

# Inspired Times

Inspired  
LIVING  
A Validus Senior Living Community

Meaningful Days. Inspiring Care.

News, events and happenings for residents and families at *Superior Residences of Brandon*

## Explore the Web To Boost Your Brain

Go ahead and surf, post, play and connect online—it can help keep your brain active. The Journals of Gerontology reports that digital literacy may be linked to preventing brain aging and age-related memory loss. Regularly taking part in online activities uses more of the brain's cognitive networks, keeping them healthy.

## Get It Together

Use a small tray or a decorative bowl to corral little items that can easily get knocked off a nightstand or table. The catchalls will help keep smaller items organized and make cleaning these surfaces easier.

## Say 'Cheez'

Those orange, square snacks known as Cheez-It crackers mark their 100th anniversary this year. The cheesy, crunchy bites were first baked and boxed up by a Dayton, Ohio, food company in 1921.

## March 2021

### Going Green on March 17

St. Patrick's Day has become a celebration of Irish culture and a whole lot of green. Folklore says that wearing the color makes a person invisible to leprechauns, who will only pinch those they can see.

### A Seated Stretch

Give your lower body a good stretch with a simple seated exercise. Using a sturdy chair, sit on the seat's edge with both feet flat on the floor. Hold the sides of the seat for support. Starting on your right side, lift your foot and extend your leg out in front of you at a diagonal angle. Tap your heel once on the floor, then bring your foot back to the starting position. Repeat the move with your left foot. Work up to 10 stretches on each side.

### Stone of the Sea

The light-colored blue-green gem known as aquamarine is the birthstone for March. In the same mineral family as emeralds, aquamarine stones have long been admired for their connection to the sea and the belief that they could calm waves and protect sailors.



### Spring Takes Flight

As spring arrives, many migrating birds return to yards and parks. Along with robins, which often have stayed around all winter, other feathered symbols of the season include swallows, blackbirds and killdeer.

### Tip for Your Lips

To avoid spreading any germs on your hands to your mouth, use a lip balm that comes in a tube instead of a product that you have to apply with your fingers.

### Brainteaser

Question: I'm a seven-letter word for "very heavy." Take away two letters from me and you'll have eight. Take away one letter from me and you will have 80. What word am I?

Answer: Weighty.

# March 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### Animal Entertainment

Take a peek at some of nature's cutest critters without leaving home! Many zoos and conservation organizations offer live video feeds of animals playing, sleeping and interacting with their caregivers. On a computer, tablet or smartphone, search the internet for "live animal cams" and let your wild adventures begin!

### Positive Thought

"Be the best version of yourself in anything you do. You don't have to live anybody else's story."  
—Steph Curry

### Memorable Melody: 'High Hopes'

Anytime you're feeling low, this cheery ditty says to take your cue from an ant that's trying to move a rubber tree plant. Impossible, you say? But that little old ant has one big thing going for it: high hopes! Frank Sinatra and child actor Eddie Hodges performed this tune in the 1959 comedy "A Hole in the Head," and it won the Oscar for best song. Even former first lady Eleanor Roosevelt endorsed its message of hope, reciting the words to the uplifting tune when she was a guest on Sinatra's TV special in 1960.

### Tasty Tamales

Don't keep it under wraps! March 23 is National Tamale Day.

### Dedicated Military Dogs

For their dedicated service in the military, March 13 is observed as National K9 Veterans Day. It's the official birthday of the U.S. Army's K-9 Corps, created in 1942.

### 'New' Is One

How many words can you come up with using the letters in "awakening"?

## "This Month In History" MARCH

**1918:** Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

**1941:** The pioneering squadron of African American military aviators known as the Tuskegee Army is activated for service in World War II.

**1962:** In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points playing against the New York Knicks. It's still the record for most points scored in a single game.

**1974:** People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

**1987:** To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

**2006:** Using an early version of Twitter, the world's first tweet is posted. The social networking platform went live to the public later that summer.

**2020:** The World Health Organization declares the outbreak of the COVID-19 virus a global pandemic.