

Embrace an Optimistic Outlook (Continued)

Assume the best — Give people the benefit of the doubt, and forgive them for their faults, even if they let you down. Do this for yourself, too!

Focus on solutions — When you encounter a problem, avoid playing the blame game or dwelling on how you could have done things differently. That doesn't solve anything, and can make you and others feel worse. Instead, figure out how you can help right now.

Practice gratitude — Before you go to bed, think about three good things that happened that day. Writing them down in a journal and reading through them later will remind you of things to be grateful for and boost your hopeful thinking.

Bright Blooms of Spring

With their vibrant yellow petals and trumpet-shaped centers, blossoming daffodils announce the arrival of spring.

The sunny flowers are also known by their botanical name, narcissus. They're also called jonquils, which are smaller varieties, and daffadowndillies. Botanists say there are 40 to 200 daffodil species, and thousands of hybrids of the flower.

Most daffodils have yellow blooms perched atop long green stems with grassy leaves. All-white varieties are common as well, and you can find daffodils with white petals and a yellow, orange or peach center.

Daffodils are easy to grow and care for, making them one of the most popular flowers for gardeners. Bulbs are planted in the fall and bloom in early spring, reappearing every year with more and more flowers that bring carefree, cheerful color to flower beds and container gardens early in the season.

America's Wartime Code Breakers

During World War II, thousands of courageous women from across the country moved to Washington, D.C., to take on top-secret jobs, vital in helping the Allies to victory. They served as code breakers for the U.S. Army and Navy.

At that time, the field of intelligence was only in its early stages, and men were needed to serve overseas. So, the military recruited more than 10,000 of the nation's brightest female college graduates in math, science and languages to work as cryptographers, trained to crack messages relayed by the Axis powers. The women were sworn to secrecy and told their families they were doing secretarial work.

Their jobs were difficult and tedious, and at times emotionally demanding since they were helping to protect American troops. Using massive code-breaking machines, the code breakers cracked many cryptic, ever-changing communication systems used by the Japanese and German military. They provided vital information to commanders in both the European and Pacific theaters.

Because of the secrecy of the work, the women never expected to receive public recognition for their achievements. The details of their mission were declassified in the 1990s.

The women initially worked as civilians, but later were accepted into the Army as WACs, the Women's Auxiliary Corps, and into the Navy as WAVES, Women Accepted for Volunteer Emergency Service. Some went on to hold high-ranking positions in the military.



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MARCH 2021

Vaccine Day Was a Success!

Our residents and staff were able to receive doses of the COVID-19 vaccine in January and February! Everyone was all smiles as they lined up to receive shots, stickers, and take pictures with our photo booth to show their excitement. We are so grateful for the volunteers who came to Harbison Shores to help register and vaccinate everyone! Thanks to CVS Pharmacy for providing the vaccine to our community.



Embrace an Optimistic Outlook

Optimism is good for you! People who are optimists tend to be happier and healthier, says the research. Here are some ways you can make positivity a habit.

Choose a motivational phrase — Whether a line from a favorite song, a meaningful quote, or a goal you want to achieve, turn to inspiring words when you need a pick-me-up.

Spend time with upbeat people — We tend to act like those we're surrounded by the most, so as much as possible, spend time with cheerful, kind people rather than folks who complain or gossip. Being around negative attitudes can cause you to take on a negative mindset.

(Continued on back.)



MEMORY CARE
MARCH 2021
Locations

- Activity Room, Memory Care, ARMC
- Outing, O
- TV Room, Memory Care, TVMC
- Villas, Upstairs Gathering Place, VUGP
- Villas, Dining Room, VDR

Birthdays

- Lillie Gill, 3rd
- Dixie Wright, 8th
- Constance Bloom, 12th

“Never, ever underestimate the importance of having fun.”

—Randy Pausch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC	2 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Puzzles and Games, ARMC 2:30 Snack Time, ARMC	3 9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Read and Talk, TVMC 2:30 Snack Time, ARMC	4 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 10:30 Country Drive w/Ramon, O 1:30 Arts and Crafts, ARMC 2:30 Snack Time, ARMC	5 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Afternoon Exercise, ARMC 2:30 Snack Time, ARMC	6 10:30 Snack Time, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
7 10:30 Snack Time, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC	8 9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC	9 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Puzzles and Games, ARMC 2:30 Snack Time, ARMC	10 9:30 Dance Party, ARMC 10:30 Snack Time, ARMC 1:30 Read and Talk, TVMC 2:30 Snack Time, ARMC	11 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Arts and Crafts, ARMC 2:30 Snack Time, ARMC	12 10:30 Snack Time, ARMC 10:30 Piano: Sing and Dance, ARMC 1:30 Afternoon Exercise, ARMC 2:30 Snack Time, ARMC	13 10:30 Snack Time, ARMC 1:30 Indoor Lawn Games, ARMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
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