

# Poplar Estates

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## Learn About Loved Ones

March 20 is World Storytelling Day. Gather family and friends and share a story from your life, whether small or momentous. Then, give each of them the spotlight to do the same while you listen.

## Pillow Pro Tip

Change the pillowcases on your bed every two to three days, health experts say. This guideline is especially important if you have allergies; fresh bedding keeps dust and pollen at bay, helping you breathe easier.

## Memorable Melody: 'The Lion Sleeps Tonight'

One of the most recognizable songs in music history, this 1961 hit for doo-wop group The Tokens is known for the chanting line "Wimoweh, wimoweh," which is a clue to the song's origin. Originally written in 1939 by Solomon Linda, a musician from South Africa, it was titled "Mbube," the Zulu word for "lion." Pronounced "EEM-boo-beh," the word was misheard as "wimoweh" when folk group The Weavers covered it in 1952. Songwriter George David Weiss later composed the English lyrics—including the opening line of "In the jungle, the mighty jungle"—for The Tokens, who took the song to the top of the charts.

## Brainteaser

Question: I have four wings but cannot fly. I never laugh and never cry. On the same spot, I'm always found, toiling away with little sound. What am I?

Answer: A windmill.

## March 2023



## Spring Starts

In the Northern Hemisphere, the spring equinox usually falls between March 19 and 21. This year, spring starts on March 20, and with it comes new beginnings. Take this opportunity to restart forgotten resolutions, begin a new journey you've been putting off or spruce up your home for a fresh feel.

## Five a Day

National Nutrition Month, observed during March, is a reminder to make healthy eating a priority. For many adults, an attainable goal is to eat three servings of vegetables and two servings of fruit every day. This "five a day" suggestion is linked with a lower risk of chronic disease and increased longevity.

## Wake With Cheer

"Hope sleeps in our bones like a bear waiting for spring to rise and walk." —Marge Piercy

## Spotlight Employee for March: Hannah Bonee



Hannah is 24 years old. She has been a caregiver at Poplar Estates for three years. Hannah is expecting her first child in July. She is having a baby girl, and her name is Tenleigh Marie. Hannah is very excited to meet her daughter. Hannah said that many years ago she worked at a diner.

Hannah's favorite type of music to listen to is country. Morgan Wallen is her favorite artist. Hannah loves Mexican food, and burritos are her favorite. Hannah does not have any hobbies, but she loves hanging out with her friends.

Hannah said her favorite thing about working at Poplar Estates is she sure loves taking care of people. We are so glad Hannah is part of our Poplar Estates family.

## Spotlight Resident for March: Susan Carr

Susan Carr has been a resident at Poplar Estates for one year. She was married to John and they had one daughter, Brandy. Brandy lives in Nashville with her husband, Randy. The recent light of Susan's life is her cat, Bella. Bella brings Susan so much joy every day.

Susan previously worked at an Assisted Living in New York. Susan was the Assistant Activities Director. She loved her job there.

Susan loves to eat. Tacos and chocolate chip cookies are her favorites. When she listens to music, she loves the Big Band genre. Her favorite hobby now is taking care of her sweet Bella.

Susan said her favorite thing about living at Poplar Estates is that she loves helping new residents feel comfortable. She loves to exercise and participate in all the activities.

