

# The Judson Courier

39 Swaggertown Road \* Glenville, NY \* 12302 \* (518) 831-2400



## Happy Birthday!

March 23<sup>rd</sup> – Melissa Schellenger

March 29<sup>th</sup> – Amy St. Louis

Belated:

Dey Dey Faulkner – February 12<sup>th</sup>

## Highlights In This Issue

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## Celebrating March

**Optimism Month**

**Women's History Month**

**Irish-American Heritage Month**

**Nutrition Month**

**March Madness**

**Iditarod Race**

*March 1–16*

**Welllderly Week**

*March 17–23*

**Pancake Day**

*March 4*

**Napping Day**

*March 10*

**Quilting Day**

*March 15*

## February In Review

Written by Christine Daniel, Activities Director

Another month has passed us by, and the days are starting to get longer. It sure has been an old-fashioned winter, and it's not over yet. Groundhog Punxsutawnie Phil emerged at 7:38 a.m. on Groundhog's Day this year, saw his shadow, and retreated fearfully back into his burrow. As the old folklore belief goes, we have six more weeks of winter after that point. Hopefully, we'll see some warmer weather by the end of March!

Once again, in February, we celebrated the love of our very special in-house couple, Mr. & Mrs. Manzone – a surprise celebration attended by family and friends, new and old, in which our sweethearts renewed their vows.

Our "Healthy Focus" group continued, as we welcomed Susan Bardin, FNP and Anna Califano, RN from Ellis Medicine to speak about Heart Health Month. This month will feature a registered dietician from Morrison's to speak about nutrition. The program will take place on Thursday, March 13<sup>th</sup> at 2:00 p.m.

This month, Christine will also be beginning a weekly women's group, dedicated to be a special time for the ladies to get together and enjoy each other's company. Each week will feature a different focus, including discussion groups, games, and more.

Lastly, on a sad note, in February, we said goodbye to our first resident, Norman Kohout. While we only knew Norman for a short period of time, he made his presence known, and was well-liked by his new friends at Judson Meadows. Norman had a great sense of humor, and had a way about rousing up any activities program or normal meal time. In honor of Norman, residents and staff paid their respects at an in-house remembrance ceremony. His smile and fun-loving personality will



## Quiz Shows in Jeopardy



Television quiz shows came under fire in the 1950s when it was discovered that contestants were given help and sometimes even answers by quiz show producers. The incredibly popular shows *Quiz Show*, *Twenty-One*, *Dotto*, and *The \$64,000 Question* were all revealed to have been

rigged, with contestants playing along to increase the dramatic tension and make the show more enjoyable for viewers. Things got so bad that the U.S. Congress felt it necessary to pass a law in 1960 banning all fixing of quiz shows.

For these reasons, many television networks were hesitant to produce any new quiz shows. But audiences craved them. In 1964, television producer Merv Griffin wanted to come up with a new game show. His wife, Julann, pitched him this idea: a show where the contestants got the answer and they were forced to come up with the question. For example, if the answer is 5,280, the question is, "What is, 'How many feet are in a mile?'" From that simple idea, the hit show *Jeopardy!* was born.

On March 30, 1964, *Jeopardy!* debuted, hosted by actor Art Fleming. It was a great show, but after 11 years it folded. It was revived in 1984, this time hosted by Alex Trebek. It has been on television ever since, airing over 6,000 episodes, winning 30 daytime Emmy awards and a Peabody Award. Many television critics argue that *Jeopardy!* is the number one game show of all time.

Contestant Ken Jennings would agree. In 2004, he won 74 straight games, earning \$2,520,700 in prize money. He holds the record for the longest *Jeopardy!* winning streak. Alex Trebek may set a record of his own. He has been hosting *Jeopardy!* for 30 years. Only Bob Barker and Pat Sajak have hosted game shows longer, but Trebek could surpass them.

## Employee Spotlight

### Lori Mannix, LPN

#### What inspired you to work in the healthcare field?

I love helping people and feeling as though I've made a difference in their lives.

#### How long have you been at Judson Meadows?

Seven months.

#### How would you describe your role in the Judson Meadows community?

As an LPN here, I take an active role in being sure our residents are getting the best possible care by communicating with doctors, pharmacists, and other medical personnel.

#### What do you do when you aren't working?

Spending time with my friends, family, and my dog Teddy. Going to the movies, shopping, reading, day trips, and concerts. Or, catch up on household responsibilities.

#### What do you find most rewarding about working here?

Seeing how much our residents appreciate even the smallest of things we do for them. I love seeing them smile.

#### What do you find most challenging?

Due to rules and regulations for assisted living, I am not able to jump into as many tasks as I could in other types of facilities. It's a big adjustment.

#### What is the best thing that's happened since you began working here?

I love going to work! Spending every day with great coworkers. It is a job I truly enjoy.

#### What advice would you give to someone looking to work in this field?

Do your research. Look into all avenues of healthcare. Find your comfort zone, what environment is going to make you happiest. Then, pursue it.

#### What do you wish other people knew about Judson Meadows?

What great people work here. How caring and supportive they are to all of our residents.

#### What might someone be surprised to know about you?

I love poetry.

#### What do you think sets Judson Meadows apart from other communities in the area?

We are a private community, very close knit. We think of it more as a second home. Our residents and fellow employees are like our extended family. That feeling shines through, you can feel it.

#### Our Favorite Story About Lori:

Ask her to tell you about a pet goat she once knew....  
And ask her to do her impression of the goat!

## The Party-Line

Written by Maureen Godlewski

580-W was the party-line that connected our house to the world—so it seemed—when I was a kid growing up in Saratoga Springs. All these years later, I can still see the black rotary-dial phone perched on a desk near the dining room. W was the letter of our phone line attached to 580. This was known as a party line. Here's how it worked: After taking the handle out of the phone cradle and putting it next to your ear to listen for a dial tone which was extremely important on a party line because up to four residents could be using 580, but with different letters (W X Y Z). With that picture in mind, if 580W was connected and talking to their party, and 580Y picks up their phone and hears people chatting, the perfect scenario is that 580Y hangs up and waits for their turn to use the party line.

Of course, annoyances occur from time to time. For example, 580Z picks up their phone, but fails to check the line for voices and begins dialing which deafens the conversation between 580W and her friend. Although rude Z will not get connected, nevertheless, their action has laid down the gauntlet which leads to the slamming down of Z's move mane receiver or more often imparting a few words such as "You kids are always on this phone" or "This is an emergency". Now, my parents instructed me to immediately get off the phone if someone claimed an "emergency", but they didn't say I couldn't check to see if that claim was legitimate. Practice is important to care out this maneuver so that it is undetectable. The handle of the phone needs to be raised at the exact time you depress the center bar, but don't forget the wash cloth over the mouth-piece to muffle your breathing. Now, the skill is in your fingers as you slowly, very, very slowly let the depressed center bar rise, thus revealing the truth or falsehood spoken by 580Z (an emergency-my ear). I couldn't say anything to Z because she would call me a "snoop" and tell my parents. Yet, just being a successful detective was reward enough for me on this party line. By the way, there were private lines, probably used by people who lived on Fifth Ave. and North Broadway.

When I was 16 years old, a rep. from the Telephone Company came to my high school- then St. Peter's Academy- and explained the opportunity for summer employment as our city population increased during the warm months. She said training would be for either the local or long distance board. Although it seemed alluring to speak to other

operators from across the U.S., the local operations were of more interest to me.

I was so excited about my first job with The New York Telephone Company, no less. The seasoned supervisors explained the board-a long rectangular piece of metal with holes in it- needed to be operated by using the cord with a plug on its end, located near our hands, should be put into one of these holes, thus connecting the caller to the callee after pressing a small lever that sent the call over the wires. When a number lite up on the board, you plugged-in and said "number please". If the customer said 580W (my #), you just replied "thank you", but no socializing allowed even if you knew the person calling your number. One day I was seated next to an experienced employee, and each time she plugged into the board, she would say "bumble please" and she would give me that devilish smile. It tickled my fancy to hear her interpretation of the standard greeting. By the way, there was only one place on the board to plug into 580, but the W X Y Z were tested by the plug for a busy signal on four sides of the hole/number (top right, bottom right, top left, bottom left) I was really in the swing of it. Either "that number is busy" or "thank you" were the only necessary responses. The supervisors-several on a shift- walked around with their headsets on and their hand-held plugs ready for action, should it arise. We'd been trained to deal with a customer who reposts a fire: keep them calm while getting their address. One little thing threw me off the appropriate dialogue because the person kept shouting, and I was not able to calm him down. Instead, I simply stood up and yelled FIRE which of course set the supervisors to running. I considered it my Hail Mary pass, but strangely enough, they never saw it as an innovative move, yet not enough to fire me (excuse the pun).

The Telephone Company continued to employ many operators at the Putnam St. building until the office went dial in the 1970's, I believe.

Eventually, we moved to another house and another number, but I have no recollection of the new number. Even though I may have rarely used the party line in my youth-we were mostly outside playing and yelling- nevertheless, it must have been the sound of our phone ringing and my curiosity about who was on the other end of that phone that always set me a-foot to be the first in the family to pick up 580W and "Hello"



## How Does Your Garden Grow?

Gardeners get giddy in March as the ground begins to thaw and green buds burst forth showing signs of spring. However, not all of those buds are welcome, and gardeners will also begin their assault

on unwanted weeds. But wait! Before you break your back pulling out garden invaders, take some time to understand these pests. March 28 is Weed Appreciation Day.

Many weeds are native species of flower that provide important pollen and nectar for bees and butterflies as well as seeds for a variety of birds. They may not be pretty, but they are important. For example, the humble clover may be undesirable, but it has tremendous benefits. It grows easily and in abundance, is a tasty and nutritious crop for grazing animals, fixes its own nitrogen (which means less need for fertilizer), and grows in a wide variety of climates and soils. It is also one of the honeybee's main sources of nectar.

Many other weeds are edible and healthy. The roots of the burdock plant are regularly eaten in Japan and Korea. It tastes similar to artichoke and is high in fiber and potassium. Dandelion and burdock are combined to make a tasty drink similar to root beer that is popular in England.

The leaves of lamb's quarters, also known as goosefoot or pigweed, is a good substitute for spinach. The seeds, known as quinoa, have recently become a popular dish and are high in protein and vitamin A.

Purslane is eaten all over the world in salads, stir-fry, or soups. It contains more of the all-important omega-3 fatty acids than any other leafy green. So this March, before you yank, consider whether that weed may actually be a boon for you and your woodland friends.

## Farewell Cruel Winter

The first day of spring is a common cause for celebration by people all over the world, but the students at Lake Superior State University in Michigan may have taken it too far. Every March 20 since 1971, the students have bid farewell to winter by burning a snowman. This isn't just some wacky college prank; this bizarre tradition began in Germany as the Rose Sunday Festival, where a parade bearing a snowman (made of straw) passes through town to the village center. There, the mayor asks all the local children if they have been good, diligent in their studies, and mindful of their parents. When all the children publicly shout "Yes," the snowman is burned.

The 10-foot snowman is made of leftover paper and scrap wood, and sometimes is dressed in a rival college's colors. As it burns, students, professors, local children, and anyone else who cares to join in recite poetry they have written about the snowman. Only one year, 1992, did not have a snowman burning due to environmental concerns by a student environmental awareness group. Locals were furious. Disappointed reporters arrived to find poetry but no snowman. The tradition was resumed the following year.

## Cats and Dogs

It doesn't get any cuter than March 23, when it is both Cuddly Kitten Day and Puppy Day. The debate between cat people and dog people rages on. At the Westminster Dog Show, dog authorities argue that they are outgoing while cat people are more aloof. Cat owners over at the Black Diamond Cat Show say they are more intelligent and independent than their dog-owning counterparts. Scientists tell a different story. Dog people, researchers say, are more extroverted, agreeable, and conscientious. Cat lovers are a bit less traditional and more artistic. Both parties, however, love to cuddle.

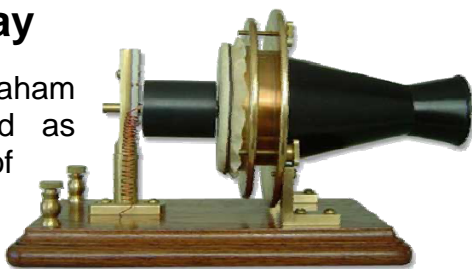


## Bell v. Gray

Alexander Graham Bell is hailed as the inventor of the telephone.

It was Bell who

discovered that sound travels over electrical wires and that these wires can be connected in a way that allows two people to speak to each other over long distances. On March 10, 1876, the telephone was born when Bell spoke to his assistant, Thomas A. Watson, saying, "Mr. Watson. Come here. I want to see you."



Was Bell the sole inventor of the telephone? Another renowned inventor, Elisha Gray, was working on a similar device. On February 14, 1876, Bell submitted an application to the patent office for his telephone. Just hours later, Gray submitted his own application for a patent. Gray wrote:

"To all whom it may concern: Be it known that I, Elisha Gray, of Chicago, in the County of Cook, and State of Illinois, have invented a new art of transmitting vocal sounds telegraphically, of which the following is a specification: It is the object of my invention to transmit the tones of the human voice through a telegraphic circuit, and reproduce them at the receiving end of the line, so that actual conversations can be carried on by persons at long distances apart."

When Gray discovered that Bell was awarded the patent, he took Bell to court. Not only did Gray believe that he submitted his paperwork first, but he believed that Bell learned of one of his designs and stole it. How did Bell steal Gray's design? One of the patent examiners at the patent office swore in an affidavit that he had shared Gray's paperwork and designs with Bell. The legal battle lasted over two years. The courts eventually ruled that while Gray had invented an important, even vital, component of the telephone, Bell had succeeded in creating the whole telephone. The rest, as they say, is history.

## Famous March Birthdays

Those born from March 1–20 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside they are intuitive, intensely spiritual, and deeply emotional. If you were born between March 21–31, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big and outgoing personalities.

Dr. Seuss (author) – March 2, 1904  
 Jackie Joyner-Kersey (athlete) – March 3, 1962  
 Lou Costello (comedian) – March 6, 1906  
 Sam Donaldson (journalist) – March 11, 1934  
 Jimmy Swaggart (pastor) – March 15, 1935  
 Glenn Close (actress) – March 19, 1947  
 Chaka Khan (singer) – March 23, 1953  
 Danica Patrick (driver) – March 25, 1982  
 Walt Frazier (ball player) – March 29, 1945  
 Gordie Howe (hockey player) – March 31, 1928

## For the Birds

All the kids are tweeting these days. No, that doesn't mean that they've gone to the birds. Tweeting is a social networking phenomenon conducted by writing short messages (only 140 characters long) and sending them to a network of friends through a marriage of cell phones, computers, and the Internet. It's just one more way people can share the minutiae of their lives with everyone they know.



Twitter, the company that invented tweeting, was founded in March 2006. Company co-founder Jack Dorsey thought the word *twitter* perfectly described their new invention: "The definition was 'a short burst of inconsequential information' and 'chirps from birds.' And that's exactly what the product was." People love Twitter. Over 500 million users post 340 million tweets per day. That's a lot of chirps.

## Arctic Winter Games

The Winter Olympics may have held their closing ceremonies in Sochi, Russia, but up near the North Pole, a whole new field of international athletes is preparing to compete. Every two years, the indigenous peoples of the northern polar regions participate in the Arctic Winter Games. From March 15-22, teams will converge on Fairbanks, Alaska, in a show of athleticism and cultural exchange.

Athletes represent Alaska, Greenland, the northern provinces of Canada, the Sapmi regions of Scandinavia, and the Yamalo-Nenets district of northern Russia. The snow sports of skiing, ice-skating, hockey, snowshoeing, biathlon, and dog-mushing take center stage. The Inuit and Dene games are another favorite. These competitions feature games common to the indigenous peoples of the polar north, such as the one-foot high kick, Alaskan high kick, sledge jump, finger pull, snowsnake, and stick pull. Then, of course, there are more traditional sports such as basketball, volleyball, gymnastics, table tennis, and wrestling.

At the Arctic Winter Games, culture is just as important as athletic competition. Cultural ambassadors and artists accompany each athletic delegation and stage daily performances and demonstrations. Artists from different regions also work together to stage gala concerts incorporating the many different polar cultures.

Medals are awarded to athletes just like in the Olympics. In addition, the one contingent whose athletes best exemplify the ideals of fair play and team spirit receive the coveted Hodgson Trophy, an elegant piece of art fashioned from a narwhal tusk. For the many participants, the Arctic Winter Games are the ultimate expression of polar pride.

## Fill 'er Up

Rudolf Diesel, inventor of the eponymous diesel engine, was born on March 18, 1858. This same date is celebrated as Biodiesel Day, a type of fuel that Diesel himself valued. As he stated in 1912, "The use of vegetable oils for engine fuels may seem insignificant today, but such oils may become, in the course of time, as important as petroleum and the coal-tar products of the present time."

Diesel seems to have been not only a great inventor but also a visionary. In 2012, one hundred years after that statement, the U.S. produced over one billion gallons of biodiesel fuel. This fuel is biodegradable and non-toxic, produces less carbon dioxide than fossil fuels, and can be produced from vegetable oils, animal fats, algae, and even recycled restaurant grease.

## A Day To Dip

Feeling hungry? March 23<sup>rd</sup> is Chip and Dip Day. This ultimate snack and party pairing has come a long way since chips and salsa. Most always, the excitement comes with the dip: creamy ranch made with sour cream, dill, garlic, and dried onions. Or guacamole with fresh avocados, garlic, onion, tomatoes, a dash of cayenne, and a squirt of lime. For a change of pace, try hummus, spinach with artichokes, or a white bean spread. Or go for broke with a five-, six-, or even seven-layer dip.



Often taken for granted, the chip is just as important as the dip. Corn, potato, and baked pita chips provide a satisfying crunch. Sometimes you don't need a chip at all. Toasted crusts of Italian bread are the perfect vehicle for bruschetta. If you really want to impress a crowd, wow them with cheese fondue. The cheese is spectacular, but equally delicious are the sausage, bread, apples, and veggies for dipping.

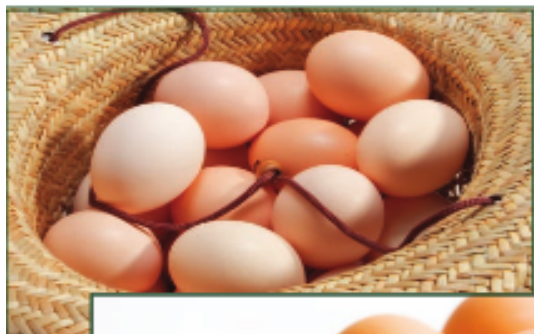
# THE HARD BOILED TRUTH ABOUT EGGS



Buying eggs used to be a simple act. Today, choosing eggs is not just a nutrition decision, but one that may impact the animal welfare of egg-laying hens. One of the worst factory farming abuses, according to Wayne Pacelle, president and CEO of the Humane Society of the United States (HSUS), is the treatment of hens used for producing the eggs that we eat.

## WHY CAGE-FREE EGGS?

In the United States, more than 95% of the nearly 300 million egg-laying hens are confined to barren battery cages. These battery cages are so small that hens cannot walk or even spread their wings. Each bird has less space than a single sheet of paper on which to live. Birds raised in these conditions are often stressed, frustrated and are easily sickened through close contact with other stressed birds. While cage-free does not mean cruelty-free, cage-free hens generally have 250-300 percent more space per bird and are able to engage in more of their natural behaviors than caged hens. Cage-free hens may not be able to go outside, but they are able to walk, spread their wings and lay their eggs in nests. These behaviors are permanently denied to hens confined in battery cages.



## PUTTING THE CHICKEN BEFORE THE EGG

The movement towards using cage-free eggs instead of conventionally farmed eggs is a hot topic in restaurant circles and the food industry. There is a national movement against using eggs that come from hens confined to battery cages. Several grocery chains, including Whole Foods Market and Wild Oats Natural Marketplace, have stopped selling caged eggs since 2005. Wolfgang Puck and Ben & Jerry's are also ending their use of cage eggs. Compass Group North America committed to move the entire company to cage-free shell eggs on March 17th. That represents 48 million eggs annually and impacts the lives of more than 200,000 laying hens! In addition, the Compass policy requires that all producers supplying the company with cage-free shell eggs adhere to the standards of the third-party auditing organization Humane Farm Animal Care. Wayne Pacelle, president and CEO of the HSUS comments, "As the largest food-service provider in the world joins the movement away from battery cage eggs, it's clear that this type of intensive confinement has no place in the egg industry's future."

### Sources:

World's Largest Food Service Provider Hatches a Cage-Free Policy. Compass Group Press Release, Charlotte, NC; 2007. Accessed on Feb 29, 2008 at: <http://www.cgnad.com/default.asp?action=article&ID=508>

Farm Animal Welfare and The Cage-Free Egg Trend. The Humane Society of the United States, Washington, DC; 2007. Accessed on July 21, 2007 at: [NoBatteryEggs.org](http://NoBatteryEggs.org).



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