



Hope Center

M E M O R Y C A R E

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March by the Numbers

40. Pounds of dye used to turn the Chicago River green each St. Patrick's Day.

10,000. Approximate number of three-leaf clovers for every four-leaf clover.

50 million. Estimated number of Americans who fill out a bracket for March Madness, the NCAA men's basketball tournament.

The Name Game

The first week of March is Celebrate Your Name Week. If you're a James or Mary, congratulations! You have the most popular given names of the past century.

Geography 101: Stonehenge

About 100 miles west of London in southern England sits the prehistoric rock arrangement known as Stonehenge. This massive ring of stone boulders has been standing for more than 4,000 years. The purpose of Stonehenge is a mystery. Was it an astronomical calendar, burial ground, or place of worship? While that remains a topic of debate, experts do agree that its construction was a Herculean task, believed to have been completed in multiple phases that took more than 30 million hours of labor. Nearly 1 million people visit Stonehenge each year.



March 2015



Make Time to Get Online

Go ahead and make time to check your email and surf the Internet—it may be good exercise for your brain. A recent study in the *Journals of Gerontology* found that digital literacy may help prevent brain aging and age-related memory loss. The research included data from 6,400 people over the age of 50 and examined the link between their memory recall and their use of the Internet and email. Results suggest that regular online activities use more of the brain's cognitive networks, keeping them active and healthy.

Spring Arrives

"No winter lasts forever; no spring skips its turn."
—Hal Borland

America's Song

It was from a ship in Baltimore Harbor during the War of 1812 that lawyer Francis Scott Key wrote a stirring poem. Its words would then become the lyrics to America's national anthem.

Key witnessed the daylong Battle of Baltimore while being held prisoner aboard a British warship. At daybreak on Sept. 14, 1814, he saw that the large American flag was still flying over Fort McHenry, announcing victory over the British. Moved by the sight, Key took an envelope from his pocket and began to draft a poem, which he titled "Defence of Fort McHenry." It would eventually be published in handbills and newspapers. Key set his patriotic poem to the tune of a popular drinking song, and soon it was being called "The Star-Spangled Banner."

By 1889, the U.S. Navy began playing Key's work at official occasions, and President Woodrow Wilson made the song part of his public appearances beginning in 1916. On March 3, 1931, a resolution by Congress, signed by President Herbert Hoover, declared the song America's national anthem.

Today, along with official functions and patriotic holidays, it's common for the national anthem to be performed before sporting events, a tradition that began at baseball games during World War II.



MnemeTherapy: Boosting the Brain

Singing a song, painting a picture, telling a story—these are more than just boredom busters from your childhood. A new form of therapy that uses these activities for brain health is gaining popularity among seniors.

Developed by the Art Without Boundaries Association, MnemeTherapy combines singing, movement, painting and storytelling to stimulate the brain. The therapy is ideal for people with conditions that involve challenges with cognitive or motor skills, such as Alzheimer's disease, various types of dementia, and Parkinson's disease. Stroke survivors have also benefited from the program.

The purpose of MnemeTherapy is to help the brain focus, allowing new neural pathways to be formed. Existing cognitive functions can move through these pathways to help other areas of the brain, resulting in improved comprehension, mobility and verbal skills.

"Mneme" is pronounced "nemma," and is named after the Greek goddess of memory, Mnemosyne.

This ... Is ... 'Jeopardy!' Trivia!

Answer: This syndicated TV program, now trademarked as "America's Favorite Quiz Show," premiered March 30, 1964.

Question: What is "Jeopardy!"?

Enjoy some more facts about this popular trivia game show.

- Merv Griffin, who created the show with his wife, originally proposed "What's the Question?" as the program's name.
- Art Fleming was the show's first host. Alex Trebek began hosting in 1984.
- The instantly recognizable theme song, "Think," was composed by Griffin as a lullaby for his son.
- A week's worth of episodes is filmed in one day, with Trebek changing his suit between shows.
- Software engineer Ken Jennings, who appeared on the show during the 2004-2005 season, remains the contestant with the longest winning streak. He won more than \$2.5 million in 74 consecutive shows.
- The contestant who has won the most money on "Jeopardy!" is Brad Rutter, who earned \$3,455,102 over several show appearances.
- The most commonly featured category is "Before & After."



Relish Retirement

On March 1, celebrate Refired, Not Retired, Day by taking advantage of all the benefits that retirement has to offer.

Explore new interests. Some people worry that retirement equals boredom, but often the exact opposite is true. Use your extra time to explore a new hobby or indulge an existing one.

Embrace a better you. Work

Classroom Companion

For nearly a century, the Weekly Reader brought the news of the world to elementary schoolchildren. The magazine publication, written and created just for them, became a memorable classroom staple.

Originally called My Weekly Reader, it debuted in September 1928. The typical four- to eight-page newsprint issues were filled with articles and current events tailored to specific grade levels. It also included puzzles, cartoons and popular features, such as letters from “Uncle Ben,” who described new inventions and discoveries. The publication was a hit, and at its peak in the late 1960s and early 1970s,

often comes with stress, and a busy schedule can encourage unhealthy habits, such as eating fast food and skipping exercise. Retirement is an opportunity to take charge of your health and well-being by exercising more, eating healthier and getting enough sleep.

Open up to others. Upon leaving the workforce, many retirees find a new purpose in philanthropic activities, such as volunteering at an animal shelter or mentoring a young person. Perhaps best of all, retirement allows you the opportunity to focus your time and energy on the people you love the most—your family and friends.

nearly 75 percent of students across the country were reading it.

In 1956, the Weekly Reader added a poll in which its young readers voted in a mock presidential election. Teachers tabulated the results and sent them in to the magazine. The event was so popular, it continued for a total of 14 elections, with the students “electing” the person who became president 13 times.



Wit & Wisdom

“I think luck falls on not just the brave but also the ones who believe they belong there.”

—Novak Djokovic

“You gotta try your luck at least once a day, because you could be going around lucky all day and not even know it.”

—Jimmy Dean

“Be prepared, work hard, and hope for a little luck. Recognize that the harder you work and the better prepared you are, the more luck you might have.”

—Ed Bradley

“For a long time now I have tried simply to write the best I can. Sometimes I have good luck and write better than I can.”

—Ernest Hemingway

“The best luck of all is the luck you make for yourself.”

—Douglas MacArthur

“Luck is not chance, it’s toil; fortune’s expensive smile is earned.”

—Emily Dickinson

“One-half of life is luck; the other half is discipline—and that’s the important half, for without discipline, you wouldn’t know what to do with luck.”

—Carl Zuckmayer

“Good night, and good luck.”

—Edward R. Murrow



Dance crazes

Dance has long been a form of entertainment and expression. Look back at some of the most popular dances and dance moves of the decades.

1910s and 1920s: Fox Trot, Charleston, Lindy Hop

1930s and 1940s: Jitterbug, Rumba, Jive

1950s and 1960s: Bop, Mashed Potato, Twist

1970s and 1980s: Hustle, Electric Slide, Moonwalk

1990s and 2000s: Vogue, Cha Cha Slide, Macarena

2010s: Shuffle, Dougie, Gangnam Style

"This Month In History" MARCH

1818: Often considered the first science fiction novel, Mary Shelley's "Frankenstein; or, The Modern Prometheus" is published.

1872: Yellowstone becomes America's—and the world's—first national park.

1889: Named for its designer, the Eiffel Tower is dedicated in Paris. Reaching nearly 1,000 feet, it was the world's tallest man-made structure.

1931: An act of Congress makes "The Star-Spangled Banner" the official national anthem of the United States.

1943: The musical "Oklahoma!" debuts on Broadway, featuring the songs "Oh, What a Beautiful Mornin'" and "The Surrey With the Fringe on Top." The show's history-making run would last more than 15 years.

1959: The Barbie doll debuts at the American Toy Fair in New York City.

1961: President John F. Kennedy issues an executive order establishing the Peace Corps.

1963: The TV soap opera "General Hospital" premieres. The daytime drama is the longest-running American soap opera still in production.

1995: After 232 days and a canceled World Series, the longest strike in Major League Baseball history ends.

2010: Kathryn Bigelow becomes the first woman to win an Oscar for best director for her film "The Hurt Locker."