

March 2020

West Bloomfield Health & Rehabilitation Center

6445 West Maple Road, West Bloomfield, MI 48322 (248) 661-1600



Celebrating March

**Irish-American Heritage
Month**

Women's History Month

**International Black Women
in Jazz and the Arts Month**

World Compliment Day
March 1

International Women's Day
March 8

Welllderly Week
March 16–22

St. Patrick's Day
March 17

Tuskegee Airmen Day
March 22

**Make Up Your Own Holiday
Day**
March 26

Welcome to West Bloomfield!

Internet Services

A desktop computer and printer are available for ***Patients*** in our Recreation Room; a tablet is available for same during the day in your room if you are unable to leave your room;

*Wi-Fi service User Name:

PremierGuest

*Password:

Premierguest

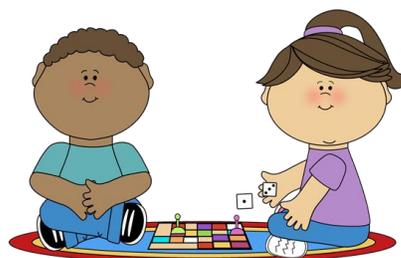
*Case Sensitive

Library

A variety of reading material are available including: books, magazines, playing cards, jigsaw and word search puzzles; we have a Detroit News available in the Recreation Room; if you want a daily in-room newspaper, it is your responsibility to subscribe to it.

We also have a variety of games located in the Main Dining Room.

Parents: please supervise your children as our Patients also use these items.



Some calendar highlights:

Monday, March 2

Bingo with United Methodist Church at 2:30 PM in the Main Dining Room;

Tuesday, March 10

Purim Celebration with The Shul at 10:00 AM in the Main Dining Room;

Thursday, March 12

Cathy & Company Dance at 2:30 PM in the Main Dining Room;

Friday, March 13

Collective Goods Book Sale from 10:00 AM to 3:00 PM in the Main Dining Room;

Saturday, March 14

Piano music with Mark Green in the Main Dining Room at 2:45—enjoy some ice cream as well!

Tuesday, March 17

St. Patrick's Day games and social at 2:30 PM in the Main Dining Room;



Sunday, March 29

En Cierne Ensemble at 3:00 PM in the Main Dining Room

The Great Escape



On March 24, 1944, the British bomber pilot Leslie “Johnny” Bull poked his head out of the ground and took his first breath of freedom after suffering as a prisoner of war in the Nazi-controlled Stalag Luft III camp. The so-called “Great Escape” had begun, one of the most daring mass breakouts ever attempted during wartime.

In 1944, the camp housed over 10,000 Allied service members. The location of the camp was chosen in part due to its sandy soil, which made any attempts to tunnel out extremely difficult. This did not deter Royal Air Force Squadron Leader Roger Bushell from devising a grand tunneling scheme. His plan consisted of “three bloody deep, bloody long tunnels,” code-named Tom, Dick, and Harry. Previous escapes had been attempted, but none on the scale Bushell proposed. Not only did he oversee the excavation of three tunnels but he also devised a system of signals that allowed POWs to track prison guards and communicate their whereabouts. He also procured civilian clothes for escapees, forged travel documents, and equipment for the 600 digging inmates. As the plan’s mastermind, Bushell was given the code name “Big X.”

His plan proved ingenious. Powdered milk cans distributed by the Red Cross were fashioned into shovels, picks, and lanterns. Excavated dirt was smuggled to the surface inside inmates’ trouser legs and then scattered while the prisoners walked around. The tunnels were 30-feet deep and just 2-feet square, the walls shored up with pieces of wood scavenged from all over the camp, most notably the prisoners’ bunk beds. Many of the guards, who were openly anti-Nazi, assisted in the procuring of forged documents and materials. By the moonless night of March 24, 1944, the tunnel “Harry” was complete, and 76 men tunneled to freedom. Of the 76 escapees, 73 were captured, but the dramatic “Great Escape” became the stuff of legend and a Hollywood blockbuster.

Sock Monkey Day

The fabulous folk-art-toy-turned-kitschy-gift known as the sock monkey enjoys its own holiday on March 7. (Some sources say March 1.) The sock monkey can trace its origins back to England’s Victorian era and the exploration of the continent of Africa. Tales of exotic new animals were recounted in news reports and fictional tales such as Rudyard Kipling’s *The Jungle Book*. It became fashionable to decorate children’s rooms with all manner of stuffed animals such as lions and monkeys. It did not take long before the trend reached America. Swedish immigrant to America John Nelson patented a sock-knitting machine in Rockford, Illinois, in 1868. His socks became so popular that they became known as “Rockford Red-Heels.” During the Great Depression in America, economical families created their own stuffed animals, notably monkeys, using these trademark red-heeled socks. The red heels gave the “sock monkeys” their distinctive red mouths. In 1953, a woman named Helen Cooke patented the “sock monkey” and eventually sold her idea back to the Nelson Knitting Company, still located in Rockford.

Fit to the Finish?



The first Sunday in March is known as Finisher’s Medal Day, honoring all those who don’t win the race but just cross the finish line. The day was designed to encourage everyone to participate in races, not just those with a real shot at winning. But this begs the question, does awarding a medal or trophy just for participation send a good message? Some argue that such participation medals diminish excellence. They become worthless mementos of participation rather than true tokens of achievement. They send the message that everyone is a winner, when in real life there are winners and losers. In some ways, these medals rob kids of the important lessons of losing, like how to cope with disappointment and how to remain resilient in the face of defeat.

Women of the World Unite



Women around the world will take to the streets promoting women's rights to celebrate International Women's Day on March 8. The first National Women's Day occurred over 100 years ago on February 28, 1909, in New York.

Theresa Malkiel, a factory worker who rose to the top of the leadership of the Women's National Committee of the Socialist Party, proposed the first celebration. Malkiel believed that socialism was the path toward the liberation and equality of women. When the men of the party showed no true interest in equal rights for women members, Malkiel took it upon herself to organize her fellow women and strengthen their place in the party. The first Women's Day celebration was a show of strength for the women she organized.

The struggle for women's rights was not unique to America. Across Europe, women were organizing for workers' rights and the right to vote. In 1910, at the International Socialist Women's Conference in Denmark, European activists decided to establish an international holiday modeled on the one organized by Malkiel. The following year, on March 11, 1911, International Women's Day was celebrated for the first time by over a million people in Austria, Denmark, Germany, and Switzerland. Women took to the streets, marching for the right to vote, to hold public office, and to enjoy equal opportunities for employment. Six years later, on March 8, 1917, International Women's Day marchers across Russia marched for "Bread and Peace," demanding an end to World War I, tsarism, and government-imposed food shortages. This marked the beginning of Russia's February Revolution (according to their old calendar). Seven days later, Tsar Nicholas II abdicated the throne, and women were granted the right to vote. Over the decades, the holiday has transformed from a socialist holiday to a mainstream celebration of political activism by women. While the day is an official holiday in many countries, the fact that it is not observed in many places speaks to the pressing need to continue the fight for women's rights.

March Birthdays

In astrology, those born between March 1–20 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others. Those born between March 21–31 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into even the most challenging situations.

Theodor Seuss Geisel (writer) – March 2, 1904
Lou Costello (comedian) – March 6, 1906
Mickey Dolenz (Monkee) – March 8, 1945
Liza Minnelli (actress) – March 12, 1946
Simone Biles (gymnast) – March 14, 1997
Moms Mabley (comedienne) – March 19, 1894
Fred Rogers (neighbor) – March 20, 1928
Chaka Khan (singer) – March 23, 1953
Harry Houdini (magician) – March 24, 1874
Flannery O'Connor (author) – March 25, 1925
Mariah Carey (singer) – March 27, 1970
Liz Claiborne (designer) – March 31, 1929

Won't You Be My Neighbor?



Each year, March 20 is celebrated as Won't You Be My Neighbor Day in honor of the birthday of Fred Rogers, everybody's favorite television neighbor. Rogers suffered a lonely childhood and was often taunted about being overweight. He overcame his shyness to become a Presbyterian minister but left the seminary to go into television. He hated TV and wanted to transform it into a means of nurturing those who would watch and listen. Rogers was a natural when it came to children's broadcasting, using his talents to develop puppets, music, and characters that appealed to kids' better natures. By the time the show *Mister Rogers' Neighborhood* aired in 1968, he had mastered his use of imaginative elements and the kind, quiet manner that became his trademark.