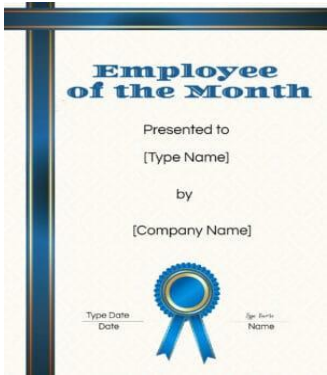


Employee of The Month



Michael’s attendance is stellar, it’s always perfect down to the minute. He is quick to serve the residents and get them their requests and alternate menu choices. He is also quick to help the care staff take residents back to their room or bring a room tray.  
-Kathy L. Dining Director



Fair Oaks Estates

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Religious Roots to Raucous Parties

As March arrives, many look forward to the holidays of St. Patrick’s Day and Mardi Gras. Yet both of these holidays are more modern American inventions than age-old religious traditions.

St. Patrick’s Day, as a religious celebration, has a lengthy history. It dates back to the mid-17th century and was initiated to honor Saint Patrick and his work to bring Christianity to Ireland. The Feast of St. Patrick was held each year on the date of his supposed death, on March 17, 461 AD. The observance of the date was a solemn occasion, mostly involving quiet prayer. As recently as the 1970s, pubs were closed in Ireland on St. Patrick’s Day. The rollicking revelry typically associated with the day was decidedly un-Irish and an American invention. During the Irish Famine of 1845–1850, many Irish immigrated to America, where they were not welcome. As the Irish community in America grew and prospered, they began to celebrate both their Irish-ness and their newfound American-ness. Corned beef, shamrocks, and leprechauns were never part of true Irish St. Paddy’s Day celebrations, but they were integrated into Irish-American identity and so became celebrated symbols of St. Patrick’s Day. The American version of St. Patrick’s Day is so strong that many Irish-American traditions have even returned to Ireland.

Mardi Gras, like St. Paddy’s Day, originated as a solemn religious holiday. As the day before the start of the ritual fasting of Lent, it was an opportunity to indulge in sweet, fatty foods, giving rise to the name “Fat Tuesday.” Over the centuries, these small indulgences led to greater hedonism, practices that were heavily discouraged by the Church. The elaborate Mardi Gras celebrations held in New Orleans emerged in 1857 when a group of men created a secret society called the Mistick Krewe of Comus. They held a lavish ball and parade, setting the secular foundations for many wild Mardi Gras to come.

Celebrating March

Irish American Heritage Month

Craft Month

Fat Tuesday  
March 4th

Daylight Savings Day  
March 9th

Blueberry Popover Day  
March 10th

Pi Day  
March 14

St. Patrick’s Day  
March 17

Cheesesteak Day/Cocktail Day  
March 24th

The March of Women’s History



The month of March is Women’s History Month, in recognition of women and their impact on culture and society all around the world. The movement to establish recognition of women’s history began in Sonoma, California, in the 1970s. A group of women formed the Education Task Force of the Sonoma County Commission on the Status of Women. Their goal was to include women’s history in the local school curriculum. For too long, men had dominated the study while women’s contributions had nary a mention. The movement in Sonoma was such a success that it gained traction nationwide. In 1980, President Jimmy Carter established the first Women’s History Week, and then in 1987, Congress declared the entire month of March as Women’s History Month. Politicians, writers, freedom fighters, scientists, soldiers, athletes—women have made contributions in virtually every field. Honor them this March.

March Birthdays

In astrology, those born March 1–20 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends. Those born March 21–31 are Rams of Aries. Like rams, Aries charge forward with courage, confidence, and enthusiasm. They embrace action, take risks, and will fight for their goals.

Resident Birthdays

- Paul P. 3/1
- Judith B. 3/4
- Vernon R. 3/5
- Claire B. 3/11
- Fenetta M. 3/13
- Dixie E. 3/19
- Ellen S. 3/23
- William D. 3/31



## CHEF'S CORNER



Last month our Dining Director Chef Kathy performed a cooking demo for our residents. She made a traditional challah bread from scratch. Our residents watched as she made both a sweet and savory version of the traditional Jewish bread! Thank you, Chef Kathy, for your dedication to satisfying our resident tastebuds time and time again!

## Grammar Rules

The Society for the Promotion of Good Grammar has declared March 4 as Grammar Day. English is often said to be the hardest language to learn, and English grammar is even difficult for native speakers. Why is it so difficult? The order of words, pronunciations, homophones, synonyms, idioms—all of these are confusing! As language evolves, more and more grammar rules are being ignored. It is considered okay to begin a sentence with *And* or *But*, just as it is acceptable to end a sentence with a preposition. You can also split as many infinitives as you want! There are some rules, however, that are not as flexible. Double negatives are still a no-no. Also, *alot* is still not a word. You can write *a lot* when you mean “many,” or *allot* when you’re assigning a share or portion. With well over a million words in the English language, you are likely to find something to celebrate today.

## Resident of the Month

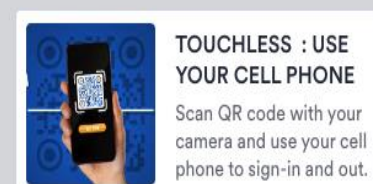


This month our resident of the month is Patricia Salvador. Patricia prefers to go by “Trish”. Patricia was born on October 31<sup>st</sup>, 1959 in Sacramento, California. Trish is an Air Force veteran and served faithfully for 4 years as a linguist. Trish’s favorite color is pink, and her favorite food is cheeseburgers. Here at Fair Oaks Estates her favorite activities are BINGO and Scrabble! Trish is a very kind and considerate person.

## New Kiosk Sign In

Big news, visitors! Our trusty front desk sign-in clipboards and binders have officially been retired. After years of barely legible handwriting, missing pens, and coffee stains, we have upgraded to a sleek digital sign-in and out system! Here’s what’s new: Faster Check-Ins – No more waiting for a pen! Improved Security – Your information stays protected. Truly Touchless Experience – Scan the QR code with your phone and sign in from your own device—no need to touch the tablet! It’s available at the front desk. Need assistance? Our team is happy to help. Welcome to the future of easy, hassle-free check-ins!

Please help us keep an accurate record of your visit by signing in and out using our new digital Kiosk. You can either use the iPad in the lobby or download the QR code for easy access on your cell phone. If you are taking out a resident, please sign them out, and after returning sign them back in. The Kiosk also has a place to request Salon appointments for your family member. (Scroll to the bottom of the home page to see the Link.) Our staff is available to help you navigate the new system if you need help. We’ve had excellent feedback on the upgrade!  
-Rhonda C.  
Business Office Manager



## March Outings

Tuesday, **March 4<sup>th</sup>** - **Scenic Drive**

Tuesday, **March 11<sup>th</sup>** - **Target Outing**

Tuesday, **March 18<sup>th</sup>** - **Lunch Outing**

Tuesday, **March 25<sup>th</sup>** - **Scenic drive**



## The Birth of Rock 'n' Roll

The very first rock 'n' roll concert was staged on March 21, 1952, in Cleveland, Ohio. It was called the Moondog Coronation Ball and featured guitarist Tiny Grimes and His Rocking Highlanders, saxophonist Paul Williams and His Hucklebuckers, Billy Ward and His Dominoes, singer Varetta Dillard, and Danny Cobb. The concert was the idea of local radio DJ Alan Freed, the same man who popularized the phrase *rock 'n' roll*. On the night of the show, 20,000 people showed up with tickets, but the venue held only half the number. Tickets had been counterfeited. Afraid of a riot, the fire department stopped the concert after only one performance.