



# Brantleys

ASSISTED LIVING

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## March 2010

### Happy Birthday!

Alan Shepherd .....	3/14
Melba Minter .....	3/19
Eula Warren .....	3/26

### Birthday Bash

Remember to join us for our monthly birthday bash on Wednesday, March 17!



### Put It in Writing

Each year, Camp Fire USA promotes a letter-writing campaign to encourage adults to show kids how special they are. It's not always easy to say what you feel, so put it in writing on Absolutely Incredible Kid Day, annually on the third Thursday in March.

### Don't Expect a Leprechaun to Bring You Good Luck

You don't need a four-leaf clover to bring you luck. You can make your own. English psychologist Richard Wiseman researched the topic for his book, "The Luck Factor." He says "lucky" people discover their own pots of gold by following four standards:

- 1) They don't ignore their intuition.
- 2) When they face hard fortune, they are quick to recover due to their resilient response. Specifically, they can imagine how much worse a situation could be. Then they focus on how to use the negative incident to their advantage.
- 3) They aren't afraid of taking a chance, even if it means disrupting their daily routines.
- 4) They are optimistic about the future. Their positive outlook results in upbeat outcomes.



### Irish Blessing

May your blessings outnumber  
The shamrocks that grow,  
And may trouble avoid you  
Wherever you go.

### Healthy Tip: Dream Big

Go ahead and dream a little; it's good for your health! Having dreams and aspirations gives your life meaning and provides something to work toward. Dreams test our determination, foster our ambitions and provide satisfaction when we actually reach our goals. As the saying goes, "Shoot for the moon. Even if you miss, you'll land among the stars."



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### Observe Your Ancestry

Genealogy is one of the fastest-growing hobbies. If you've been exploring your roots, March 13 is a day you'll want to recognize: Genealogy Day.

### I'd Like to Thank the Academy ...

The 82nd Annual Academy Awards airs March 7.

### Mark This Merry Month

Jokes lead to laughter, which leads to feeling better. March's International Mirth Month is based on research showing that humor is therapeutic. Lift your spirits by visiting [www.AJokeADay.com](http://www.AJokeADay.com) for some clean fun.

**Put on a Happy Face**  
March is Optimism Month.



## Trivia Whiz

Green should be the official color for March. After all, it's the month when all things dormant begin to come alive. And, of course, green rules on St. Patrick's Day. What else is green?

### **Safer spending.**

American currency has been green since 1862, when the U.S. Treasury Department created a green ink to discourage counterfeiters.

### **Sacred symbolism.**

In Japan, green is regarded as the color of eternal life.

### **Scientific factors.**

Green is noteworthy in the world of science because the chemical chlorophyll causes plants to be green. The color is also important in the development of technology such as night-vision goggles, which depict views using that hue because the human eye is most sensitive to it and is more easily able to discern shades of that color.

## Making Connections Through Mentoring

Science has proven that friends are good for your health. The emotional support they provide helps us cope with life's inevitable negatives. As we age, however, the friendships on which we depend can be harder to make and maintain. We get wrapped up in our own lives, and suddenly we look around to discover that we've let important friendships fall away. The best way to make new connections is by offering something, and mentoring provides the ideal way to do just that.

Why be a mentor? For one, you're teaching a skill you already have, which establishes a level of comfort that can make meeting new people easier. And, as a mentor, you're already interacting with people who have shared interests.

In addition to providing a connection and common interest, mentoring is also a community

necessity. Books are great for learning, but nothing replaces experience. Even if you're not interested in expanding your social circle, mentoring offers you the chance to meet a variety of people and learn new things.

Finally, it's easy to get involved in mentoring. Many organizations—such as schools and local enrichment programs—are always in need of mentors.

If you think you have nothing to offer, you're wrong. Your work history, habits and interests make you an ideal candidate to be a mentor. Mentoring offers you a chance to get as much as you give.

## Thanks From Junior to Senior

March 7 is Namesake Day.

## Just for Fun

A young man was walking through a supermarket to pick up a few things when he noticed an old lady following him.

"Pardon me," she said. "I'm sorry if my staring at you has made you feel uncomfortable. It's simply that you look just like my son, who died recently."

"I'm very sorry," replied the young man. "Is there anything I can do for you?"

"Yes, she said. "As I'm leaving, would you say, 'Goodbye, mother'? It would make me feel so much better."

"Sure," answered the young man. As the old woman was leaving, he called out, "Goodbye, mother!" Then he stepped up to the checkout counter and saw that his total was \$127.

"How can that be?" He asked. "I only purchased a couple of things."

The clerk replied, "Your mother said you'd pay for her."

## Inspire Yourself This Month

Let the blustery March winds blow away those winter doldrums and inspire your creativity. March is National Craft Month, Irish-American Heritage Month, International Ideas Month, Music in Our Schools Month, National Women's History Month, Optimism Month, Play-the-Recorder Month and Youth Art Month.



## Milly's Notes

March's name came from the Roman month *Martius*, honoring Mars, the god of war. Presumably March signified that the campaigns, interrupted by the harsh winter months, could be resumed. March is the third month of the year in the Gregorian Calendar and one of the seven months with a length of 31 days. We have some important dates during the month of March. In 2010, daylight saving time begins on March 14 and ends on Nov. 7. Generally speaking, daylight saving time begins on the second Sunday of March and ends on the first Sunday of November. Note that although commonly referred to as daylight savings time, there is "officially no s." Note, on your calendar, that when you go to bed on Saturday, March 13, you should move your clock one hour ahead. This will ensure that you are on the right time schedule for Sunday Service. St. Patrick's Day is on Wednesday, March 17. The first day of spring is on Saturday, March 20; although we typically still have some very cool days ahead of us before it starts feeling like spring.

We had only one change at our community during February. Ms. Lilyan Ritchie moved out of room #41 and Ms. Sara Puckett is moving into room #41. Please stop by and welcome this lovely lady to our community.

We have several outings planned for March. We have three events scheduled on Wednesdays, titled

"Times Talk." Facilitators offer insight and discussion to timely topics. The topic for one week is "Why Does the U.S. Have the Highest Citizen Incarceration Rate in the World?" The next week is "The American Obesity Epidemic and What to Do?" The third is "Full Body Scans and the Future." Join us for a lively and enlightening discussion. For those of you who are interested in sports, we have three softball games, six baseball games and four tennis matches to attend.

Visiting writers Mark Coty and Paul Lisicky will present a creative writing program on March 3 titled "An Evening of Poetry and Memoir." We plan on attending a spring jazz concert on March 4. The GCSU Theatre Department will collaborate with the Creative Writing Department to present the winner of the Arts and Letters in Drama titled "A Question of Taste" by Andrew Ade. It is directed by Iona Pendergast and cosponsored by the GCSU Theatre department on March 13. We will attend another Spring Band concert directed by Todd Shiver on March 18. On March 29, we will attend a guest artist recital. McLean Mix will present a "Digital Multimedia Event."

We will have all of our usual in-house activities during the month. Please sign up if you are interested in attending any of the activities away from our community. If we know in advance how many people are going to a particular event, we can plan on the number of vehicles and drivers to schedule. I also want to remind everyone to check the board in either the small or large dining hall each day. We plan the calendar a month in advance, but like all good plans, events change during the month, so we have to adjust our calendar.

Milly Day

## Go Nuts

Bake a pie on Pecan Day, March 25.



## Wit & Wisdom

"Luck is what happens when preparation meets opportunity."  
—Seneca

"I'm a great believer in luck. And I find the harder I work, the more I have of it." —Thomas Jefferson

"Luck affects everything. Let your hook always be cast; in the stream where you least expect it, there will be a fish."  
—Ovid

"Being deeply learned and skilled, being well-trained and using well-spoken words—this is good luck." —Buddha

"Those who have succeeded at anything and don't mention luck are kidding themselves."  
—Larry King

"The only thing that overcomes hard luck is hard work."  
—Harry Golden

# March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	8:30 am Newspaper 9:00 am Store 10:00 am Time for Christ 11:30 am Lunch at Sylia's 2:00 pm Scrabble 3:30 pm Music Group 6:30 pm Bible Study	8:30 am Newspaper 9:00 am Store 10:00 am Library 2:30 pm Rummy 3:30 pm Exercise 6:30 pm Tuesday Night Service	8:30 am Newspaper 9:00 am Store 10:00 am Arts & Crafts 12:30 pm Times Talk - GCSU 2:00 pm Bingo 3:30 pm Music Group 7:30 pm Poetry GCSU	8:30 am Newspaper 9:00 am Store 10:00 am Walmart 2:00 pm Milledgeville Mall 3:30 pm Exercise 7:30 pm Jazz Concert GCSU	8:30 am Newspaper 9:00 am Store 10:00 am Movie 2:00 pm Banks and Post Offices 2:00 pm Tennis GCSU 3:30 pm Nails	8:30 am Newspaper 10:00 am Bingo 2:00 pm Baseball GCSU  Ester's Weekend
7	8	9	10	11	12	13
8:30 am Sunday Service 10:00 am Newspaper 3:30 Freedom Church	8:30 am Newspaper 9:00 am Store 10:00 am Time for Christ 11:30 am Lunch at Ruby Tuesday's 2:00 pm Scrabble 3:30 pm Music Group 6:30 pm Bible Study	8:30 am Newspaper 9:00 am Store 10:00 am Library 2:30 pm Rummy 3:30 pm Exercise 6:30 pm Tuesday Night Service	8:30 am Newspaper 9:00 am Store 10:00 am Decorate Cookies 2:00 pm Bingo 3:30 pm Music Group	8:30 am Newspaper 9:00 am Store 10:00 am Walmart 2:00 pm Milledgeville Mall 3:30 pm Exercise	8:30 am Newspaper 9:00 am Store 10:00 am Movie 2:00 pm Banks and Post Offices 3:00 pm Bible Study 3:30 pm Nails 8:00 pm Play @ GCSU	8:30 am Newspaper 10:00 am Milledgeville Mall Showcase 1:00 pm Softball GCSU/ Tennis 1:30 pm Bingo  Milly's Weekend
14	15	16	17	18	19	20
8:30 am Sunday Service 10:00 am Newspaper 1:00 pm Baseball GCSU 3:30 Freedom Church  DAYLIGHT SAVING TIME BEGINS	8:30 am Newspaper 9:00 am Store 10:00 am Time for Christ 11:30 am Lunch at Pizza Hut 2:00 pm Scrabble 3:30 pm Music Group 6:30 pm Bible Study	8:30 am Newspaper 9:00 am Store 10:00 am Library 2:30 pm Rummy 3:30 pm Exercise 6:30 pm Tuesday Night Service 7:00 pm Baseball GCSU	8:30 am Newspaper 9:00 am Store 10:00 am Bingo/ Low Vision Workshop 12:30 pm Times Talk - GCSU 2:00 pm Birthday Bash 2:00 pm Baseball GCSU/Tennis 3:30 pm Music Group St. Patrick's Day!	8:30 am Newspaper 9:00 am Store 10:00 am Walmart 2:00 pm Tea Time 3:30 pm Exercise 7:30 pm Band Concert @ GCSU	8:30 am Newspaper 9:00 am Store 10:00 am Movie 2:00 pm Banks and Post Offices 3:00 pm The Generals 3:30 pm Nails	8:30 am Newspaper 10:00 am Bingo  Susan's Weekend
21	22	23	24	25	26	27
8:30 am Sunday Service 10:00 am Newspaper 3:30 Freedom Church	8:30 am Newspaper 9:00 am Store 10:00 am Time for Christ 11:30 am Lunch at IHop 2:00 pm Scrabble 3:30 pm Milledgeville Mall 6:30 pm Bible Study	8:30 am Newspaper 9:00 am Store 10:00 am Library 2:30 pm Rummy 3:00 pm Baseball GCSU 3:30 pm Exercise 6:30 pm Tuesday Night Service	8:30 am Newspaper 9:00 am Store 10:00 am Sing Along 2:00 pm Bingo 3:30 pm Sing Along 4:00 pm Softball GCSU	8:30 am Newspaper 9:00 am Store 10:00 am Walmart 2:00 pm Milledgeville Mall 3:30 pm Exercise 7:00 pm Gospel Airs	8:30 am Newspaper 9:00 am Store 10:00 am Movie 2:00 pm Banks and Post Offices 3:30 pm Nails	8:30 am Newspaper 10:00 am Bingo  Melba's Weekend
28	29	30	31			
8:30 am Sunday Service 10:00 am Newspaper 1:00 pm Tennis @ GCSU 3:30 Freedom Church	8:30 am Newspaper 9:00 am Store 10:00 am Time for Christ 11:30 am Lunch at Crockett's 2:00 pm Scrabble 3:30 pm Music Group 6:30 pm Bible Study 7:30 pm Concert GCSU	8:30 am Newspaper 9:00 am Store 10:00 am Library 2:00 pm Resident Council Meeting 2:30 pm Rummy 3:30 pm Exercise 6:30 pm Tuesday Night Service	8:30 am Newspaper 9:00 am Store 10:00 am Milledgeville History 12:30 pm Times Talk - GCSU 2:00 pm Bingo 3:30 pm Music Group			