

Advanced

SUBACUTE AND REHABILITATION CENTER

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On Deck for Baseball Season

At ballparks across the country, all 30 Major League Baseball teams will begin the 2019 season on March 28, the earliest opening day in league history.

March 2019



Make Your Own Luck

Would you like to increase the odds of something good happening in your life? Good luck is more likely to strike if you step out of your comfort zone and are receptive to fresh opportunities. Experts say that being open to new activities, people and places can help create more positive experiences.

Wearing of the Green

If you wear green this month to celebrate St. Patrick's Day, you may find yourself more relaxed. Green symbolizes nature, and many people find the color has a calming effect.

Be Neighborly

Make it a beautiful day in your neighborhood by celebrating Won't You Be My Neighbor Day on March 20, the birthday of Fred Rogers. The day honors the legacy of the beloved host of the children's TV series "Mister Rogers' Neighborhood."

Positive Thought

"You carry the passport to your own happiness."
—Diane von Furstenberg

As the Wind Blows

The month of March is known for its blustery winds, but some places face windy weather all year long. Here are some of the windiest:

Wellington, New Zealand. The nickname "Windy Wellington" fits this city, considered the windiest in the world. Nearly constant winds blow at an average of 17 mph, and the strongest gust recorded there was 154 mph. Dozens of wind turbines around the harbor city help generate electricity.

Mount Washington, N.H. Numerous weather patterns collide over this mountain, the tallest in the northeastern U.S., resulting in regular hurricane-force winds. A 231-mph wind blast at the summit in 1934 held the world record for more than six decades.

Cape Denison, Antarctica. The continent's dome shape creates fierce downslope winds along its coasts, including Cape Denison, where gales average 50 mph and often top 150 mph.

Punta Arenas, Chile. This South American city has ropes strung between some of its buildings so pedestrians can brace themselves during extreme winds, which can reach 80 mph.

Mount Everest, Nepal-China border. For most of the year, winds can top 100 mph at the world's highest peak. Climbers wanting to scale the mountain have a short window in May when the winds die down.



Symbols of Luck

Since the beginning of civilization, people have used various symbols to bring them good luck.

Four-leaf clover. Irish legend claims this green plant will bring luck—if a person can spot the rarity. Scientists say the odds of finding a four-leaf clover in the wild are 1 in 10,000.

Ladybug. These insects, recognized by their bright red bodies with black spots, are beneficial to farmers and gardeners because they feast on plant-eating pests, which may be why many cultures admire "lucky ladybugs."

Horseshoe. Ancient folklore was full of mischievous fairies who were afraid of metal, so people hung iron horseshoes above their doors to keep them away. Some believe that hanging a horseshoe with the ends pointed up collects good fortune; others say that pointing the ends down allows luck to flow onto those below it.

Penny. You've probably heard the saying, "Find a penny, pick it up, and all day long you'll have good luck." The coin is said to be lucky only if found face side up.

Big Easy Eats

Food is part of the fun of Mardi Gras celebrations. Let the good times roll with this menu of classic New Orleans cuisine:

Gumbo. The official state dish of Louisiana, gumbo is a thick stew or soup that is served over rice. There are countless variations, but seafood gumbo and chicken and sausage gumbo are the most popular.

Jambalaya. This hearty rice dish includes a mix of meat, seafood and vegetables. Creole versions include tomatoes while Cajun versions do not.

Etouffee. Pronounced "ay-too-fay," it's a seafood stew that most often features crawfish, shrimp or crab, and is served atop rice.

Po'boy. Whether it's stuffed with fried shrimp, fried oysters or roast beef, the French bread is said to be the key to this iconic New Orleans sandwich. Locals order their po'boys "dressed," which means lettuce, tomatoes, mayonnaise and pickles are added.

Beignets. The city's French Quarter is famous for eateries that serve these deep-fried pastries that are covered with powdered sugar. They are traditionally paired with a cup of chicory coffee or a café au lait.





Aim to Be Welllderly

With today's seniors living longer, there's a determined focus on vibrant, healthy aging. Welllderly Week, the third week in March, encourages seniors to embrace growing older.

What does it mean to be "welllderly"? The term refers to older adults who focus on health span rather than life span, seeking optimal wellness for as long as possible. They take proactive steps to lead fulfilling,

engaged lives without fixating on their age. Thriving, not just living, is the goal.

A number of lifestyle choices contribute to being welllderly. Regular physical activity is key, and it can be as simple as stretching, walking and gardening. A healthy, balanced diet fights illness and helps the body function at its best. Staying socially and mentally engaged are crucial to emotional well-being, as is maintaining a strong sense of purpose. Gratitude, humor and joy are also traits of the welllderly.

Growing older is a part of life, but those who strive to nourish their body and mind can truly be welllderly.

Pigs in Pop Culture

Intelligent, cute and pleasantly pink, pigs are beloved barnyard animals. Go hog wild with this roster of popular oinkers:

Porky Pig. Sporting a suit jacket and bow tie, this animated star with a sweet stutter and shy demeanor was created in 1935. Porky closes nearly every Looney Tunes cartoon with his signature line, "That's all, folks!"

Piglet. He's Winnie-the-Pooh's best friend in author A.A. Milne's classic series. Despite his small size and fearful personality, Piglet always musters the courage to help Pooh and the gang from the

Hundred Acre Wood.

Miss Piggy. This diva hams it up on "The Muppet Show," never missing an opportunity to showcase her beauty, vocal chops, karate skills and devoted affection for Kermit the Frog.

Wilbur. Since his debut in E.B. White's 1952 book "Charlotte's Web," Wilbur has captured the hearts of readers of all ages. Among his many fans is the spider Charlotte, whose plan to save Wilbur's bacon is the focus of the classic tale.



Wit & Wisdom

"No winter lasts forever;
no spring skips its turn."

—Hal Borland

"Spring, when the Earth tilts
closer to the sun, runs a strict
timetable of flowers."

—Alice Oswald

"In winter, I plot and plan.
In spring, I move."

—Henry Rollins

"One swallow does not make
a summer, but one skein of
geese, cleaving the murk of
March thaw, is the spring."

—Aldo Leopold

"Despite the forecast,
live like it's spring."

—Lilly Pulitzer

"With the coming of spring,
I am calm again."

—Gustav Mahler

"Springtime is the land
awakening. The March winds
are the morning yawn."

—Lewis Grizzard

"I am going to try to pay
attention to the spring.
I am going to look around at
all the flowers, and look up at
the hectic trees. I am going to
close my eyes and listen."

—Anne Lamott

"The deep roots never doubt
spring will come."

—Marty Rubin



Signature Signoffs

TV and radio broadcasters often end their programs by signing off with a short phrase, and sometimes their words become memorable catchphrases. See if these signature signoffs sound familiar.

Decade	Broadcaster	Signoff
1930s	Lowell Thomas	“So long, until tomorrow.”
1940s	Edward R. Murrow	“Good night, and good luck.”
1950s	Paul Harvey	“Good day!”
1960s	Walter Cronkite	“And that’s the way it is.”
1980s	Linda Ellerbee	“And so it goes.”
1980s	Hugh Downs and Barbara Walters	“We’re in touch, so you be in touch.”
1990s	Charles Osgood	“See you on the radio.”

“This Month In History” MARCH

1912: With a troop of 18 girls, Juliette Gordon Low founds the American Girl Guides in Savannah, Ga. The organization is now known as the Girl Scouts.

1921: To protect the mineral-rich thermal waters of central Arkansas, Congress establishes Hot Springs National Park.

1939: March Madness is born when the first NCAA men’s basketball championship tournament is played.

The University of Oregon won the title over Ohio State University.

1941: The superhero Captain America first appears in a comic book.

1958: Perry Como’s hit song “Catch a Falling Star” is awarded the first gold record by the Recording Industry Association of America after selling 1 million copies.

1964: The TV quiz show “Jeopardy!” debuts.

1974: The price of a U.S. first-class postage stamp is raised from 8 cents to 10 cents.

1990: Track and field Olympian Jesse Owens is posthumously awarded the Congressional Gold Medal by President George H.W. Bush.

2000: Julia Roberts is paid \$20 million to play the title role in the movie “Erin Brockovich.” The record salary made her the highest-paid actress at the time.

2007: Italian sports car manufacturer Ferrari celebrates its 60th anniversary.

2018: Box office ticket sales make “Black Panther” the highest-grossing superhero film in U.S. history.