

# Pros & Cons for Daylight Savings Time



Pro 1 - Daylight Saving Time's (DST) longer daylight hours promote safety.

Longer daylight hours make driving safer, lowers car accident rates, and lowers the risk of pedestrians being hit by a car.

Pro 2 - DST is good for the economy.

Later daylight means more people shopping after work, increasing retail sales, and more people driving, increasing gas and snacks sales for eight months of the year (the time

we spend in DST).

Con 1 - Daylight Saving Time (DST) is bad for your health.

Changing sleep patterns, even by one hour, goes against a person's natural circadian rhythms and has negative consequences for health. One study found that the risk of a heart attack increases 10% the Monday and Tuesday following the spring time change.

Con 2 - DST is expensive.

William F. Shughart II, economist at Utah State University, states that the simple act of changing clocks costs Americans \$1.7 billion in lost opportunity cost based on average hourly wages, meaning that the ten or so minutes spent moving clocks, watches, and devices forward and backward could be spent on something more productive.

## Welcome

Welcome to our new Resident Engagement Director, Michelle Hatem Meehan. Her first day is Monday February 26th and she is excited to meet everyone and find out what you want her to plan. She is introducing some new program ideas. She will be facilitating a weekly class "The Health Benefits of Tai Chi" on Tuesday afternoons and has planned a lunch outing to Essex Aggie on March 15th. The other fun thing you will note is the addition of theme days. Looking forward to celebrating Girl Scout Cookie Day, M&M's and Memories Day and who can resist Thirsty Thursdays?

## Happy St. Patrick's Day



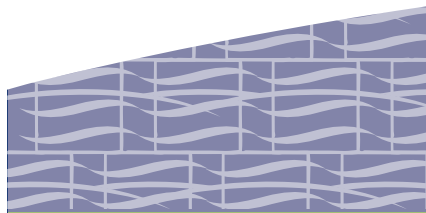
Bring out your green! St. Patrick's Day—observed every March 17—is packed with parades, good luck charms, and all things green. The event started as a religious holiday, but over time it's become a celebration of Irish culture.

St. Patrick might be the patron saint of Ireland—but he didn't always live

in Ireland. Patrick was born in Britain in the fourth century and didn't arrive in Ireland until he was 16 years old, when he was sent to work in the country. After he arrived, Patrick became interested in Christianity and started teaching others about the religion. He is said to have converted many of the country's residents to Christians, and now St. Patrick's Day is celebrated on the day Patrick supposedly died.

St. Patrick was a real person, but some of the traditions associated with him and the holiday are actually myths. For instance, you'll often see the four-leaf clover on St. Patrick's Day. However, according to legend, Patrick used a three-leaf clover, or shamrock, as part of his teachings. Even though it's possible for a shamrock to grow a fourth leaf, a four-leaf clover is just considered a symbol of good luck.

Another legend says that Patrick chased all the snakes out of Ireland. The problem? These creatures never actually lived in the country. In fact many animals found throughout Europe and North America don't live on the island of Ireland—the ocean keeps the critters away.



### STONE HILL AT ANDOVER *Leadership Team*

**Karla Rossi**

*Executive Director*

**Lynne Cahill**

*Business Office Director*

**Michelle Witham**

*Resident Care Director*

**Tracey Meech**

*Avita Director*

**Cheryl Forbes**

*Sales Director*

**Frank Gorman**

*Maintenance Director*

**Michelle Meehan**

*Resident Engagement Director*

**Kimberly Adkins**

*Culinary Director*



## Stone Hill Happenings

### March Birthdays

Dolly D. 3/8

Carole C. 3/20

Ruth R. 3/25

Anna Maria 3/29

Denis B. 3/29

Peg H. 3/30

### Activity Key

- Connect
- Feel
- Move
- Learn

<b>MARCH 31</b>	<b>Sunday</b>
	Easter Sunday
9:30	<span style="color: blue;">■</span> St. Augustine's Mass
10:30	<span style="color: green;">■</span> Fitness Fun
11:30	<span style="color: purple;">■</span> Easter Trivia
12:00	<span style="color: orange;">■</span> Easter Brunch
1:00	<span style="color: orange;">■</span> Kings in the Corner
2:15	<span style="color: green;">■</span> Barre Class
2:45	<span style="color: blue;">■</span> Easter Egg Hunt
3:30	<span style="color: blue;">■</span> Get to know you Discussion
7:15	<span style="color: orange;">■</span> Movie
<b>3</b>	<b>Namesake Day</b>
9:30	<span style="color: blue;">■</span> St. Augustine's Mass
10:30	<span style="color: green;">■</span> Fitness Fun
11:30	<span style="color: purple;">■</span> Word Jumbles
1:00	<span style="color: orange;">■</span> Kings in the Corner
1:30	<span style="color: purple;">■</span> Spelling Bee
2:15	<span style="color: green;">■</span> Barre Class
3:30	<span style="color: blue;">■</span> Get to know you Discussion
7:15	<span style="color: orange;">■</span> Movie
<b>10</b>	<b>Day Light Savings Time Begins</b>
9:30	<span style="color: blue;">■</span> St. Augustine's Mass
10:30	<span style="color: green;">■</span> Fitness Fun
11:30	<span style="color: purple;">■</span> Word Jumbles
1:00	<span style="color: orange;">■</span> Kings in the Corner
1:30	<span style="color: purple;">■</span> Jog Your Noggin
2:15	<span style="color: green;">■</span> Barre Class
3:30	<span style="color: blue;">■</span> Get to know you Discussion
7:15	<span style="color: orange;">■</span> Movie
<b>17</b>	<b>Happy St. Patrick's Day</b>
9:30	<span style="color: blue;">■</span> St. Augustine's Mass
10:30	<span style="color: green;">■</span> Fitness Fun
11:30	<span style="color: purple;">■</span> Word Jumbles
1:00	<span style="color: orange;">■</span> Kings in the Corner
2:15	<span style="color: green;">■</span> Barre Class
3:30	<span style="color: blue;">■</span> Get to know you Discussion
7:15	<span style="color: orange;">■</span> Movie
<b>24</b>	<b>Palm Sunday</b>
9:30	<span style="color: blue;">■</span> St. Augustine's Mass
10:30	<span style="color: green;">■</span> Fitness Fun
11:30	<span style="color: purple;">■</span> Word Jumbles
1:00	<span style="color: orange;">■</span> Kings in the Corner
1:30	<span style="color: purple;">■</span> Jog Your Noggin
2:15	<span style="color: green;">■</span> Barre Class
3:15	<span style="color: orange;">■</span> Bob Rutherford Entertains
7:15	<span style="color: orange;">■</span> Movie

	<b>Monday</b>
	141 Elm St Andover, MA 01810 (978) 315-6528
	northbridgecommunities.com/stone-hill-at-andover/ <i>independent and assisted living</i>
<b>4</b>	<b>Fun Facts About Names Day</b>
10:00	<span style="color: orange;">■</span> Outing: CVS, Groceries
10:30	<span style="color: green;">■</span> Fitness Class
11:30	<span style="color: purple;">■</span> Brain Games
1:30	<span style="color: blue;">■</span> Art Class with Justin
2:45	<span style="color: purple;">■</span> Device Advice
3:45	<span style="color: green;">■</span> Yoga w/ Marianne
7:15	<span style="color: orange;">■</span> Movie
<b>5</b>	<b>Unique Names Day</b>
9:45	<span style="color: orange;">■</span> Blood Pressure Clinic
10:30	<span style="color: green;">■</span> Strength Training
11:00	<span style="color: purple;">■</span> Van to VOTE
11:30	<span style="color: purple;">■</span> Crossword Puzzles
1:30	<span style="color: orange;">■</span> Rummikub
3:00	<span style="color: blue;">■</span> Writing Class
4:15	<span style="color: green;">■</span> Health Benefits of Tai Chi
7:15	<span style="color: orange;">■</span> Movie
<b>11</b>	<b>Ramadan Begins at Sundown</b>
10:00	<span style="color: orange;">■</span> Outing: CVS, Groceries
10:30	<span style="color: green;">■</span> Fitness Class
11:30	<span style="color: purple;">■</span> Brain Games
1:30	<span style="color: blue;">■</span> Art Class with Justin
2:45	<span style="color: purple;">■</span> Device Advice
3:45	<span style="color: green;">■</span> Yoga w/ Marianne
6:15	<span style="color: orange;">■</span> Celeste's Carriage
7:15	<span style="color: orange;">■</span> Movie
<b>18</b>	<b>Awkward Moments Day</b>
10:00	<span style="color: orange;">■</span> Outing: CVS, Groceries
10:30	<span style="color: green;">■</span> Fitness Class
11:30	<span style="color: purple;">■</span> Brain Games
1:30	<span style="color: blue;">■</span> Art Class with Justin
2:45	<span style="color: purple;">■</span> Device Advice
3:45	<span style="color: green;">■</span> Yoga w/ Marianne
7:15	<span style="color: orange;">■</span> Movie
<b>19</b>	<b>First Day of Spring</b>
9:45	<span style="color: orange;">■</span> Horoscopes & Chronicles
10:30	<span style="color: green;">■</span> Strength Training
11:30	<span style="color: purple;">■</span> Crossword Puzzles
12:30	<span style="color: orange;">■</span> Birthday Luncheon
1:30	<span style="color: orange;">■</span> Rummikub
2:30	<span style="color: purple;">■</span> Andover Library Visit
3:00	<span style="color: blue;">■</span> Writing Class
4:15	<span style="color: green;">■</span> Tai Chi w/ Michelle
7:15	<span style="color: orange;">■</span> Movie
<b>25</b>	<b>Greek Independence Day</b>
10:00	<span style="color: orange;">■</span> Outing: CVS, Groceries
10:30	<span style="color: green;">■</span> Fitness Class
11:30	<span style="color: purple;">■</span> Brain Games
1:30	<span style="color: blue;">■</span> Art Class with Justin
2:45	<span style="color: purple;">■</span> Device Advice
3:45	<span style="color: green;">■</span> Yoga w/ Marianne
6:15	<span style="color: orange;">■</span> Celeste's Carriage
7:15	<span style="color: orange;">■</span> Movie
<b>26</b>	<b>"The Road Not Taken" Day</b>
9:45	<span style="color: orange;">■</span> Horoscopes & Chronicles
10:30	<span style="color: green;">■</span> Strength Training
11:30	<span style="color: purple;">■</span> Crossword Puzzles
2:30	<span style="color: orange;">■</span> Food Forum
3:00	<span style="color: blue;">■</span> Writing Class
4:15	<span style="color: green;">■</span> Tai Chi with Michelle
7:15	<span style="color: orange;">■</span> Movie

	<b>Wednesday</b>
<b>6</b>	<b>Name Meanings Day</b>
9:45	<span style="color: orange;">■</span> Cinn Buns and Conversation
10:30	<span style="color: green;">■</span> Strength Training
11:30	<span style="color: purple;">■</span> Wheel of Fortune
1:30	<span style="color: orange;">■</span> Bingo for Quarters
3:15	<span style="color: blue;">■</span> Inspirational Songs & Hymns
4:15	<span style="color: green;">■</span> Barre Class
6:30	<span style="color: orange;">■</span> Happy Hour
7:15	<span style="color: orange;">■</span> Movie
<b>7</b>	<b>Lucky Seven Day</b>
9:45	<span style="color: purple;">■</span> Current Events
10:30	<span style="color: green;">■</span> Chair Aerobics
11:30	<span style="color: purple;">■</span> Academy Award Winning Songs
1:30	<span style="color: orange;">■</span> Artist in Residence
3:15	<span style="color: orange;">■</span> Al & Tom's Hit Parade
4:30	<span style="color: green;">■</span> Strength Training
7:15	<span style="color: orange;">■</span> Movie
<b>13</b>	<b>The Good Samaritan Day</b>
9:45	<span style="color: orange;">■</span> Cinna Buns and Chat
10:00	<span style="color: blue;">■</span> St. Augustine's Service
11:30	<span style="color: purple;">■</span> Wheel of Fortune
1:30	<span style="color: orange;">■</span> Bingo for Quarters
2:30	<span style="color: purple;">■</span> Guest: "Tiny Gardens"
4:15	<span style="color: green;">■</span> Barre Class
7:00	<span style="color: orange;">■</span> Steve Hurl Entertains
<b>20</b>	<b>Won't You Be My Neighbor</b>
9:45	<span style="color: orange;">■</span> Cinn Buns and Conversation
10:30	<span style="color: green;">■</span> Strength Training
11:30	<span style="color: purple;">■</span> Wheel of Fortune
1:30	<span style="color: orange;">■</span> Bingo for Quarters
3:15	<span style="color: blue;">■</span> Inspirational Songs & Hymns
4:15	<span style="color: green;">■</span> Barre Class
6:30	<span style="color: orange;">■</span> Happy Hour
<b>27</b>	<b>Cherry Tree Day</b>
9:45	<span style="color: orange;">■</span> Cinn Buns and Conversation
10:30	<span style="color: green;">■</span> Strength Training
11:30	<span style="color: purple;">■</span> Wheel of Fortune
1:30	<span style="color: orange;">■</span> Bingo for Quarters
3:15	<span style="color: orange;">■</span> David Polanski Entertains
4:15	<span style="color: green;">■</span> Barre Class
7:15	<span style="color: orange;">■</span> Movie
<b>28</b>	<b>It's a Thirsty Thursday</b>
9:45	<span style="color: purple;">■</span> Current Events
10:30	<span style="color: green;">■</span> Chair Aerobics
11:30	<span style="color: purple;">■</span> Activity Connection
12:30	<span style="color: orange;">■</span> New Resident Luncheon
1:30	<span style="color: orange;">■</span> Artist in Residence
3:00	<span style="color: orange;">■</span> Thirsty Thursday Cocktails
4:30	<span style="color: green;">■</span> Strength Training
7:15	<span style="color: orange;">■</span> Movie

	<b>Friday</b>
<b>1</b>	<b>Welcome to March Day</b>
9:45	<span style="color: purple;">■</span> Trivia Time
10:30	<span style="color: green;">■</span> Strength Training
11:15	<span style="color: purple;">■</span> Jeopardy
1:30	<span style="color: blue;">■</span> Cooking Up Memories
3:00	<span style="color: orange;">■</span> Pampered Hands
4:15	<span style="color: green;">■</span> Barre Class
7:15	<span style="color: orange;">■</span> Movie
<b>8</b>	<b>Middle Name Pride Day</b>
9:45	<span style="color: purple;">■</span> Trivia Time
10:30	<span style="color: green;">■</span> Strength Training
11:30	<span style="color: purple;">■</span> Wheel of Fortune
1:30	<span style="color: blue;">■</span> Cooking Up Memories
3:00	<span style="color: orange;">■</span> Pampered Hands
4:15	<span style="color: green;">■</span> Barre Class
7:15	<span style="color: orange;">■</span> Movie
<b>15</b>	<b>It's a Brainy Day</b>
9:45	<span style="color: purple;">■</span> Trivia Time
10:30	<span style="color: green;">■</span> Strength Training
11:15	<span style="color: purple;">■</span> Jeopardy
11:30	<span style="color: orange;">■</span> Lunch Outing: Essex Aggie
1:30	<span style="color: blue;">■</span> Cooking Up Memories
3:00	<span style="color: orange;">■</span> Pampered Hands
4:15	<span style="color: green;">■</span> Barre Class
7:15	<span style="color: orange;">■</span> Movie
<b>22</b>	<b>Funny Friday</b>
9:45	<span style="color: purple;">■</span> Trivia Time
10:30	<span style="color: green;">■</span> Strength Training
11:30	<span style="color: purple;">■</span> Wheel of Fortune
1:30	<span style="color: blue;">■</span> Cooking Up Memories
3:15	<span style="color: orange;">■</span> Ted Powers - Tap Dancer
4:15	<span style="color: green;">■</span> Barre Class
7:15	<span style="color: orange;">■</span> Movie
<b>29</b>	<b>Good Friday</b>
9:45	<span style="color: purple;">■</span> Trivia Time
10:30	<span style="color: green;">■</span> Strength Training
11:15	<span style="color: purple;">■</span> Jeopardy
1:30	<span style="color: blue;">■</span> Cooking Up Memories
3:00	<span style="color: orange;">■</span> Pampered Hands
4:15	<span style="color: green;">■</span> Barre Class
7:15	<span style="color: orange;">■</span> Movie
<b>2</b>	<b>Thank Dr. Seuss Day</b>
9:30	<span style="color: purple;">■</span> Meeting of the Minds
10:30	<span style="color: green;">■</span> Strength and Balance
11:30	<span style="color: purple;">■</span> Long Word Challenge
1:30	<span style="color: blue;">■</span> Music Appreciation
3:00	<span style="color: orange;">■</span> Scrabble
3:00	<span style="color: green;">■</span> Chair Aerobics
7:15	<span style="color: orange;">■</span> Movie
<b>9</b>	<b>Family Tree Day</b>
9:30	<span style="color: purple;">■</span> Meeting of the Minds
10:30	<span style="color: green;">■</span> Strength Training
11:30	<span style="color: purple;">■</span> Long Word Challenge
1:30	<span style="color: blue;">■</span> Baking Soda Bread
3:00	<span style="color: orange;">■</span> Bingo for Quarters
4:00	<span style="color: green;">■</span> Walking Club
7:15	<span style="color: orange;">■</span> Movie
<b>16</b>	<b>Is Today a Green Day?</b>
9:30	<span style="color: purple;">■</span> Meeting of the Minds
10:30	<span style="color: green;">■</span> Strength and Balance
11:30	<span style="color: purple;">■</span> Long Word Challenge
1:30	<span style="color: blue;">■</span> Music Appreciation
2:45	<span style="color: green;">■</span> Walking Club
3:00	<span style="color: orange;">■</span> Scrabble
3:15	<span style="color: orange;">■</span> St. Patrick's Party w/ Rainbows End Band
7:15	<span style="color: orange;">■</span> Movie
<b>23</b>	<b>PURIM Begins at Sundown</b>
9:30	<span style="color: purple;">■</span> Meeting of the Minds
10:30	<span style="color: green;">■</span> Exercise and Weights
11:30	<span style="color: purple;">■</span> Long Word Challenge
1:30	<span style="color: orange;">■</span> Jewelry Making
2:30	<span style="color: purple;">■</span> Guest Presentation: Owls
3:15	<span style="color: purple;">■</span> Guest Lecture: Owls
4:00	<span style="color: blue;">■</span> Nurture in Nature
7:15	<span style="color: orange;">■</span> Movie
<b>30</b>	<b>Double Jeopardy Day</b>
9:30	<span style="color: purple;">■</span> Meeting of the Minds
10:30	<span style="color: green;">■</span> Strength and Balance
11:30	<span style="color: purple;">■</span> Long Word Challenge
1:30	<span style="color: blue;">■</span> Music Appreciation
2:45	<span style="color: green;">■</span> Walking Club
3:00	<span style="color: orange;">■</span> Scrabble
3:15	<span style="color: purple;">■</span> Carla's Classic Songs
7:15	<span style="color: orange;">■</span> Movie