

# Addison Heights

## Health and Rehabilitation Center

3600 Butz Road • Maumee, OH 43537 • (419) 867-7926

### March Madness

It means office pools. Heartbreak. Buzzer beaters. Braggin' rights. "March Madness" strikes this month each year. The goal is to crown a national champion in college basketball. But did you know "March Madness" originally was coined in relation to high school hoops?

In 1939, Henry V. Porter, an administrator with the Illinois High School Association, referred to "March Madness" in an article he wrote describing the hoopla surrounding the Illinois state tournament.

When TV broadcaster Brent Musburger used the phrase "March Madness" during the 1982 NCAA tournament, it ignited an association with what has become a much-anticipated March staple.

### Chasing Rainbows

A rainbow is one of the most wondrous sights in nature. Here's how you can spot one!

Rainbows are caused by light shining through water, so the best time to look for them is during a break in a rainstorm, when the sun is peeking out. Early mornings and late afternoons are better. Look for the sun in the sky and then turn your back to it—rainbows only appear across from the sun.

The sky beneath a rainbow is brighter than the sky above it, so if you see a bright patch of sky, look closely. There may be a faint rainbow! When a rainbow itself is especially vibrant, there may be a double rainbow reflected from the top of the arc. The colors of this rainbow will be in reverse.

### March 2025

#### This or That

Life's full of choices—so let's have fun with some of them! Get to know your friends better with these simple either-or questions.

- Get up early or stay up late?
- Dogs or cats?
- Chocolate or vanilla?
- Winter or summer?
- City or countryside?
- Glass half-full or glass half-empty?
- Dip a toe in the water or dive in the deep end?
- Singing or dancing?
- Coffee or tea?
- Book or movie?
- Sweet or salty?
- Words or actions?
- Travel to the past or visit the future?
- Dine in or dine out?
- Mustard or ketchup?
- Introvert or extrovert?
- Homemade or store-bought?
- Batman or Superman?
- Peanut butter—crunchy or creamy?
- Indoors or outdoors?
- Soup or salad?
- Board games or card games?
- Mountains or beach?
- Be the driver or be a passenger?
- Pancakes or waffles?
- Do the laundry or do the dishes?
- Showers or baths?
- Coke or Pepsi?
- Road trip or plane ride?
- Sunrise or sunset?

## Go Green on March 17

St. Patrick's Day on March 17 is a time when many people claim kinship with the Emerald Isle and hope for the luck of the Irish. No matter your ancestry, you may be interested in the following facts and figures.

- The first New York City St. Patrick's Day parade occurred in 1762. The current parade lasts five to six hours and is attended by around 2 million spectators every year.
- In addition to a parade, Chicago celebrates St. Paddy's Day by turning the Chicago River green. It takes about 40 pounds of powdered dye to accomplish the festive feat.
- More than 60 percent of people in the U.S. celebrate St. Patrick's Day in some way, spending about \$7 billion on the holiday.
- An estimated 31 million Americans have Irish ancestry. That's about six times the population of Ireland.
- Towns that seem especially suited to celebrate the holiday include Shamrock, Texas; St. Patrick, Mo.; Dublin, Ohio; Ireland, W.Va.; Emerald Isle, N.C.; and Irishtown, Ill.
- Over 650,000 babies born in the U.S. in the last century have been named Patrick. The name means "nobleman."



## 'Favorite Things' About a Classic Film

From the memorable melodies to the picturesque scenery, "The Sound of Music" is one of the most beloved movie musicals of all time. Climb over this mountain of film facts:

"The Sound of Music" was released in the U.S. on March 2, 1965. It was so popular, it played in theaters for 4 1/2 years.

The cast spent nearly three months filming in the city of Salzburg, Austria.

Stars Julie Andrews and Christopher Plummer both learned guitar for the movie, but Plummer's singing and guitar-playing were dubbed in the final cut.

The real Maria von Trapp, along with her daughter and granddaughter, appear as extras in the film. They can be seen in the background as Maria leaves the abbey and sings "I Have Confidence."

Many of the child actors experienced growth spurts during filming. To keep their heights consistent, in some scenes the actors had to be barefoot, wear shoe lifts or stand on a box.



## Meet Our Team

- Wendy Hartman-Hasselbach-  
LNHA
- Mandy Johnson- Director Of  
Nursing
- Theron Lawrence- Unit  
Manager
- Dani Biegaj- Director Of  
Housekeeping
- Lindsey Dernier- Admissions  
Director
- Brittany Lane- MDS  
Coordinator
- Daniel Echols- Maintenance  
Director
- Yolonda Phillips- Dietary  
Director
- Jennifer Shultz- Therapy  
Director
- Jada Phillips- Social Service  
Director
- Donna Stanford- Human  
Resources Director
- Melinda Westfall- Medical  
Records/Central Supply  
Director
- Josephine- Business Office  
Manager





### The Last Great Race

Throughout history, man's relationship with dogs has been a special one, especially in Arctic regions where archaeologists believe canines have aided people for more than 10,000 years. Sled dogs in Alaska, for example, have proven an invaluable resource in transporting people and goods across the frozen tundra.

Today, this unique mode of transportation and its history is celebrated in a variety of sled

dog races, the most famous being the Iditarod, called the "Last Great Race." First run in 1973, the 1,000-mile race each March begins in Anchorage. Racers, known as mushers, lead a team of up to 16 dogs and follow the historic Iditarod Trail through several cities and villages, ending in Nome.

The Iditarod plays a key role in keeping Alaska's sled dog culture alive, which was largely abandoned after snowmobiles and airplanes became faster modes of travel. It also preserves the Iditarod Trail, a National Historic Trail, which was a vital mail and supply route between Seward and Nome.

### Eclipses Explained

The astronomical wonders known as eclipses have fascinated humans for thousands of years.

A lunar eclipse occurs when the Earth passes between the moon and the sun, and the Earth casts a shadow over the moon. This type of eclipse can only happen during a full moon. If the sun, Earth and moon are aligned perfectly, then a total lunar eclipse occurs. Although the moon is fully in the Earth's shadow, it doesn't totally disappear—instead, it has a faint glow or may even look red due to sunlight shining through the Earth's atmosphere.

A solar eclipse is when the

moon passes between the Earth and the sun, and the moon casts a shadow on the Earth. This phenomenon only happens during a new moon. When the moon is closest to Earth, it appears larger than the sun and is able to totally block it out—creating a total solar eclipse. Only the sun's halo-like glow is visible behind the moon.



### The Best Medicine Signs in Doctors' Waiting Rooms

At an optometrist's office: "If you don't see what you're looking for, you've come to the right place."

At a podiatrist's office: "Time wounds all heels."

At a veterinarian's office: "Back in 5 minutes. Sit! Stay!"

### Medical Terms Explained

Bacteria: The back door to a cafeteria

CAT scan: Searching for a kitty

Thorax: Character in a Dr. Seuss book

GI series: World Series of military baseball

A patient with a banana sticking out of his ear and a hot dog up his nose goes to the doctor and complains, "Doctor, I don't feel well." The doctor replies, "Well, it looks like you're not eating right."

A woman rushes into her doctor's office and declares, "I think I'm shrinking!" The doctor calmly responds, "Now, settle down and just be a little patient."

Patient: "When I poke my leg, it hurts, when I press my chest, it hurts, and when I poke my stomach, it hurts. What's wrong with me, Doc?"

Doctor: "That's easy; you have a sore finger!"

## March 2025

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
23/30	24/31	25	26	27	28	29

# SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

4	5	3	6	7	2	1	8	9
4	3	7	6	5	8	9	1	2
9	2	5	1	4	3	6	8	7
6	7	5	4	9	3	1	8	2
3	1	8	4	2	6	5	7	9
2	6	9	7	8	5	4	3	1
8	7	6	3	1	4	2	9	5
3	5	9	2	8	6	7	1	4
1	4	3	5	9	2	7	6	8

	<b>9</b>	<b>2</b>			<b>7</b>		<b>4</b>	
				<b>1</b>	<b>4</b>			<b>5</b>
<b>2</b>					<b>5</b>			
		<b>8</b>			<b>6</b>	<b>5</b>	<b>7</b>	<b>9</b>
<b>7</b>	<b>5</b>		<b>9</b>			<b>8</b>		<b>6</b>
<b>9</b>		<b>5</b>						<b>7</b>
	<b>3</b>	<b>7</b>			<b>8</b>		<b>1</b>	
		<b>1</b>	<b>2</b>			<b>3</b>		