
Martin Luther



Adult Day Program

March 2010

Program Coordinator: Jenny Cooper; Program Assistant: Julie Fergus; Bath Aide: Rhonda Grism

Celebrating March

**Craft Month & Creative
Artists Month**

Listening Awareness Month

Spiritual Wellness Month

Johnny Appleseed Day
March 11

St. Patrick's Day
March 17

Quilting Day
March 20

Spring Equinox
March 20

Sing Out Day
March 22

Greek Independence Day
March 25

First Day of Passover
March 30

Doctor's Day
March 30

Martin Luther Care Center And Maser & Amundson, P.A. Present an Elder Law Lecture Series

Martin Luther Care Center and Maser & Amundson, P.A. will present a four-part elder law lecture series. Mary Frances Price, Shareholder and VA accredited elder law attorney with Maser & Amundson, P.A. will speak to us about how seniors and their loved ones can plan ahead, get their legal documents in order, and anticipate future needs including long-term care and the associated costs.

The series is scheduled for March 9th, March 23rd, April 6th and April 20th from 1:30 – 2:30 p.m. The location is the dining room of the Meadow Woods Assisted Living facility.

Topics Include:

- March 9th: Estate Planning, Wills, Power of Attorney, and Health Care Directives
- March 23rd: Life Care Planning
- April 6th: Paying for Longer Term Care and Asset preservation
- April 20th: Consumer Protection Against Fraud

Reservations are not necessary. For more information please call Mary Samoszuk, Martin Luther Campus, 952-948-5167. This series is open to the public and offered free of charge.

This is a great opportunity for our Adult Day Program families who are caring for a loved one!

It's a Brainy Month



March 15-21 is Brain Awareness Week, a time to marvel at what many scientists consider the most important, yet least known, part of the human body. Like any other organ, the brain needs exercise to

thrive. "Use it or lose it" is the brain's motto, and the brain grows and rewires itself throughout an entire lifetime through continual perception, action, and stimulation.

Many famous "brains" were born in March. Challenge your brain by identifying the famous thinker described below. Your brain will thank you for it.

1. I was a famous French philosopher who said, "I think, therefore I am."
2. I was an American inventor who patented the first practical telephone, although I refused to have one in my study. I was also a founding member of the National Geographic Society.
3. I was the first woman to serve on the United States Supreme Court and received the Presidential Medal of Freedom.
4. I was an Italian Renaissance painter, sculptor, poet, architect, and engineer. My most famous works are the ceiling of the Sistine Chapel and the statue of David.
5. I was a German physicist who came up with the equation $E=mc^2$ and was also an ardent supporter of world peace.
6. I was a powerful political advocate for women's rights and founded *Ms.* magazine for women.
7. I was a Dutch painter and although I suffered from mental illness, even cutting off my own ear, my paintings rank among the world's most famous, including *Starry Night*.

ANSWERS: 1. Rene Descartes, Mar. 31, 1596; 2. Alexander Graham Bell, Mar. 3, 1847; 3. Sandra Day O'Connor, Mar. 26, 1930; 4. Michelangelo, Mar. 6, 1475; 5. Albert Einstein, Mar. 14, 1879; 6. Gloria Steinem, Mar. 25, 1934; 7. Vincent van Gogh, Mar. 30, 1853

"Retain Your Brain"



Look for our "Retain Your Brain" Icons on the Martin Luther Campus Activity Calendars & Menus! Think about what you can do on a daily basis to keep your brain active and healthy as you age.

"Retain Your Brain" Classes

In conjunction with Creekside Community Center, the Martin Luther Campus will be presenting a series of "Retain Your Brain" Classes at the Creekside Community Center. Classes will meet on Wednesdays May 5th through June 9th from 1:00 – 2:00 in room #110.

Weekly classes will begin with a clinical description of brain fitness followed by a mix of weekly activities that include brain teasers, physical movements, brain health nutrition tips and opportunities for life long learning.

The classes will be taught by professionals from the Martin Luther Campus from several different areas and specialties. These classes are open to the public and offered free of charge.



St. Ur-Who?



On March 17, the Irish wear green in honor of St. Patrick who, legend has it, drove the snakes out of Ireland. A day earlier, on March 16, people of Finnish descent will be wearing royal purple and Nile green in honor of St. Urho, the little known Finnish saint who drove the grasshoppers out of Finland.

Legend states that St. Urho yelled, "Heinäsiirkka, heinäsiirkka, mene täältä hiiteen," which means, "Grasshopper, grasshopper, go from hence to hell." In doing so, St. Urho saved the Finnish grape crops and Finland's vineyard farmers.

Doubt has been cast on the veracity of the Finnish saint, however. Richard Mattson, a Finnish-American department store employee from Minnesota, claims to have made up the story to escape the taunting of an Irish-American friend. Furthermore, Finland now swarms with over thirty species of grasshoppers, crickets, locusts, and cicadas, further damaging St. Urho's reputation.

Minnesota's Finns insist the legend is true and have even erected a statue to St. Urho along Highway 71. One would be foolish to deny the existence of this beloved saint in Minnesota on March 16.



Lutheran World Relief

Martin Luther Care Center, Meadow Woods, Creekside Adult Day Program and Martin Luther Adult Day Program are now drop-sites for

Lutheran World Relief Health Kits.

We are accepting donations of the following items:

- Hand towels and wash cloths-dark colors are recommended
- Soap bars – any brand
- Adult Toothbrushes
- Sturdy Combs
- Metal Nail files and clippers
- “Band-a-dies” – any brand

Items can be placed the baskets located in any of the facilities listed above. Please call 952-948-5167. Let's fill our basket this month! Thanks for your help!

Dancing Hearts



We have a wonderful opportunity as a group to participate in a "Dancing Hearts" workshop. On Tuesday, March 23rd, we will take a short bus ride to the Ebenezer Ridges Campus just south of here in Burnsville and join other Ebenezer Adult Day Program participants as we learn about the many benefits of dance and learn some new skills and techniques for a fun filled hour of dancing.

The "Dancing Hearts" program was created by The Kairos Dance Group from the Twin Cities. Through the dance program, they engage elders in weekly dance and storytelling playshop that has shown to positively improve the health of participants.

Coordinator's Corner

by Jenny Cooper, Program Coordinator

Will March come in like a lamb or a lion? Living in Minnesota, it's anybody's guess. Just as a reminder, in the event that the Bloomington schools close, our day program will also close. Our local channels carry school closings and you can check the message on our voicemail as well at 952-948-5154. We will also attempt to call clients scheduled for that day.

We have many fun activities planned for the month of March that include going to see the musical "Annie" at Oak Grove Jr. High School on Wednesday, March 10th. All clients will need to be here at the Day Program no later than 9:00 that morning.

Memory Song, the Memory Care Unit of Meadow Woods Assisted living is up and running. An open house is in the works for April for those persons wishing to tour the new unit.

March Birthdays

If you were born from February 19-March 20, you are a Pisces, the Fish. If you were born from March 21-April 19, you are an Aries, the Ram. Pisces are extremely creative and have "old souls," continually thirsting for spiritual knowledge. Aries live life head first, butting ahead. They are confident, impulsive, and use courage to overcome fear.

Harry Belafonte (singer)	Mar. 1, 1927
<u>Happy Birthday Mike D.</u>	<u>March 1st</u>
Jean Harlow (actress)	Mar. 3, 1911
<u>Happy Birthday Ann H.</u>	<u>March 4th</u>
Lou Costello (comedian)	Mar. 6, 1906
<u>Happy Birthday Martha K.</u>	<u>March 11th</u>
Liza Minnelli (entertainer)	Mar. 12, 1946
Jerry Lewis (comedian)	Mar. 16, 1926
<u>Happy Birthday Barb T.</u>	<u>March 18th</u>
Wyatt Earp (marshal)	Mar. 19, 1848
Mr. Rogers (neighbor)	Mar. 20, 1928
Happy Birthday Ken C.	March 26th



Martin Luther Adult Day
Program
1301 E. 100th St.
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Postage
Information