because they aren't good enough tend to give up easily, while people who believe their lack of success is temporary will keep working through the obstacles before them. So if you're not an optimist, start *practicing!*

Test Your Optimism

Here are a few questions from an "Optimist Quiz." How would you answer?

- Someone cuts you off in traffic. You think:
a) "People are so rude!"
b) "That person must be having a bad day."
- You start a new workout program, and are really sore the next day. You think:
a) "Wow, I must be out of shape!"
b) "Wow, I worked hard yesterday!"
- You find a dollar on the street. You think:
a) "Yea! How lucky!"
b) "Hey, I'm pretty observant!"
- You win a trivia contest. You think:
a) "Wow, I got lucky with those questions! They were all ones I knew!"
b) "Wow, I sure must know my trivia. I guess I have a good memory!"
- You've been working hard at dieting, and you lose 10 pounds. You think:
a) "This diet really works! I hope I can lose more."
b) "My hard work is paying off! I'll be at my target weight in no time."

The optimistic answers are all b's.

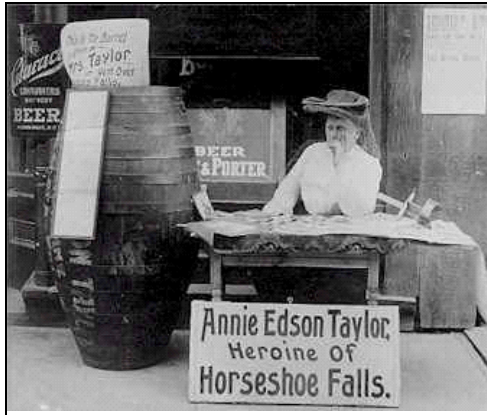
Resource: <http://stress.about.com/library/optimismquiz/>

Irish Toast

May love and laughter light your days,
and warm your heart and home.
May good and faithful friends be yours,
wherever you may roam.
May peace and plenty bless your world
with joy that long endures.
May all life's passing seasons
bring the best to you and yours!

Niagara Daredevils

Although it has long been against the law and subject to heavy fines for nearly 200 years, some people have suffered a strange compulsion to go over Niagara Falls. The first known survivor was Sam Patch, who called himself The Yankee Leaper. He jumped from a high tower into the gorge below in October 1829.



For reasons that would seem to defy logic, a number of people have attempted to go over the Falls in a barrel. Annie Edson Taylor, a 63-year-old schoolteacher, was the first to survive. She emerged from her airtight barrel in 1901, bleeding, but virtually unharmed, although she did remark, “No one should ever try that again.” She had hoped to make her fortune with this publicity stunt, but her manager was a con man, and she died in poverty. Since her historic ride, 14 other people have intentionally gone over the Falls, despite her advice, and quite a few did not survive.

One who did survive the trip over the Falls – although he was badly injured – was Bobby Leach, an English circus stuntman, who, ironically, died many years later when he slipped on an orange peel and died from an infection in his fractured leg.



Nil Flow at Niagara Falls

Niagara Falls has only once stopped flowing naturally in recorded history. That was on March 28, 1848 when an ice jam on the upper river completely stopped the flow for several hours – long enough for people to walk out and recover artifacts from the riverbed.

The Falls has never completely frozen over, although ice mounds as much as 50 feet thick can form during a long, cold winter. Some years, the ice will stretch completely across the river, forming an “ice bridge.” Until 1912, when several lives were lost, visitors were allowed to walk out on the ice bridge and view the Falls from below. A local newspaper article in 1888 reported that at least 20,000 people watched or tobogganed on the ice, and vendors sold liquor and souvenirs.

Niagara Falls is really three separate falls: on the Canadian side of this international border is the huge (2,600 feet at the brink and about 170 feet high) Horseshoe Falls; on the American side are the narrow Bridal Veil Falls and larger American Falls. The American Falls is interrupted by huge piles of rocks at its base, meaning that it actually “falls” uninterrupted for only about 70 feet.

Sources: www.niagarafallsalive.com

It's Mirth Month

Allen Klein, best-selling author and self-styled “Jollytologist,” is the founder of International Mirth Month, whose purpose is to change Maalox moments into mirthful ones. According to Klein’s book, *The Healing Power of Humor*, laughter not only lifts our mood, but it also builds rapport, unleashes creativity, disperses anger, and boosts our immune system – and those are just a few of its benefits.



March 4 Is Grammar Day



Does grammar make you groan? Blame Julius Caesar. According to the Jan-Feb 2008 issue of the magazine *Mental Floss*, the ancient Roman emperor wrote grammar essays in his spare time, which led to the idea that grammar defined a person's class in society. By the Middle Ages, grammar was considered the most important field of study within the liberal arts because it was the key to understanding the other fields – from the Bible to astrology. Grammar was considered “glamorous” – and yes, the words are related. If you have particular troubles with English grammar, blame your eighteenth century forbears, who applied Latin grammar rules to English, complicating things even more.

You can divert your critics' attention by asking them to name a word that contains all the vowels in order. (One answer: facetious.)

March Birthdays

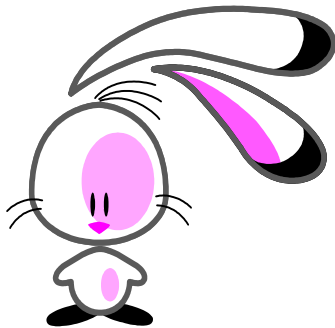
People born in March tend to be creative, energetic, and pioneers in thought and action. Here are three artists, three astronauts, three authors, and three composers with March birthdays. Can you identify who's what?

- Ralph Ellison March 1, 1914
- Gabriel Garcia Marquez March 6, 1928
- Michelangelo March 6, 1475
- Yuri Gagarin March 9, 1934
- Wally Schirra March 12, 1923
- Frank Borman March 14, 1928
- George Plimpton March 18, 1927
- Johann Sebastian Bach March 21, 1685
- Stephen Sondheim March 22, 1930
- Francisco Goya March 30, 1746
- Vincent Van Gogh March 30, 1853
- Franz Haydn March 31, 1732

HAPPY MARCH BIRTHDAY!



Special Events at Lanessa Extended Care



- March 6 - Resident Council
- March 11 - Jello Party
- March 14 - St. Patrick's Day Party
- March 18 - Coloring Easter Eggs
- March 23 - Easter Egg Hunt
- March 28 - Birthday Social and Entertainment with Toni

