

# Three Forks Tribune

Three Forks of Forney Senior Living~335 South F.M. 548~Forney, TX. 75126 972-552-3426



## ***Three Forks Team***

**Emily Whitson**  
*Executive Director*

**Corie Ford**  
*Memory Care Director*

**Shelby Mathis**  
*Business Office Manager*

**Bill Lawson**  
*Maintenance Director*

**Alex Davis**  
*Community Relations Director*

**Angela Tyler**  
*Life Enrichment Director*

**Rena Jenkins**  
*Life Enrichment Assistant*



The month of March is packed full of events and fun outings. Take some time this month to review your monthly calendar and sign-up for the outings you wish to attend. Our outings this month include scenic drives, Dairy Queen, Brookshire's, Panera Bread, Pizza Inn, Taco Casa, Community Thrift Shop, Dollar General, Film Alley, and to the Mesquite Rec Center for a dance to records party. Please be in the lobby 10 minutes before departure time for all outings. Our live music concerts this month include Chryle Neptune, Steve Rhome, and Buck & Gloria.

**Our grand opening for the Three Forks Assisted Living expansion will be on Thursday, March 5 from 4:00 to 6:00.**

On the 2<sup>nd</sup> and 4<sup>th</sup> Thursday each month we will be honoring our Forney Police Officers with some hot coffee and koloches. Take a moment to come introduce yourself to these hard working Forney police officers.

**We will be hosting a remembrance service on Saturday, March 21.** This will be a time to reflect and remember those we have lost during the last year, Dignity Chaplain Chris Pope will be facilitating.

Daily Schedules are delivered to your room to help keep everyone up-to-date with all the happenings at Three Forks. Our two ambassadors faithfully deliver the schedules. If you have any questions, comments or suggestions about activities, events, and outings, please phone Angela at 972-564-8240. [Tune into channel 2 for current community news and updates.](#)



## Mirthful Medicine



March was declared International Mirth Month by self-proclaimed “jollytologist” Allen Klein. Klein’s interest in the healing power of mirth came in 1974 when his young wife died of liver disease. Despite her deteriorating health, Klein’s wife

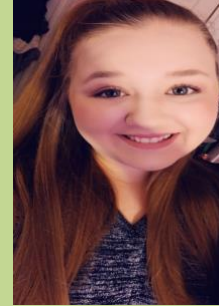
kept her sense of humor to the end. She inspired Klein to give up his career in the theater and become a crusader for the stress-relieving benefits of humor.

Whether facing sicknesses or enduring other stressful situations at home or in the workplace, humor has been proven to be beneficial for both the body and the soul. Our human ancestors were aware of the benefits of laughter thousands of years ago. A proverb from the Old Testament states, “A merry heart doeth good like a medicine.” More recently, doctors studying the effects of laughter on human physiology have compiled empirical evidence to support these claims. Laughter releases endorphins, the body’s natural pain-relieving hormones; increases the production of cells responsible for strengthening our immune systems; and lowers cortisol, the hormone responsible for stress. Furthermore, humor has been shown to help us dispel fear and encourage creative thinking. In so many ways, our ancestors were right!

So how do we add more mirth to our daily routines? First and foremost, when you laugh, be sure to do it loud and proud. Big belly laughs leave muscles relaxed for 45 minutes. Funny television shows, YouTube clips, or friends are worth their weight in gold. Perhaps most importantly, learn to laugh at yourself. Don’t be afraid to share your own shortcomings or funny mistakes. Anthropologists believe that sharing our funny moments and drawing laughter is one of the strongest types of social glue, bringing friends nearer and keeping them close.

If you want to learn more about humor theory, check out *The Humor Code: A Global Search for What Makes Things Funny* by Peter McGraw and Joel Warner.

## EMPLOYEE OF THE MONTH **MACKENZIE PATTON**



Congratulations to Mackenzie for being the employee of the month for March.

Mackenzie has been a resident assistant at Three Forks of Forney for 5 months. Her favorite thing about working here is seeing the residents smile everyday. She also enjoys seeing the family bond between the caretakers. Mackenzie was born and raised in Garland, and currently resides in Terrell, Texas. She has “lots” of dogs. In her free time, Mackenzie enjoys shopping, hanging out with her friends and family, and singing.

**Way to go Mackenzie.**

## The Old New Year



During the Colonial era in America, New Year’s Day was celebrated not on January 1, but on March 25, a date that can be traced to the colonies’ roots in England.

As a Protestant nation, England and its Protestant ruler Queen

Elizabeth I refused to adopt the Gregorian calendar proposed by the Catholic Pope Gregory XIII. As such, March 25 officially remained the date of the start of the new year. This date was chosen to coincide with the Feast of the Annunciation, the date when the archangel Gabriel visited the Virgin Mary to announce that she would be the mother of Jesus, the son of God. For this reason, the date was also called Lady Day. The new year was held on Lady Day from 1155 until 1752, when the Gregorian calendar was finally adopted.

## The Power of Names

The power of bestowing names is so great that in the Old Testament of the Bible it is God who grants this amazing gift to Adam and Eve. Modern psychologists agree that names are significant. As children develop the ability to speak, they name things to make sense of the world around them.

**The first full week of March is Celebrate Your Name Week**, a time to appreciate our names.

In 1948, professors at Harvard University studied the success of recent Harvard graduates. As it turned out, those with common names like Mike had found more success than those with unusual names such as Berrien. The professors concluded that rare or unusual names had negative psychological effects. More studies followed, and they bore out similar results. Names seemingly influence where we go to school, where we choose to live, who we marry, and even the kind of financial investments we make. Psychologists have attempted to explain this phenomenon as a result of the “implicit-egoism” effect, or the fact that we are drawn to things that resemble us. Other psychologists offer a different explanation.

Names send powerful signals about where we come from: our native country, ethnicity, religion, and economic background. When we hear a name, we hear so much more.

Of course, not everyone loves their given name. According to Legal Zoom, people often change their name if it's very common. They list Britney and Ashley as two examples. Another reason people change their name is because it's difficult to spell or pronounce.

Celebrate Your Name Week is a chance to be proud of not just our names but of who we are. When you introduce yourself, say your name loud and proud, for the way you treat your name shows the way that you want to be treated.

**On Thursday, March 5 we will be passing out name tags in honor of National Name Tag day.**



**Three Forks of Forney  
welcomes our newest residents.**

**Margaret F.  
Pat P.  
Bell H.**

**Join us on Wednesday,  
March 25 at 2:00  
as we welcome our newest  
community members**



The original idea behind daylight saving time was to **help save energy**. There is more sunlight in summer, so by changing our clocks to “spring forward” in summertime, we can have more hours of daylight in the evening and people can use fewer electric lights in their homes and businesses, which is good for the environment. **Be sure to “spring forward” one hour on Sunday, March 8.**



## The Month of March

The month of March was named for the Roman god of war, Mars. Traditionally, this was the time of year to resume military campaigns that had been interrupted by winter.

### Important Dates in March 2020

**Sunday, March 8** is the start of **Daylight Saving Time**, which begins at 2:00 A.M. that night. Don't forget to "spring forward" and set your clocks ahead one hour! We prefer to do this before bedtime on Saturday night, just so there's no existential confusion the next morning.

**March 8** is also **International Women's Day**, which is a day that not only celebrates the achievements of women and the progress made toward women's rights, but also brings attention to ongoing struggles for equality around the world.

**Sunday, March 15** is the **Ides of March!** Legend surrounds this ill-fated day. Beware the Ides of March!

**Tuesday, March 17** is **St. Patrick's Day**.

According to folklore, St. Patrick used the three-leaved clover (shamrock) in his teachings about the Holy Trinity.

**Thursday, March 19** brings about the **March equinox**—also called the **vernal** or **spring equinox**—marking the beginning of spring in the Northern Hemisphere. On this day, the Sun stands directly over Earth's equator. In the Southern Hemisphere, this date marks the **autumnal equinox** and the beginning of fall.

**March 29-31** are the **Borrowing Days**. According to lore, the last three days of March have a reputation for being stormy.

**Looking ahead:** This year, Easter Sunday will occur on April 12, culminating the Holy Week for Christian churches.



Mackenzie P.	March 7	(Staff)
Shileye N.	March 12	(Resident)
Betty B.	March 16	(Resident)
Shirley M.	March 22	(Resident)
Glenda H.	March 28	(Staff)

**Join us on Thursday, March 19 for our monthly birthday bash as we celebrate all those born this month.**

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  
Fred Rogers (neighbor) – March 20, 1928  
Chaka Khan (singer) – March 23, 1953  
Harry Houdini (magician) – March 24, 1874  
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.