



ANR Chatter Box

Fun Facts About St. Patrick's Day

St. Patrick's Day is observed on March 17 because that is the feast day of St. Patrick, the patron saint of Ireland. It is believed that he died on March 17 in the year 461 AD. It is also a worldwide celebration of Irish culture and history. St. Patrick's Day is a national holiday in Ireland, and a provincial holiday in the Canadian province of Newfoundland and Labrador.

The very first St. Patrick's Day parade was not in Ireland. It was in Boston in 1737.

Shamrocks are worn on the lapel on this day.

Many people wear green on this holiday to avoid being pinched.

The harp is the symbol of Ireland. The color green is also commonly associated with Ireland, also known as "the Emerald Isle".

34 million Americans have Irish ancestry, according to the 2003 US Census. That's almost nine times the population of Ireland, which has 4.1 million people.

St. Patrick did not actually drive snakes out of Ireland; the snakes represent the pagans that he converted to Christianity.

Legend says that each leaf

of the clover means something: the first is for hope, the second for faith, the third for love and the fourth for luck.

According to the Guinness Book of World records, the highest number of leaves found on a clover is 14.

Nine of the people who signed our Declaration Of Independence were of Irish origin, and nineteen Presidents of the United States proudly claim Irish heritage -including our first President, George Washington.

One estimate suggests that there are about 10,000 regular three-leaf clovers for every lucky four-leaf.

Abilene Nursing and Rehab Center

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What's New At Our House

On Feb. 22nd Mary Ann opened the Resident Council Meeting. Everyone agreed that Patrick Martinez is a wonderful cook. It was also decided that Ralphie Riddle will stay as Resident Council President for now till we

can get some people to go out for the position. Meal of the Month will be Brisket, coleslaw, potato salad, and Chocolate cake.YUM YUM!! The outing for the month will be a trip to ACU Bean for an all you can eat

meal!!! So get your tummies ready!! And our RESIDENT of the Month is Donald McGregor. That's all the news for now , SEE YA NEXT MONTH!!!

Mashed Potato and Sausage Casserole

1 lb bulk pork sausage

1 bag (12oz) Green Giant Valley Fresh Steamers frozen mixed vegetables

1 cup onion-seasoned beef broth (from 14oz can)

3 tablespoons Gold Medal all-purpose flour

1/2 box (7.2-oz size) Betty Crocker roasted garlic mashed potato mix (1 pouch)

Water, milk and margarine or butter called for on potato mix box

1. Heat oven to 425. Butter or spray with cooking spray 8-inch square (2-quart) glass baking dish. In 10-

inch skillet, cook sausage over medium-high heat, stirring frequently, until no longer pink; drain. In baking dish, mix sausage and frozen vegetables. In small bowl, mix broth and flour until smooth; pour over sausage mixture. Gently stir.

2. Cover with foil ; bake 35 to 45 minutes, stirring occasionally, until mixture is hot, bubbly and slightly thickened.
3. Make potatoes as directed on box for 4 servings, using 1 pouch potatoes and seasoning, water, milk and margarine. Let stand 3 to 5

minutes. Spoon onto sausage mixture. Bake uncovered 8-12 minutes longer or until potatoes begin to brown.

Makes 5 servings



March History and Fun Facts

There are many superstitions about March. We often hear that "March comes in like a lion and goes out like a lamb".

March 1—Ohio became the 17th state, 1803.

March 3—Florida became the 27th state, 1845.

March 4—Vermont became the 14th state, 1791.

March 14—Albert Einstein, German-born American physicist, born 1879.

March 23—Patrick Henry according to tradition, declared "Give me Liberty, or give me death!" 1775.

March 26—Robert Frost American poet , born 1874.

March 26— Sandra Day O'Connor first woman justice of Supreme Court of

the United States born 1930.

March 29—Cy Young American baseball player born 1867.

March Quote

The year's at the spring

And day's at the morn...

God's in His heaven—

All's right with the world!

—Robert Browning

More March History and Fun Facts

Where does the word March originate from? The word "March" comes from the Roman 'Martius'. This was originally the first month of the Roman calendar and was named after Mars, the god of war.

March used to be the first month of the year. March was the beginning of our calendar year. We changed to the

' New Style ' or ' Gregorian ' calendar in 1752, and it is only since then when we the year began on 1st January.

March 29th Coca-Cola was introduced on this date in 1886.

March 31st—The Eiffel Tower in Paris was officially opened in 1889.



March Facility Birthdays And Famous Birthdays

Our facility has many birthdays this month. Margaret Montano 3/5, Myrtis Scott 3/6, Tomasa Cortez 3/7, Virgice Jackson 3/14, Opal Leinbaugh 3/15, Billy Brewer 3/22, Marvin Dawson 3/23, Sachiko Williams 3/24, Jose Patena 3/31 so when you

see these fine folks on their special day make sure to wish them a Happy Birthday!!

Famous Birthdays:

Ron Howard (57), Robert Conrad (76), Harry Belafonte (84), Karen Carpenter, Desi Arnaz, Ed McMahon, Tammy Faye Bakker, Willard Scott (77), Lynn Redgrave, Mickey Gilley (75), Sharon Stone (53), Chuck Norris (71), Lawrence Welk, Liza Minnelli (65), Neil Sedaka (72), Michael Caine (78), Quincy Jones

(78), Albert Einstein, Jerry Lewis (85), Kurt Russell (60), Patrick Duffy (62), Nat" King" Cole, Shemp Howard, Charlie Pride (73), Ursula Andress (75), Fred "Mr." Rogers, Ozzie Nelson, William Shatner (80), Karl Malden, Louie Anderson (58), Sarah Jessica Parker (46), Elton John (64), Paul Michael Glaser (68), Aretha Franklin (69), Anita Bryant (71), Howard Cosell, Vicki Lawrence (62), Steven Tyler (63), Diana Ross (67), Warren Beatty (74), Shirley Jones (77)

Jean Harlow

Jean Harlow (March 3, 1911-June 7, 1937) was an American film actress and sex symbol of the 1930's. Known as the "Platinum Blonde" and the "Blonde Bombshell" due to her platinum blonde hair. Harlow was ranked as one of the greatest movie stars of all time by the American Film Institute. Harlow starred in several films, mainly designed to showcase her mag-

netic sex appeal and strong screen presence, before making the transition to more developed roles and achieving massive fame under contract to MGM. Harlow's enormous popularity and "laughing vamp" image were in distinct contrast to her personal life, which was marred by disappointment tragedy, and ultimately her sudden death from renal failure at

age 26.



Steve McQueen

Terrence Steven McQueen (March 24, 1930-November 7, 1980) was a popular American movie actor. He was nicknamed "The King of Cool". His "anti-hero" persona, which he developed at the height of the Vietnam counterculture, made him one of the top box-office draws of the 1960's and 1970's. McQueen received an Academy Award nomination for his

role in The Sand Pebbles. His other popular films include The Magnificent Seven, The Great escape, The Thomas crown Affair, Bullitt, The Get-away, Papillon, and The Towering Inferno. In 1974, He became the highest-paid movie star in the world. Although McQueen was combative with directors and producers, his popularity put him in high demand and en-

abled him to command large salaries.



Abilene Nursing And Rehab Center Is
Dedicated To Ensuring Health, Safety,
And Well Being Of All Our Residents And
To Always Practice Dignity First.



Administrator's Corner

As you are well aware there have been many changes in our facility, and one being we have a new administrator.

Jo Beth Downing comes to our facility from Eastland, we are so happy to

have her. So when you see her around please welcome her and let her know your name and get to know her.

Jonathan Burton has a new position at our facility and that is ADON , so

now you can direct all your nursing questions and concerns to him.

Have a wonderful March!!!!