

Piketon

NURSING CENTER

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March 2026

Silence Scammers

Scammers stole a record-setting \$12.5 billion in 2024, according to the Federal Trade Commission. Here are three strategies to protect yourself from fraud:

Download an app. Most wireless carriers offer their customers free apps that block scam calls and texts.

Let it ring. If you receive a call from an unknown number, let it go to voicemail, where legitimate callers will likely leave a message.

Use your settings. Many phones have settings that allow you to silence unknown callers, label calls as likely spam, or enter "do not disturb" mode during times when you frequently receive unwanted calls.

3.14159 ...

March 14 is Pi Day.



Simple Pleasures

"Some old-fashioned things like fresh air and sunshine are hard to beat." —Laura Ingalls Wilder

5 Steps to Indoor Seedlings

1. Use an old egg carton as a tray with poked holes for drainage.
2. Pre-moisten seed-starting soil before filling the tray.
3. Gently press 2-4 seeds into each hole.
4. Use a mister, not a watering can, to water seeds.
5. Place the tray in a warm spot and cover with a clear plastic tray or plastic wrap between watering.

Lots of Luck

No luck picking a one-in-10,000 four-leaf clover? Fortunately, there are plenty of other good luck charms around the world that are easier to find:

Acorn. This small seed packs the promise of a mighty oak. English soldiers used to pocket them for protection.

Maneki-neko. Meaning "beckoning cat" in Japanese, this waving feline statue's upright paw symbolizes good fortune.

Horseshoe. Early European settlers brought this lucky charm across the pond, and it has since evolved into a cowboy culture icon.



Hero Status

Since 1943, Red Cross Month has been observed in March to honor committed volunteers. Every year, the Red Cross responds to more than 60,000 disasters and collects more than 4 million blood donations.

Longevity Coaching

In this rising wellness trend, longevity coaches advise folks of all ages how to lead longer, healthier lives using a variety of tools, including genetic testing, goal setting and lifestyle change suggestions. Make sure, as always, to check in with your doctor to see what's right for you.

World-Changing Women

In honor of Women's History Month in March, consider the words of abolitionist Harriet Tubman: "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach for the stars, to change the world."



Wit & Wisdom

"Diligence is the mother of good luck."
—Benjamin Franklin

"If one is lucky, a solitary fantasy can totally transform one million realities."
—Maya Angelou

"Good luck beats early rising."
—Irish proverb

"I think we consider too much the good luck of the early bird and not enough the bad luck of the early worm."
—Franklin D. Roosevelt

"Luck is believing you're lucky."
—Tennessee Williams

"Luck is not chance; it's toil. Fortune's expensive smile is earned."
—Emily Dickinson

"The worst cynicism: a belief in luck."
—Joyce Carol Oates

"Luck is tenacity of purpose."
—Elbert Hubbard

A Rainbow of Natural Wonders

Chase the rainbow to these far-flung destinations, where you'll find colorful natural treasures.

Rainbow spring. In Yellowstone National Park, Old Faithful may get a lot of the credit, but Grand Prismatic Spring is a rainbow-colored pool that draws plenty of the park's visitors. About the size of a football field, the thermal pool is deep blue in the center and ringed by bands of green, yellow and orange. Bacteria that crave the spring's hot water, which can climb to over 180 F, give Grand Prismatic Spring its vibrant colors.

Rainbow trees. Take a drive down Hana Highway in Maui, and you can find rainbows in the trees. Along the roadside, rainbow eucalyptus, also known as painted gum trees, catch eyes with their otherworldly bark, which looks like it's been painted with shades of neon pink, yellow and green. These colorful eucalyptus trees grow an

average of 6 feet per year.

Rainbow mountain. Vinicunca, also known as Rainbow Mountain, in Cusco, Peru, bears colorful stripes of red, yellow-green and teal, thanks to 14 different minerals. Prior to 2015 or so, the bright peak looked like any other mountain because its colors were covered by ice and snow.



The Happiest Place on Planet Earth

Picture your happy place in honor of the International Day of Happiness on March 20. Now, picture the eight-time winner of happiest country in the world: a nation partly located in the Arctic Circle where neighborhoods go days without sunlight. So, what is Finland doing right?

Sisu. Finns value "sisu," a cultural concept that embodies perseverance and competence in the face of

adversity and taking risks even when failure seems imminent. Of course, while the word "sisu" is Finnish, the underlying concept transcends national boundaries, and anyone can benefit from values of grit, willpower and resilience.

Sauna. There are 5.6 million people and 3.3 million saunas in Finland. Most Finns use the sauna at least once a week, making sure to shower before entering, and staying inside the sauna for multiple short periods of about 10 minutes, punctuated by cooling breaks with a cold shower or even a roll in the snow!

Scenery. Snow or shine, Finns prioritize being outside. During winter months, many people still bike to work, and some parents even trade strollers for sleds to take their kids to school.

Managers

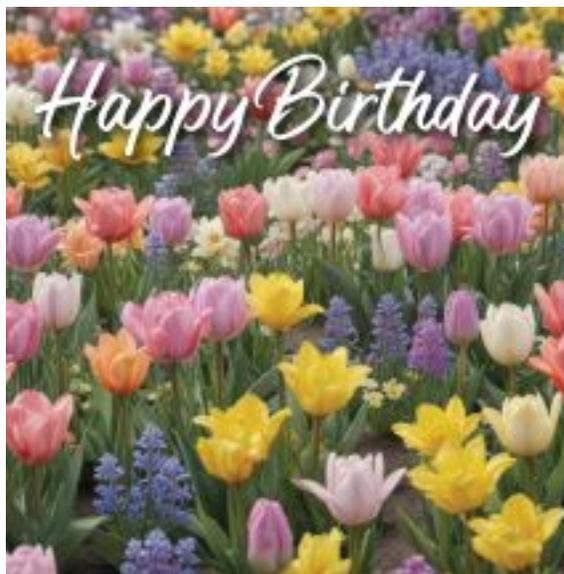
Administrator Jackie W.
 Director of Nursing Mckayla B.
 Asst. DON Michaela J.
 Admissions Stephanie R.
 MDS Nurse Melissa A.
 Social Services Natasha S.
 Activity Director Kim H.
 Business/HR Sam
 Medical Records/Supply .. Amanda T.
 Dietary Di' Marie T.
 Housekeeping Ann B.
 Maintenance Lewie P.

Popcorn Pick: 'March of the Penguins'

Every March in the Antarctic, emperor penguins begin an annual trek that has gone on for generations. Filmmakers followed these unique creatures and released this nature documentary in 2005 to rave reviews for its scope and breathtaking scenes. Narrating the Oscar-winning film is actor Morgan Freeman, who explains how the birds walk hundreds of miles to their ancestral breeding grounds to mate, hatch their chicks, then work to ensure their offspring survive and continue the cycle of life.

The Physiological Sigh

Stressed and have a few seconds? Try the physiological sigh, popularized by neuroscientist and Stanford professor Dr. Andrew Huberman. Inhale deeply through the nose; then inhale again through the nose to maximize air in your lungs; and then exhale through your mouth until you empty your lungs.



Resident Birthdays

3-10 Donna J.
 3-15 Roger K.
 3-17 Roy R.
 3-24 Kathy J.

Employee March Birthdays

3-20 Natisha S.
 3-28 Mark H.

Remember When: Metal Grocery Lists

In the 1940s and 1950s, many shoppers began using metal grocery lists. The handheld metal rectangles bore engraved lists of common items from catsup to cocoa. Bendable metal tabs flanked each label and could be moved over the item's name after it was in the cart. The metal lists fell out of favor later in the 20th century with the growing variety of specific items and name brands on grocery store shelves. Today, vintage lists can be priced for more than \$100 online.

Shooting Stars

The first installment of what years later would become known as March Madness occurred in March 1939. Oregon beat Ohio State, 46-33, in the inaugural NCAA Tournament basketball final.



Laugh Lines

Limericks are humorous poems that consist of five lines, have a bouncy rhyming pattern, and often feature quirky subjects and wordplay.

There was a young lady named Perkins,
 Who just simply lived on gherkins.
 In spite of advice,
 She ate so much spice,
 That she pickled her internal workin's.

A cheerful old bear at the zoo,
 Could always find something to do.
 When it bored him, you know,
 To walk to and fro,
 He reversed and walked fro and to.

Use your fingers and rotate the cob
 on some butter, a generous glob.
 Eat across or around,
 But one thing that I've found,
 Corn is best when you eat like a slob.

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16		18	19	<i>Spring is in the air</i>	21
22	23	24	25	26	27	28
29	30	31	<h1>March</h1>			

“This Month In History” MARCH

1918: Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

1941: The pioneering squadron of African American military aviators known as the Tuskegee Army is activated for service in World War II.

1959: Barbie makes her debut at the American International Toy Fair in New York City.

1962: In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points

playing against the New York Knicks. It’s still the record for most points scored in a single game.

1974: People magazine debuts. The popular celebrity news publication’s first issue featured actress Mia Farrow on its cover.

1987: To recognize and honor the achievements of American women, Congress declares March as National Women’s History Month. The observance began in 1980 as a weeklong celebration.

2006: Using an early version of Twitter (now called X), the world’s first tweet is posted. The social networking platform went live to the public later that summer.