

## March Birthdays

In astrology, those born between March 1–20 are Pisces' Fish. Pisces are friendly, wise, and selfless, making them compassionate and generous friends. Their intuitive and romantic natures also make them creative and expressive artists. Those born from March 21–31 are Rams of Aries. The first sign of the zodiac, Rams are unafraid to forge ahead with passion, zeal, and confidence. Full of optimism and hope, Aries are both eager to get the job done and unafraid to confront problems head-on.

- 1<sup>st</sup> - **Chey G.**
- 5<sup>th</sup> - **Jett W.**
- 6<sup>th</sup> - **Duane**
- 10<sup>th</sup> - **Julie**
- 10<sup>th</sup> - **Jean**
- 11<sup>th</sup> - **Jessica V.**
- 11<sup>th</sup> - **Rachael H.**
- 14<sup>th</sup> - **Jeanice B.**
- 15<sup>th</sup> - **Jaci R.**
- 17<sup>th</sup> - **Ethel**
- 21<sup>st</sup> - **Fran**
- 21<sup>st</sup> - **Rosanna T.**
- 22<sup>nd</sup> - **Carol H.**
- 22<sup>nd</sup> - **Jeff**
- 24<sup>th</sup> - **Eveony M.**
- 25<sup>th</sup> - **Gloria R.**
- 27<sup>th</sup> - **Michele M.**
- 30<sup>th</sup> - **Lori M.**

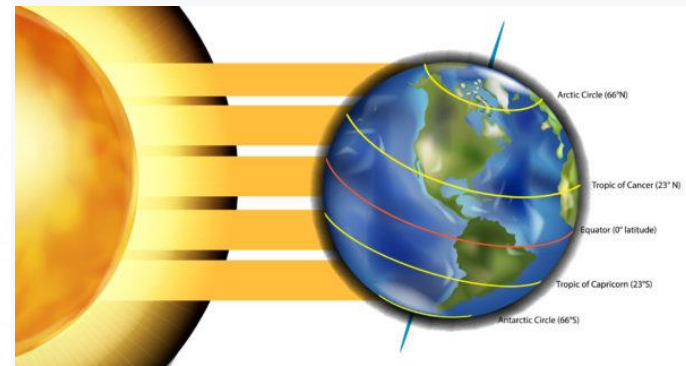


## What Does Vernal Equinox Mean?

*Vernal* translates to “new” and “fresh,” and *equinox* derived from the Latin *aequus* (equal) and *nox* (night).

So what does that mean? Essentially, our hours of daylight — the period of time each day between sunrise and sunset — have been growing slightly longer each day since the Winter Solstice in December, which is the shortest day of the year (at least in terms of light).

Even after three months of lengthening days, though, we still see less light than darkness over the course of a day. The vernal equinox marks the turning point when daylight begins to win out over darkness.



At this moment, the direct rays of the Sun are shining down on the equator producing the effect of equal day and night (give or take a few minutes). After the vernal equinox, the direct rays of the Sun migrate north of the Equator (with hours of daylight steadily growing longer) until they finally arrive at the Tropic of the Cancer (latitude 23.5 degrees north).

The migration of the Sun's direct rays comes to a halt on that day; this is as far north as they will go. We call this the **summer solstice** (*solstice* is a suspension of the migration of the Sun's direct rays). It is the longest day of the year in terms of hours of daylight.

After the summer solstice, the direct rays proceed to head south and the days begin to grow shorter. It will take another three months, until the autumnal equinox for the periods of daylight and darkness to reach equilibrium once again.

The rays ultimately reach the Tropic of Capricorn (latitude 23.5 degrees south) on the day of the winter solstice and the whole cycle begins again!

Source: <https://www.farmersalmanac.com/spring-equinox-first-day-spring>

# Halstad Living Center & Heritage House

133 4<sup>th</sup> Ave E, Halstad, MN 56548 phone: 218.456.2105 fax: 218.456.2290



## A Message from the Administrator:

We are excited to share the news that we will now be able to resume indoor visits, and we warmly welcome you back. The Centers for Medicare & Medicaid Services (CMS) and Minnesota Department of Health (MDH) have issued guidance on how we can safely re-open to visitors and continue to protect the health of our residents and staff.



Our ability to resume visitation would not have been possible without the incredible commitment and dedication of our staff team, who have worked tirelessly to manage the risks of COVID-19 and continue to provide compassionate care and support to our residents at a time when they are physically separated by their loved ones. We know that you, too, have made sacrifices during this incredibly difficult time and thank you for your patience and understanding.

The guidance provided by CMS and MDH is quite detailed. Indoor visits will be allowed so long as Norman County stays below a 10% positivity rate and there is no new infection in a resident or staff member. **In the event of an infection or rise in the county positivity rate, indoor visitation will cease until criteria to reopen is achieved.**

For your planning purposes, please know we will follow a similar procedure for inside visits as we do for outdoor visits. This will include:

- Please call ahead to schedule your visit. 218-456-2105. We cannot have more than 10 visitors in the building at one time.
- Visiting hours will be 7 days per week from 9:00am-4:30pm. Exceptions may be allowed for hours after 4:30pm. Please call to discuss.
- Visitors will not be allowed for residents who are on isolation or quarantine.
- Visitors must be screened at the door and must always wear a face mask.
  - If you do not pass the screening, unfortunately you will not be able to visit.
- Please do not visit if you are ill.
- Residents are allowed 2 visitors at a time.
- Children will be allowed to visit if they can follow social distancing, perform hand hygiene and wear a face mask. Children must be accompanied by an adult.
- Please take a direct path to the resident's room as to not mingle with others along the way.

Thank you again for being partners with us in fighting the COVID-19 virus. Your messages of support, prayers, and caring will not be forgotten. There may be more challenges ahead, and we may need to adjust as we roll-out our plan. Please do not hesitate to reach out to me at [angienelson@rrv.net](mailto:angienelson@rrv.net) or 218-456-2105 if you have any questions or concerns.

Sincerely,

Angie Nelson, Executive Director, LNHA, HSE

## What we would do with the Leprechaun's gold:

Update the parts of the Living Center that need updating

Install a new video and sound system for the activity space

Buy new big screen smart TVs for every room

Install a huge aquarium and hire someone to care for it

Find a place to rent puppies to come and visit us every week

Build a greenhouse to grow fresh fruits and veggies year round

## The Luck of the Irish

Happy St. Patrick's Day everyone! Year after year, March 17 celebrates Irish culture worldwide and commemorates St. Patrick, one of Ireland's patron saints. The holiday is generally celebrated culturally and religiously with parades, performances, and festivities throughout the world. Looking for some luck this year? St. Patrick's Day revelers often believed that carrying lucky charms on this day can bring them good fortune. So, here's how you can improve your luck and gain the luck of the Irish!

### Four-Leaf Clovers

In the early days of Ireland, Celtic priests believed that four-leaf clovers were able to offer magical protection and ward off bad luck from evil spirits. Today, the Irish believe that whoever finds a clover with 4 leaves can be protected from witchcraft and additionally receive good luck in gambling and racing. Four-leaf clovers are extremely rare to find and the luck it offers may be limited – If the finder shows their four-leaf clover to anyone else, the luck vanishes!



### Horseshoes

The early Irish had a superstition for mythical fairy tale creatures. The reason why horseshoes are considered a good luck charm is because the metal helps ward off goblins and evil spirits from homes! However, only horseshoes found spontaneously are considered good luck—purchasing one or using a gifted horseshoe doesn't count. There is also much debate about the proper way to hang the horseshoe. For example, some believe that hanging the piece with the two ends pointing upwards help collect luck and keeps it from in place, while other traditions state that the two ends should point downward so that luck pours onto those who walk through the door where the shoe is hung.



### The Color Green

Why do so many people wear green on St. Patrick's Day? The answer is to avoid being pinched by leprechauns! Leprechauns are sneaky little tricksters who enjoy pranking people, but you can avoid this by wearing the color green. This color makes you "invisible" to these fairy tale creatures.



Continued in next column



*Winds of March, we welcome you,  
There is work for you to do.*



*Work and play and blow all day,  
Blow the winter cold away.*

~ Unknown



### Haircuts

We all need haircuts once in a while, however if the date happens to fall on March 17th, try waiting until the evening! An Irish tradition states that cutting your hair in moonlight can help you squeeze out some luck. But just don't give a lock of your hair to your significant partner as a romantic gesture — this actually has the opposite effect and can bring you bad luck!



So, there you have it. Whether you celebrate March 17 or not, we wish you the best of luck!

Source: <https://www.shoplet.com/blog/office-fun/true-story-9-st-patricks-day-lucky-charms/>

### Where Did it Go?

If you notice something missing from your loved one's room please don't hesitate to let us know. Sometimes things get misplaced or sent to the unmarked clothing storage area if we are unsure who it belongs to. Please reach out to Kristen Hanson, Environmental Services Manager, or Lorie Paulsrud, Social Service Designee, with a description of the missing item and we will do our best to make it right. Thanks for your patience and understanding!

## March is Multiple Sclerosis Awareness Month

# Multiple Sclerosis

### QUICK FACTS



### >>> WHAT IS IT <<<

Multiple Sclerosis (MS) is a chronic neurological disorder that affects the central nervous system. It is an auto-immune disease that causes cells to attack healthy nerves.

### // SYMPTOMS //

- Fatigue
- Double Vision
- Vertigo
- Slurred Speech
- Loss of Coordination
- Numbness/Tingling
- Weak Limbs
- Pain
- Reduced Sense of Touch
- Muscle Spasms
- Vision Loss
- Unstable Moods
- Hearing Loss
- Incontinence
- Diarrhea
- Stuttering
- Difficulty swallowing
- Difficulty concentrating

MULTIPLE SCLEROSIS is what's known as a **snowflake disease** because **NO TWO** MS patients are alike

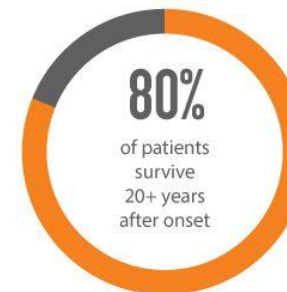


more than 400,000 people in the US have MS

20

most MS patients are diagnosed between ages 20 and 40

40



MS is twice as likely to affect women than men

There are FOUR types of Multiple Sclerosis:

- relapsing-remitting
- secondary-progressive
- progressive-relapsing
- primary-progressive



Life Expectancy for those with MS is nearly the same as for those without the disease.

[www.easystand.com](http://www.easystand.com)



No winter lasts forever; no spring skips its turn. -Hal Borland

### A Limerick Laugh

A jolly Irish fellow named Hugh  
Was arrested for saying, "Look, snoo!"  
"What's snoo?" they would cry,  
And he'd always reply  
"Oh, nothing much, what's snoo with you?"



## Halstad Living Center Nursing Home Compare 5 Star Rating



<https://www.medicare.gov/nursinghomecompare/search.html?>