

Vienna Vine



March 2014

The Legend of the Leprechaun

Special Events

If you should be walking along a wooded path some moonlit night in Spring and hear the faint tap-tapping of a tiny hammer, you might be lucky enough to catch a glimpse of an Irish leprechaun, the elfin shoemaker, whose roguish tricks are the delight of Irish story-telling.

According to legend, the leprechaun has a pot of gold hidden somewhere, and he must give up his treasure to the one who catches him. You'll have to step lively and think quickly to capture a leprechaun's gold though, because this sly little fellow will fool you into looking away an instant while he escapes into the forest.

A story is told of the man who compelled a leprechaun to take him to the very bush where the gold was buried. The man tied a red handkerchief to the bush in order to recognize the spot again and ran home for spade. He was gone only three minutes, but when he returned to dig, there was a red handkerchief on every bush in the field. As long as there are Irishmen to believe in the "little folk," there will be leprechauns to reflect the wonderful Irish sense of fun, and many a new story of leprechaun shenanigans will be added to Irish folklore each year.



An Irish Blessing

 May the road rise to meet you.
 May the wind be always at
 your back. May the sun shine
 upon your face, the rain fall
 soft upon your fields, and until
 we meet again, may God hold
 you in the palm of his hand.







March, 2014 at 2:00pm
Movie & Popcorn:
"Captain Phillips"

March 2, 2014 at 2:00 pm
Sunday Bingo!



March 4, 2014 at 2:00 pm
Mardi Gras Bingo!



March 6, 2014 at 2:00 pm
Entertainer: Banjo Man
& at 6:30 pm
Game Night!

March 9, 2014 at 2:00pm
First Missionary Baptist Church!



March 11, 2014 at 10:15 am
Organ Concert w/
Barbara Kelly-Kettner



February 12, 2014 at 2:00 pm
Bingo w/Mr. Nevis' 5th Graders

February 13, 2014 at 2:00 pm
Popcorn Races
& at 6:30 pm
Evening Bingo!



March 15, 2014 at 2:00pm
Gene Hanten on the Piano

March 17, 2014 at 10:00 am
Catholic Mass



March 19, 2014 at 2:00 pm
March Birthday Party
w/LeDeana Newhall

March 20, 2014 at 2:00 pm
Spring Gardening

March 24, 2014 at 2:00 pm
Resident Council Meeting



March 26, 2014 at 2:00pm
Ice Cream Social

March 27, 2014 at 2:00pm
Sunflower Entertainment: Ginger on the Piano
& at 5:30 pm
Candle Light Dinner



According to Jim

Long before I learned it's a fairly common fear, I had an intense dislike for high places. Among my earliest memories is if visiting family in Charleston, West Virginia, and walking over the bridge that crossed the river dividing the city. I stayed close to whoever was taking me. I felt as though something might draw me through the narrow space between the mesh railing and the pavement of the walkway, sending me tumbling into the water far bellow. That image is the bridge came in nightmares for years after.

As I grew older, I watched others who had a sense of balance that I seemed to lack. At a barn-raising, a guy walked the narrow beams like a solid floor. I couldn't do it. Even working on a ladder made me uneasy. I'd do whatever was needed on the ground, but I couldn't climb.

It was a limitation I simply accepted. I was fine as long as I had something like a railing to hold onto. Otherwise, I just avoided high places. When I watched films of working in Iron Girders high above the street, I shook my head. That wasn't for me. I couldn't even imagine being in such a place.

Then, I watched a special on the Discovery Channel about Nik Wallenda trying to cross the Grand Canyon on a tightrope. He planned to do it without any safety equipment, carrying only a balance pole. I'd heard of the Wallenda's before. The family had lost two members in a balancing act fall, and Nik's grandfather had died while trying to cross a high wire between two buildings.

The camera panned along the cable that was strung between the two cliffs, such a long way down, I felt queasy just looking at the canyon. It seemed impossible that anyone could walk so far on a six inch wire cable.

Nik Wallenda did it, though. He wore a helmet camera along with a two-way radio that his father used to give encouragement and advice. Step by step, Nik crossed the gap.

Once the vibration caused by his walk began to build, and he had to kneel until the cable settled down. When Nik reached a few score feet from solid ground, he broke into a run and finished.

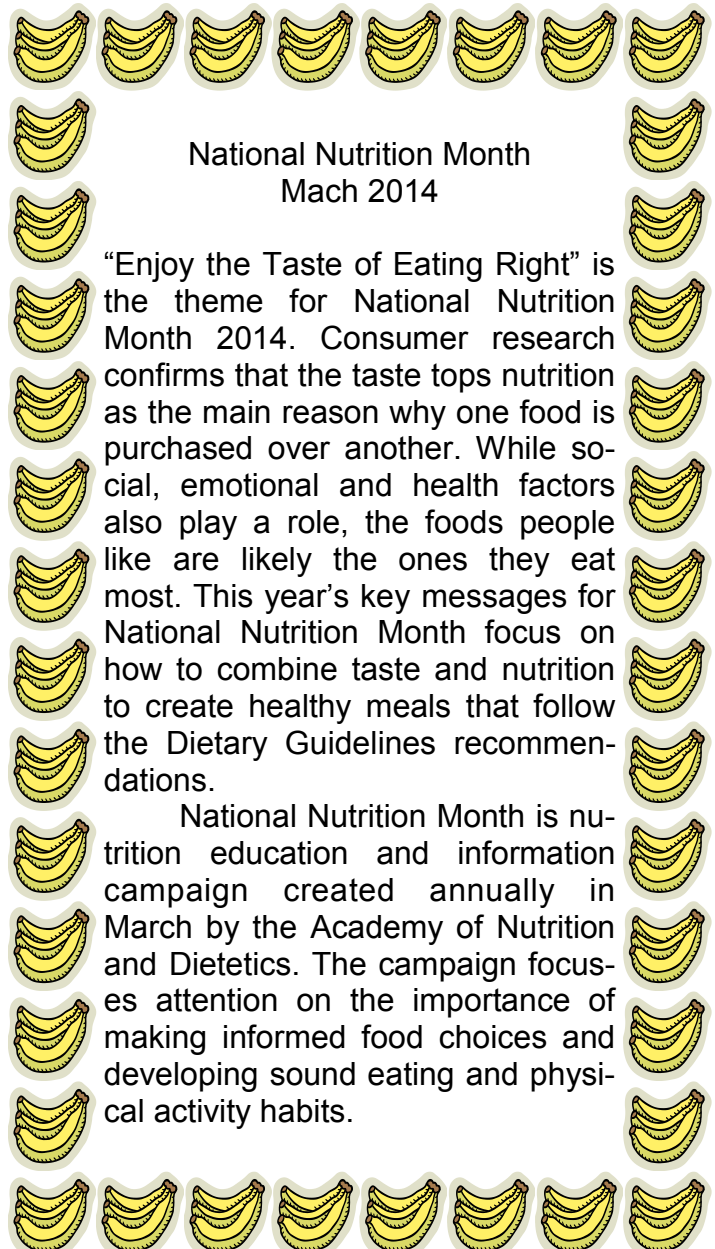
I was fascinated by the show. I pictured myself on a tightrope, balance bar in hand, one foot after the other as I made it to the finish. If the image was any distance from the ground, though, I wouldn't make it. I'd fall. Even in imagination, I dislikes heights.

That's ok. It was Nik's faith and determination that impressed me. I've reached a place where walking from one end of the hallway and back is as much an adventure as any I've had. When you do all you all you can, that's enough.

All My Best,

Jim





National Nutrition Month
March 2014

"Enjoy the Taste of Eating Right" is the theme for National Nutrition Month 2014. Consumer research confirms that the taste tops nutrition as the main reason why one food is purchased over another. While social, emotional and health factors also play a role, the foods people like are likely the ones they eat most. This year's key messages for National Nutrition Month focus on how to combine taste and nutrition to create healthy meals that follow the Dietary Guidelines recommendations.

National Nutrition Month is nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Activity Highlights

March is upon us and it is time for shamrock's and pots of gold. This month also brings Mardi Gras, but before we get carried away with March let reminisce about what happened in February.

We started off the month with a Superbowl Party. Many were hoping that a California team would go to the Superbowl again this year. Unfortunately we would have to wait until next year. This years XLVIII Superbowl was held in New Jersey. The weather was a concern but turn out to be warmer than the teams hometowns. The half time show was great! Many were hoping that Manny Payton of the Bronco's would take home the ring. It went to The Seattle Seahawks. Congratulations to both teams for a season well played. All of us here were more excited about the football pool then eh actual game.

Later that week we had our own version of the Winter Olympics. We were not about to subject ourselves to the cold weather or strap on snow boots. So, we decided to play an indoor game and say we were outside. We had a gold, silver and bronze winner. Our residents were so grateful they did not have to stand out in the snow enjoy the winter Olympics.

Valentine's came soon enough. This year we had our traditional voting for King and Queen. It was a unanimous decision by our residents. Last years winners were kind enough to pass on the crowns. The winners were Queen Barbara Johnson and King George Babas. We had a wonderful folk singer here to remind of us of a past love.

One of the only other things we do that can stir up emotions is of course bingo! This month we had the privilege of having two different clubs sponsor an evening bingo. The Kiwanis Club as well as the Eagles Auxiliary donated money for the games. Both clubs gave our residents a dollar prize. Everyone was happy with their winnings. Some more than others.

The next week Mr. Nevis's 5th graders came in to work on a crafts along with the residents. We used suckers, stickers and precut foam pieces for our creation. Some looked like zebras, others looked like a butterfly. The one that was hand down the favorite was the one that formed a flower. The students preferred to hot glue the goggle eyes since they kept falling off.

This months candle light dinner was great.

Earlier in the afternoon we made a rainbow cake, in preparation for the dinner as our dessert. On the menu for dinner was spaghetti, salad, and rolls. The food was delicious and the company was even better. Many people stayed afterward just to visit with each other. Next on the menu, Mexican food.

We ended the month with a spectacular music program. We were told that we would have an oboe player and to our surprise we had four wonderful players from the Stockton Symphony her to play beautiful music. They explained each wind instrument they had and what type of sound it made. Some of the music they played was indicative of the era our residents grew up in. They played the theme song from an Alfred Hitchcock movie and several songs used as back ground music for Tom & Jerry the cartoon. It was marvelous!

Everyone was especially excited about the bingo game we played afterward.

Until next month,

Ester De Santiago ADG

Recipe of the Month

Hot Fudge Ice Cream Bars

Ingredients:

- 1 (16oz.) Chocolate syrup
- 3/4 cup peanut butter
- 19 ice cream sandwiches
- 1 (12 oz.) frozen whipped topping
- 1 cup salted peanuts



Directions:

1. Pour the chocolate syrup into a medium microwave safe bowl and microwave 2 minutes on high. Do not allow to boil. Stir peanut butter into hot chocolate until smooth. Allow to cool to room temperature.
2. Line the bottom of 9x13 inch dish with a layer of ice cream sandwiches. Spread half the whipped topping over the sandwiches. Spoon half the chocolate mixture over that. Top with half the peanuts. Repeat layers. Freeze until firm, 1hour. Cut into squares to serve.

Serving: 18

Resident Birthdays

Sheryl Clark	March	10
Clarence Gaukel	March	11
Julia Ashbaugh	March	13
Sharon Fuller	March	16
Alicia Viloría	March	17
Bonnie Schumacher	March	19
Ellen Menzel	March	28
Anne Gaither	March	31

New Residents

Germane Wilson	January	31
Mary Jacinto	January	31
Alice Johnson	January	7
Miguel Uvalles	February	7
Violet Castles	February	7
Judy Martinez	February	8
Lora Thomas	February	11
George Richards	February	17
David Bennett	February	19
Clarence Gaukel	February	20
Lilly Berchem	February	22
Gladys Brown	February	22
Frances Swanson	February	24
Janna Schumacher	February	25
Francisco Solis	February	25
James Mittie	February	26
Margaret Lipelt	February	28
Tina Arbanasin	March	2
Mike Shimozaki	March	2

Employee Birthdays

Amanda DeLeon	March	1
Gary Taasin	March	2
Lyn Tomboc	March	2
Kristi Passey	March	4
Nelson Camagay	March	12
Cristina Asistin	March	13
Stacy Dukes	March	13
Sally Lizarraga	March	14
Bobbi Bartles	March	15
Grit Avellar	March	17
Alex Suarez	March	17
Eric Taasin	March	17
Filipa Aquino	March	18
Ida Ventura	March	18
Leah Trummer	March	22
Roxanne Corpuz	March	25
Genevieve Dasilao	March	25
Cassie Lahr	March	31

New Employees

Lillian Cabasag	February	3
Imelda Lopez	February	3
Davy Pot	February	3
Sid Suson	February	3
Nelson Camagay	February	12
Mayra Zamora	February	12

Beauty Shop Info



**Manicures & Haircuts on
Mondays**

**Perms/Color on Tuesday
Mornings**

**Perms on Tuesday Afternoons
~Sets on Wed. Thurs. & Fridays.**

As a Reminder, please contact
Beauty Shop if an appointment
can not be kept.

Thank you,
Bobbi & Kristine

Administrative Staff




Administrator	Corey Wright
Director of Nurses	Roxan Vincent
Office Manager	Sharon Linn
Medical Records	Pam Wolff
Social Services	Emily Denham/Emma Perry (asst.)
Director of Staff Development	Ida Ventura
Dietary Supervisor	Al Loza
Accounting	Teresa Stocker
Laundry/Housekeeping Supervisor	Diana Knodel
Maintenance	Bob Gillett
Activity Director	Ester De Santiago
Quality Assurance Nurse	Teresa Ho
MDS Coordinators	Alfie Donato, & Doris Talens
Rehabilitation Director	Kristi Passey
Director of Sales & Marketing, & Public Relations	Dorian Kendall
Admissions Coordinator	Stephanie Smith
Ward Clerk	Linda Araiza
Beauty Operators	Bobbi Bartles, Kristine Meissner
Receptionists	Cassie Lahr, Brittany Ortegel & Arica Garnica

The "Vienna Vine" is written, compiled, edited and designed by Ester De Santiago ADC, and Cassie Lahr, Receptionist.



**Vienna Nursing & Rehab.
Center
800 S. Ham Lane
Lodi, CA 95242**

Activity Calendar Vienna Nursing & Rehab Center *March 2014*

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Activities are held in the main dining room unless otherwise posted.</p> <p>I- In room O- Outdoors P- pets BD-Back dining room Mornings Ch. 37 at 9:30am MOVIES IN ROOM</p>						  	<p>1 9:30 MOVIE IN ROOM 9:50 MORNING DEVOTIONAL 2:00 Movie & Popcorn: "CAPTAIN PHILLIPS" 3:15 ONE TO ONE - I</p>
<p>2 9:00 ROUND TABLE 9:30 MOVIE IN ROOM 9:45 NEWS & VIEWS 2:00 BINGO! 3:15 ONE TO ONE - I</p>	<p>3 9:00 MOVIE IN ROOM 9:45 LENDING LIBRARY 10:00 CATHOLIC COMMUNION 1:30 TIGER LILY VISITS 2:00 SHUFFLEBOARD 3:15 ONE TO ONE - I</p>	<p>4 8:00 ROUND TABLE 9:45 MAKING MARDI GRAS MASKS 10:00 DISCOVERY-BD 2:00 MARDI GRAS BINGO! 3:15 ONE TO ONE</p>	<p>5 9:45 MORNING STRETCH 9:50 ANGEL VISIT-p 10:15 CROSSWORDS 2:00 AFTERNOON GAMES: LEPRCHAUN TOSS 3:15 ONE TO ONE-I</p>	<p>6 9:00 I LOVE LUCY 9:30 CRAFTS: SHAMROCKS 9:45 DISCOVERY - BD 2:00 ENTERTAINER: BANJO MAN 6:30 GAME NIGHT!</p>	<p>7 9:30 MOVIE IN ROOM 10:00 PIANO MUSIC W/ Margaret & James DeBoard 10:30 BIBLE TRIVIA 2:00 BINGO 3:15 ONE TO ONE - I</p>	<p>8 8:00 MOVIE CLASSICS 9:50 MORNING DEVOTIONAL 2:30 LOCKEFORD SDA SINGERS 3:15 ONE TO ONE - I</p>	
<p>9 8:00 ROUND TABLE 9:30 MOVIE IN ROOM 9:45 NEWS & VIEWS 2:00 First Missionary Baptist Church 3:15 ONE TO ONE - I</p>	<p>10 9:30 MOVIE IN ROOM 9:45 GET UP & MOVE 10:00 ROSARY - BD 10:15 CROSSWORDS - I 1:30 TIGER LILY VISITS 2:00 SHAMROCKS PINS 3:15 ONE TO ONE - I</p>	<p>11 9:45 BALLOON TOSS 10:00 DISCOVERY 10:15 ORGAN CONCERT W/Barbara Kelly-Kettner 2:00 BINGO! 3:15 ONE TO ONE - I</p>	<p>12 9:45 MORNING STRETCH 9:50 ANGEL VISIT-p 10:15 SALVATION ARMY 2:00 BINGO W/ MR. NEVIS 5TH GRADERS VISITS 3:15 ONE TO ONE - I</p>	<p>13 9:00 I LOVE LUCY 9:30 CERAMICS 9:45 DISCOVERY - BD 11:00 OUTING - LUNCH 2:00 POPCORN RACES 3:15 ONE TO ONE - I 6:30 EVENING BINGO</p>	<p>14 8:00 ROUND TABLE 10:00 PIANO MUSIC W/ Margaret & James DeBoard 10:30 BIBLE TRIVIA 2:00 BINGO! 3:15 ONE TO ONE - I</p>	<p>15 8:00 MOVIE CLASSICS 9:50 MORNING DEVOTIONAL 2:00 PERFORMER: GENE HANTEN 3:15 ONE TO ONE - I</p>	
<p>16 9:00 ROUND TABLE 9:30 MOVIE IN ROOM 9:45 NEWS & VIEWS 2:00 LEMONADE ON THE PATIO! 3:15 ONE TO ONE - I</p>	<p>17 9:45 LENDING LIBRARY 10:00 CATHOLIC MASS 10:15 ROOM VISITS 1:30 TIGER LILY VISITS 2:00 ST. PARTICKS'DAY MINT CREAM FLOAT</p>	<p>18 8:00 ROUND TABLE 9:45 CRAFTS CLASS 10:00 DISCOVERY-BD 10:15 WORD GAMES 2:00 BINGO! 3:15 ONE TO ONE!</p>	<p>19 9:45 MORNING STRETCH 9:50 ANGEL VISIT-p 10:15 CROSSWORDS 2:00 MARCH B-DAY PARTY W/LeDEANA 3:15 ONE TO ONE - I</p>	<p>20 9:00 I LOVE LUCY 9:30 CRAFTS: POTS 9:45 DISCOVERY - BD 2:00 SPRING GARDENING 6:30 COOKING CLASS</p>	<p>21 8:00 ROUND TABLE 10:00 LODI AVENUE BAPTIST CHURCH 10:30 BIBLE TRIVIA 2:00 BINGO 3:15 ONE TO ONE - I</p>	<p>22 8:00 MOVIE CLASSICS 9:50 MORNING DEVOTIONAL 2:30 LOCKEFORD SDA SINGERS 3:15 ONE TO ONE - I</p>	
<p>23/30 9:00 ROUND TABLE 9:45 NEWS & VIEWS 2:00 RESIDENTS RIGHTS BINGO! 9:00 ROUND TABLE 9:45 NEWS & VIEWS 2:00 TEA ON THE PATIO</p>	<p>24/31 9:45 GET UP & MOVE 10:15 CROSSWORDS 1:30 TIGER LILY VISITS 2:00 COUNCIL MEETING 9:45 GET UP & MOVE 10:15 CROSSWORDS 2:00 SHUFFLEBOARD</p>	<p>25 8:00 ROUND TABLE 9:45 CRAFTS CLASS 10:00 DISCOVERY-BD 10:15 ULTIMATE TRIVIA 2:00 BINGO! 3:15 ONE TO ONE - I</p>	<p>26 9:45 MORNING STRETCH 9:50 ANGEL VISITS 10:15 SALVATION ARMY 2:00 ICE CREAM SOCIAL 3:15 ONE TO ONE - I</p>	<p>27 9:00 I LOVE LUCY 9:30 CERAMICS 9:45 DISCOVERY - BD 2:00 SUNFLOWER: Ginger on the Piano 5:30 Candle Light Dinner</p>	<p>28 8:00 ROUND TABLE 10:00 PIANO MUSIC W/ Margaret & James DeBoard 10:30 BIBLE TRIVIA 2:00 BINGO! 3:15 ONE TO ONE - I</p>	<p>29 8:00 MOVIE CLASSICS 9:50 MORNING DEVOTIONAL 2:00 PENNY ANTE 3:15 ONE TO ONE - I</p>	