



### Inside Newsletter

- \* Event Calendar
- \* Meal Calendar
- \* Staff Article
- \* Inspirational Stories
- \* Board of Directors

### Happy Birthday

- 12<sup>th</sup> Alberta Goodwin
- 16<sup>th</sup> Eutilda Coleman
- 21<sup>st</sup> Diane Oney
- 22<sup>nd</sup> Doris Gilpin
- 28<sup>th</sup> Eugene Smith
- 16<sup>th</sup> Bertha Stegall
- 7<sup>th</sup> Linda Johnson

### Up Coming Events

- April 1, 2020
- Sandy Cove Ministries**
- “ Best Question Ever ”**
- Seasoned Citizens’ Day!
- \$25.00 Members
- \$30.00 Non-Members

### **Board of Directors Meeting**

**March 25, 2020**



Thomas and Ruth Roy created, **forgive your mom and dad day**, which is celebrated every March 18th.

This is the first time I’ve heard of it, but I know, that it needs to be implemented in so many lives.

Forgive, is to stop feeling angry or resentful toward someone for an offense or a mistake.

How do you know if you have unforgiveness towards your mom or dad or anyone else. Well one way is that, you can be talking about them, and anger presents it’s self and you don’t know where it came from. Also, in their time of need, you have no patience, you’re totally disrespectful to them. When you think of doing something for them, you’re reminded of what they didn’t do for you. I could name a few more, but let me leave you with this.

Jesus was asked how many times a day shall I forgive my brother?

**Jesus answered 7 x 70 = 149.** This forgiveness is serious! Can someone possibly offend you 149 times in 24 hours? See, we must choose to forgive today, and we won’t take it over to tomorrow, next month, next year.

Mom and Dad for whatever reason, they got on your last nerve, and if they’re still living they continue to just tick you off. Can it be, that you are carrying around unforgiveness. If it hurts you to respect and love them, check yourself. So many times, we think we can’t get over what they did, but we can. Talk about it and release them from the offense and release yourself. Don’t be bound to yesterday, yester year. You deserve to be free from yesterday’s hurts and grief’s. Look on this brand new day, and refuse to hold or walk into that negatively of unforgiveness.

In order to be forgiven, we must forgive!

When we release, we get a release!

Saint Patrick used Shamrock (A young sprig of clover) to teach the pagans about the Holy Trinity. The shamrock is now the official flower of Ireland. It is associated with



If you don’t like something change it. If you can’t change it. Change your attitude!

Maya Angelo

March 8th



**Change your thoughts !  
Change your life!**



### **Employee Appreciation Day**

I would like to say thank you to the Staff here for all that you do to make this center unified and a place of love and respect. We are grateful for the extra miles that you take to make the seniors feel welcome and appreciated. Thank you for all that you do!

Bridgeville Senior Center

March 6th



## Corn Beef & Cabbage Recipe

- 3 LBS Corned Beef Brisket and seasoning
- 10 small red potatoes
- 5 Carrots, peeled and cut in to 3 inch pieces
- 1 large head of cabbage cut in to wedges

### Directions

Prep time	Cook time	Ready in
10 mins	2hrs 1/2	2 hrs 35 mins

1. Place corned beef in large pot or Dutch oven and cover with water. Add the spice packet that came with the corned beef. Cover and bring to boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender.
2. Add whole potatoes and carrots, and cook until the vegetables are almost tender. Add cabbage and cook for 15 more minutes. Remove meat and let rest 15 minutes.
3. Place vegetables in a bowl and cover. Add as much broth (cooking liquid reserved in the Dutch oven or large pot) as you want. Slice meat across

---

In every day,  
there are 1,440 minutes  
That means  
we have  
1,440 daily opportunities  
to make a  
positive impact

Les Brown

Korisha Davis Food Service Manager

### Interesting Facts About March

**History:** The name March comes from the Roman god of war, Mars. For many years, March, being the start of spring, was also the start of the New Year. Much of Europe used March of a new year. Britain used March 25th as the beginning of the New Year until 1752.

### March in Other Languages

- Chinese (Mandarin) - sanyuè
- Danish - marts
- French - mars
- Italian - marzo
- Latin - Martius
- Spanish - marzo

### Historical Names:

Roman: Martius

Saxon: Hrethmonath

Germanic: Lenz-mond (Springtime month)

### Fun Facts about March

- It is the first month of Spring which begins between March 19-21.
- In the Southern Hemisphere, March is the same as September in the Northern Hemisphere.
- Each year March and June end on the same day of the week.
- It is the time of the year when animals start to wake up from hibernation.
- March madness is a basketball tournament played by the NCAA.

### Events:

1876 Alexander Graham Bell makes the first successful telephone call

1977 Astronomers discover rings around Uranus.

1982 All 9 planets of the Solar System align on the same side of the Sun.

1914 The first successful blood transfusion is performed

## Sylvia Jacobs Program Director

There are some poems about March I'd like to share.

### March is Here

When the bare, gray bend



Creak and bend,

When the tall trees, toss like wild,

When there is a roaring

Around the chimney



When the clouds in the sky

Rush swiftly pass

In the shape that you would fear

Then there cannot be the slightest doubt

March! Wild March is here!

### What Month?

What month rules in the cave of wind?

What month commands the blast?

What month is reigning when up in the sky.

The clouds go hurtling past?

Stormy March is the month, of course'

What other month could it be?

Stormy March it is, and that's why



**March** wind is a jolly fellow

He likes to joke and play

He turns umbrella inside out

And blows men's hats around

He calls the pussy willows

And whispers in each ear

"Wake up you lazy little seed"

Don't you know that Spring is here?

It is the month for me!

### Facts About St. Patrick's Day!

- St Patrick's Day commemorates the arrival of the Christianity in Ireland. It happened in the year 432.
- St. Patrick was born to Roman parents (Calpurnius and Conchessa). He was not Irish, instead, he was English. His birth name was Maewyn Succat. So, we would be celebrating "Maewyn Day" instead of the "St Patrick's Day" if his name was not changed. He wrote a book—Confessio—during his last years.
- At the age of 16, St Patrick was kidnapped and was taken to Ireland. He was kidnapped by a group of Irish raiders were attacking his family's estate. He worked there for 6 years tending sheep and then escaped and became a priest.
- St Patrick's Day is also known as the 'Feast of Saint Patrick' and the 'Day of the Festival of Patrick'. St. Patrick studied, and received his training in the religion, for more than 12 years after he escaped from the captivity of the Irish raiders.
- 'Blue' was the color associated with St Patrick, before the adoption of **green**, as the color for the festival. The color blue was featured both in the royal court and on ancient Irish flags. In 1798, the color green became officially associated with the day.
- One claim in history deeply associated with St Patrick is that he banished all the snakes from Ireland. However, this claim is not true because it has been discovered that the chances of survival of snakes in Ireland are minimal because of the cold conditions of the region. However, some say that the snakes represent the pagans, he converted to Christianity.
- Wearing **green** attire or shamrock is also a St. Patrick's Day tradition. It is one of Irish traditions to pinch someone who is not wearing green on that day.
- On this day, Catholics attend church in the morning, and then watch a St Patrick's Day parade.

Teri Ricketts Outreach Worker

**Keeping your Balance to avoid from Falling:**

Work on your Strength-

Exercising with ankle weights to strengthen your ankles.

Walk and use stairs, if your able to-

Join in with a Club, or get a walking partner to help motivate you.

Improve your Balance-

Yoga can help with your balance.

Have your vision and hearing checked regularly-

Clouded vision, or impaired hearing, could greatly boost your chances of falling.

Talk with your Doctor-

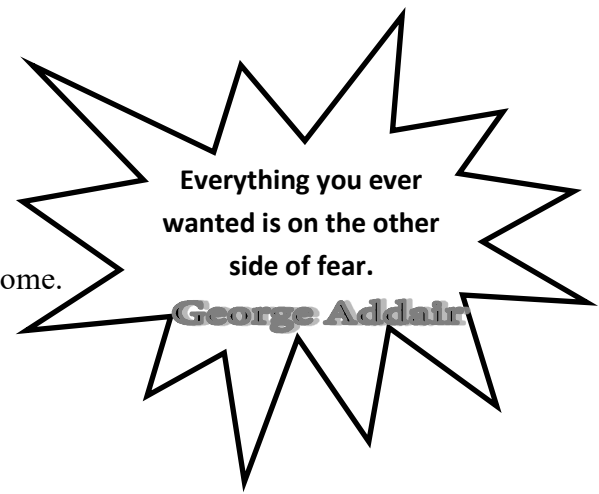
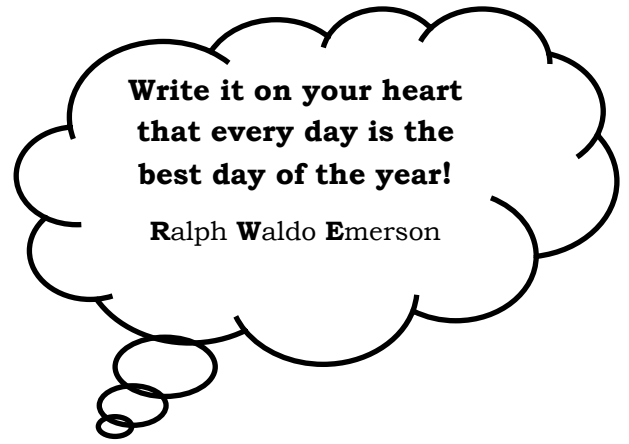
You also, should ask your Pharmacist about any side effects, that could increase fall risk.

Wear the right Shoes-

Find a pair of Shoes, that won't cause you to slip and fall.

Remove items that may cause a fall-

Throw rugs, should be replaced with slip-resistant mats. Electrical cords, out of the way, and railings and grab bars put up, where needed in your home. Also, make sure you have a mat in your Tub or Shower.



*Those who judge will never understand  
And those who understand will never judge*  
**Wilson Kanadi**

**Board of Directors**

**President:** William E. Teagle

**Vice President:**

**Secretary:**

**Asst. Secretary:** Emily Kopper

**Treasurer:** Rev. Marie Robinson

**Asst. Treasurer:** Diane Lampman

**Betty Murray** Betty Henry

**Robert Willing**

**New Member Donna D.Carluccio-Woods**

As you see, we have available positions open to those who are will to help propel BSC.

The Bridgeville Senior Center is a non-profit organization, whose mission is to promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing needs of the senior population in the Bridgeville and surrounding area.

**Serving Bridgeville since the 1970's.**

**Staff**

**Executive Director:** Annette Cannon

**Food Serv. Worker:** Geraldine Cannon

**Food Serv Manager:** Korisha Davis

**Outreach Worker:** Teri Ricketts

**Program Director:** Sylvia Jacobs

**Cheer Bus Driver:** Joe Pittard

**FSCAA:** Diane Oney & Martha Seymore