

## Outings

### Michigan Opera Theater Singers 🎵

Wednesday March 4, 2020 Leave time 12:00  
(Eat lunch at 11:00) Congregation Shaarey  
Zedek 37375 Bell Rd Southfield MI 48034

Cost: Free

### Baskin Robbins/ Dunkin Donuts \$

Friday March 6, 2020 Leave time 2:00  
2907 Orchard Lake Rd Keego Harbor MI 48320  
Cost: \$1-5

### March Winds 🎵

Thursday March 12, 2020 Leave time 12:15  
(Lunch at 11:15)  
1000 Cranbrook Road Bloomfield Hills MI 48304  
Cost: Free

### Lunch Outing: Golden Phoenix \$

Tuesday March 12, 2020 Leave Time 11:30  
6257 Orchard Lake Rd West Bloomfield MI  
48322

Cost: \$8-10, depending on order

### Dollar Store Outing \$

Friday March 20, 2020 Leave Time 2PM  
3236 Orchard Lake Rd, Orchard Lake Village, MI  
48324

Cost: \$1 + tax an item

### Music @ Main: Klezundheit 🎵

Sunday March 22, 2020 Leave Time 2:00 PM  
4600 Walnut Lake Road West Bloomfield, MI  
48323

Traditional and modern Klezmer, gypsy, Balkan,  
and jazz.

### Rosie The Riveter

Wednesday March 23 2020 Leave Time 6:20PM  
4600 Walnut Lake Road West Bloomfield MI  
48323 Cost: Free

Presented by Bailey Sisoy Isgro Co-sponsored by the  
Greater West Bloomfield Historical Society Learn  
about the history and impact of women recruited to  
work in American factories and shipyards during  
World War II. They came to be represented by Rosie  
the Riveter, an iconic Norman Rockwell figure. The  
presentation will include how the Rosie the Riveter  
name came to be and the scale of the women's  
heroic work on the American home front.

## 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.

Theodor Seuss Geisel (writer) – March 2, 1904  
Lou Costello (comedian) – March 6, 1906  
Mickey Dolenz (Monkee) – March 8, 1945  
Liza Minnelli (actress) – March 12, 1946  
Simone Biles (gymnast) – March 14, 1997  
Moms Mabley (comedienne) – March 19, 1894  
Fred Rogers (neighbor) – March 20, 1928  
Chaka Khan (singer) – March 23, 1953  
Harry Houdini (magician) – March 24, 1874  
Flannery O'Connor (author) – March 25, 1925  
Mariah Carey (singer) – March 27, 1970  
Liz Claiborne (designer) – March 31, 1929

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# Townehall Place

4460 Orchard Lake Rd., West Bloomfield, MI 48322 ~ 248-683-1010 ~ [www.townehallplace.com](http://www.townehallplace.com)



## The Power of Names

The power of bestowing names is so great that in the  
Old Testament of the Bible it is God who grants this  
amazing gift to Adam and Eve. Modern psychologists  
agree that names are significant. As children develop  
the ability to speak, they name things to make sense  
of the world around them. The first full week of March  
is Celebrate Your Name Week, a time to appreciate  
our names.

In 1948, professors at Harvard University studied  
the success of recent Harvard graduates. As it turned  
out, those with common names like Mike had found  
more success than those with unusual names such  
as Berrien. The professors concluded that rare or  
unusual names had negative psychological effects.  
More studies followed, and they bore out similar  
results. Names seemingly influence where we go  
to school, where we choose to live, who we marry,  
and even the kind of financial investments we  
make. Psychologists have attempted to explain  
this phenomenon as a result of the “implicit-egoism”  
effect, or the fact that we are drawn to things  
that resemble us. Other psychologists offer a  
different explanation.

Names send powerful signals about where we  
come from: our native country, ethnicity, religion,  
and economic background. When we hear a name,  
we hear so much more.

Of course, not everyone loves their given name.  
According to Legal Zoom, people often change their  
name if it's very common. They list Britney and Ashley  
as two examples. Another reason people change their  
name is because it's difficult to spell or pronounce.

Celebrate Your Name Week is a chance to be proud  
of not just our names but of who we are. When you  
introduce yourself, say your name loud and proud, for  
the way you treat your name shows the way that you  
want to be treated.

## Celebrating March

### Irish-American Heritage Month

### Women's History Month

### International Black Women in Jazz and the Arts Month

### World Compliment Day March 1

### International Women's Day March 8

### Wellderly Week March 16–22

### St. Patrick's Day March 17

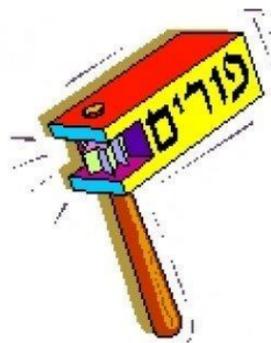
### Tuskegee Airmen Day March 22

### Make Up Your Own Holiday Day March 26

## March Holidays



March 17, **St. Patrick's Day**  
St. Patrick, patron saint of Ireland, has been honored in America since the first days of the nation. Perhaps the most notable part of the observance is the annual St. Patrick's Day parade in New York City.



**Purim (Feast of Lots)**, Date changes, This year it's March 9. A day of joy and feasting celebrating the deliverance of the Jews from a massacre planned by the Persian minister Haman.

According to the Book of Esther, the Jewish queen Esther interceded with her husband, King Ahasuerus, to spare the life of her uncle, Mordecai, and Haman was hanged on the same gallows he had built for Mordecai. The holiday is marked by the reading of the Book of Esther (the Megillah), by the exchange of gifts, and by donations to the poor.

## Volunteers

Do you have a special skill or hobby that you would like to share?  
Do you want to make a difference in someone's day?  
Do you need volunteer hours for school or another project?  
If you answered Yes to any of those questions please consider volunteering your time at Townehall Place Senior Living



## Welcome New Resident!

Welcome to all the new residents who made Townehall Place their home in the month of February.

- ~Gwen Rembert
- ~ Richard Becher
- ~Larry Irey
- ~Joan Marzicola
- ~Margaret Younkman



## Senior Safety Tips for in the Home

1. Declutter your house to make sure you have plenty of space to walk around
2. Make sure all rugs have anti-slipping pads
3. Cover furniture corners to prevent injuries if you accidentally bump into them
4. Make sure every room has proper lighting
5. To prevent fall risks, use cord covers for all cords and cables, or secure them out of the way
6. Pay attention to the height of your bed: if your feet can't touch the floor while sitting on the bed, it means your bed is too high. Try lowering it by removing your box spring. Similarly, if your knees are higher than your hips while sitting, it means your bed is too low. In this case, try adding a box spring
7. Place a light, such as a lamp, close to your bed and make sure you can reach it easily
8. Use toilet seats for easier access, and shower seats if you have trouble standing while showering.
9. Check your faucets and make sure they are easy to turn on and off
10. Avoid stepping on wet or damp surfaces- promptly clean up any spills on the floor.
11. Have a cordless phone at home and keep it within easy reach, to prevent having to rush to answer when the phone rings.
12. Do not mix cleaning products together- some substances may be extremely dangerous when combined
13. Wear anti-slip slippers or socks when walking around your home, especially on slippery surfaces such as polished hardwood floors or tile.

From: <https://startofcare.com/100-senior-safety-tips/>

## St. Patrick's Day Facts

1. St. Patrick's Day is an Irish national holiday with banks, stores, & businesses closing for the day.
2. The first St. Patrick's Day celebration in the United States was held in Boston (1737).
3. Shamrocks are the national flower/emblem of Ireland.
4. The color of St. Patrick's Day was originally blue.
5. Beer is one of the most widely consumed beverages on St. Patrick's Day.
6. Legend says that each leaf of the clover has a meaning: Hope, Faith, Love and Luck.
7. 1962 marked the first time Chicago dyed their river green for St. Patrick's Day.
8. Guinness is one of the most popular drinks on St. Patrick's Day.
9. Shamrock shakes are also very popular
10. There are 34.7 million U.S. residents with Irish ancestry. This number is more than 7X the population of Ireland itself.
11. The real St. Patrick wasn't Irish. He was born in Britain around A.D. 390 to an aristocratic Christian family.
12. Your odds of finding a four-leaf clover are about 1 in 10,000.
13. The world's shortest St. Patrick's Day parade is held in an Irish village. It lasts only 100 yards, between the village's two pubs.
14. To celebrate St. Patrick's Day, Chicago dyes the river green for a few hours.
15. St. Patrick never got canonized by a pope, making his saintly status somewhat questionable.

## With Sympathy

We would like to give our sympathy to those we've lost in the past month. This month we Frantz Morriveau and he will be truly missed. We give our condolences to his family and friends as we remember our memories of such a special man.

