

March 2020

Transitions Times

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Celebrating March

**Irish-American Heritage
Month**

Women's History Month

World Compliment Day
March 1

International Women's Day
March 8

St. Patrick's Day
March 17

Spring Craft & Vendors Show
March 21

Tuskegee Airmen Day
March 22

**Make Up Your Own Holiday
Day**
March 26

Homemade Candy Sale
March 27

Welcome PCMA

It is with great pleasure that we announce a quality of care initiative.

Personal Care Medical Associates (PCMA), headquartered in Aliquippa, Pennsylvania, is the leading post-acute care provider network dedicated to improving the quality of life for patients in skilled nursing facilities, long term care homes, assisted and independent living facilities, personal care homes and hospitals. PCMA provider team can positively impact the quality of life for our residents by providing consistent coverage and providers through an on-site dedicated nurse practitioner and consistent physician engagement.

PCMA is a multi-specialty medical practice comprised of geriatricians, palliative medicine physicians, internists, family medical doctors, physiatrists, cardiologist and nurse practitioners. PCMA's specialized training in geriatrics, a pharmacist and full support staff support their goals of providing best-in-class, ethical and compassionate care to patients in long term care facilities. PCMA strives to listen more and talk less, respect patient's wishes, minimize medications, reduce unnecessary hospitalizations and improve communications to patients, families, hospitals and specialist physicians.

The change to PCMA will result in some physician privileges at our facility being revoked in March which includes the privileges of our current medical directors. As we understand change can be challenging, we are taking steps now to minimize the impact, if any, that this change will have on our residents. This change is being made for the benefit of our residents of our residents to receive medical care by those who specialize in improving the quality of life of nursing facility residents.

Mirthful Medicine



March was declared International Mirth Month by self-proclaimed "jollytologist" Allen Klein. Klein's interest in the healing power of mirth came in 1974 when his young wife died of liver disease. Despite her deteriorating health, Klein's wife kept her sense of humor to the end. She inspired Klein to give up his career in the theater and become a crusader for the stress-relieving benefits of humor.

Whether facing sicknesses or enduring other stressful situations at home or in the workplace, humor has been proven to be beneficial for both the body and the soul. Our human ancestors were aware of the benefits of laughter thousands of years ago. A proverb from the Old Testament states, "A merry heart doeth good like a medicine." More recently, doctors studying the effects of laughter on human physiology have compiled empirical evidence to support these claims. Laughter releases endorphins, the body's natural pain-relieving hormones; increases the production of cells responsible for strengthening our immune systems; and lowers cortisol, the hormone responsible for stress. Furthermore, humor has been shown to help us dispel fear and encourage creative thinking. In so many ways, our ancestors were right!

So how do we add more mirth to our daily routines? First and foremost, when you laugh, be sure to do it loud and proud. Big belly laughs leave muscles relaxed for 45 minutes. Funny television shows, YouTube clips, or friends are worth their weight in gold. Perhaps most importantly, learn to laugh at yourself. Don't be afraid to share your own shortcomings or funny mistakes. Anthropologists believe that sharing our funny moments and drawing laughter is one of the strongest types of social glue, bringing friends nearer and keeping them close.

If you want to learn more about humor theory, check out *The Humor Code: A Global Search for What Makes Things Funny* by Peter McGraw and Joel Warner.

"Will I Live To 80?"

I recently picked a new primary care physician. After two visits and exhaustive lab tests, he said I was doing "fairly well" for my age.

A little concerned about that comment, I couldn't resist asking him, "Do you think I'll live to be 80?"

He asked, "Do you smoke tobacco or drink beer or wine?" "Oh no," I replied. "I'm not doing drugs, either." Then he asked, "Do you eat rib-eye steaks and barbecued ribs?" I said, "No, my other Doctor said that all red meat is very unhealthy."

"Do you spend a lot of time in the sun, like playing golf, sailing, hiking, or bicycling?" "No, I don't," I said.

He asked, "Do you gamble, drive fast cars, or have a lot of sex?" "No," I said. "I don't do any of those things."

He looked at me and said, "Then why do you want to live to 80."

The Old New Year

During the Colonial era in America, New Year's Day was celebrated not on January 1, but on March 25, a date that can be traced to the colonies' roots in England.



As a Protestant nation, England and its Protestant ruler Queen Elizabeth I refused to adopt the Gregorian calendar proposed by the Catholic Pope Gregory XIII. As such, March 25 officially remained the date of the start of the new year. This date was chosen to coincide with the Feast of the Annunciation, the date when the archangel Gabriel visited the Virgin Mary to announce that she would be the mother of Jesus, the son of God. For this reason, the date was also called Lady Day. The new year was held on Lady Day from 1155 until 1752, when the Gregorian calendar was finally adopted.

Successful Aging

What role does diet play in senior health?

A good and healthy diet has numerous potential benefits in the health of seniors.

Heart disease, vascular disease, diabetes, high blood pressure, high cholesterol, strokes, memory problems, osteoporosis, certain cancers, skin, hair and nail diseases, and visual problems are examples of conditions which can be impacted by diet.

Proteins, carbohydrates, fats, vitamins, minerals, and water are all essential nutrients that make up most cells and tissues in human body. Thus, these essential components need to be provided in moderation through the diet for maintenance of good health.

A balanced diet consisting of fruits and vegetables, whole grains, and fiber is generally recommended to provide these necessary nutrients. Avoidance of saturated fats (animal fat), supplementation with minerals and vitamins, and consumption of plenty of fluids are considered an important component of a healthy diet.

Although the quality of food is important, its quantity should not be overlooked. A large portion of a very healthy diet can still lead to a high caloric intake. Moderate portion sizes to achieve daily caloric goals of 1500 to 2000 are generally advised. Avoiding empty calories are also important. These are foods which lack good nutritional value but are high in calories. Examples include sodas, chips, cookies, donuts, and alcohol.

Special dietary restrictions for certain conditions are also important to follow. Restricted salt and fluid intake for people with heart failure or kidney disease, or carbohydrate controlled diet for people with diabetes are general examples of such guidelines.

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A COPY OF YOUR RIGHTS AS A RESIDENT OF TRANSITIONS HEALTHCARE MAY BE OBTAINED FROM ANY STAFF MEMBER.

Our Beauty shop is open on Tuesdays. Appointments may be made at the receptionist desk. Our hairdresser is Niccole Swiatkowski.

CONGRATULATIONS!
Transitions Resident Council
Recognizes
Margaret Ruccio, Housekeeping
As an outstanding employee for
March 2020

- Tina Yakich, Administrator
- Elizabeth (Beth) Kohler, DON
- Leslie King, ADON
- Ivy (Vita) Burrel, Admissions Director
- Tawnette Arford, Business Office Mgr.
- Raeannn Matiasic, Social Service Director
- Marsha Kirker-Bozich, Activity Director
- Lin Marie, Dietician
- Tracy Stahl, Dietary Manager
- Mark Wargo, Maintenance Director
- Kim Bartos, Environmental Services

Recipe of The Month

Oatmeal Apple Spice Cookies

Ingredients:

- Cooking spray
- 1 cup applesauce
- 1 cup brown sugar
- 1/2 cup butter, melted
- 1 egg
- 2 cups flour
- 1 cup oatmeal
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cloves

Directions

1. Preheat oven to 375°F. Spray a baking sheet with cooking spray.
2. Combine applesauce, brown sugar, butter, and egg in a large bowl. Stir in flour, oatmeal, salt, baking soda, cinnamon, nutmeg, and cloves.
3. Drop dough by heaping tablespoonful onto the prepared baking sheet.
4. Bake 12–15 minutes. Allow to cool on a cooling rack before serving.

Makes 3 dozen



March Birthdays

In astrology, those born between March 1–20 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others. Those born between March 21–31 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into even the most challenging situations.

HAPPY MARCH BIRTHDAY TO:

Mary R...March 8th
Joseph A...March 13th
Patricia C...March 18th
Dorothy P...March 20th
Jacqueline K...March 26th
Belvina P...March 31st
Richard C...March 31st

Won't You Be My Neighbor?



Each year, March 20 is celebrated as Won't You Be My Neighbor Day in honor of the birthday of Fred Rogers, everybody's favorite television neighbor. Rogers suffered a lonely childhood and was often taunted about being overweight. He overcame his shyness to become a Presbyterian minister but left the seminary to go into television. He hated TV and wanted to transform it into a means of nurturing those who would watch and listen. Rogers was a natural when it came to children's broadcasting, using his talents to develop puppets, music, and characters that appealed to kids' better natures. By the time the show *Mister Rogers' Neighborhood* aired in 1968, he had mastered his use of imaginative elements and the kind, quiet manner that became his trademark.