



THE
EPISCOPAL CHURCH
HOME
SINCE 1881

For the mind, body, and spirit.

Newsletter & Activities Calendar

March 2017

MEMORY CARE | LONG-TERM CARE | SHORT-TERM REHAB | PERSONAL CARE

History of St. Patrick's Day



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St. Patrick is the beloved patron saint of Ireland. St Patrick was born in Britain and at the age of 16 was captured by Irish raiders who attacked his family's estate. He was then transported to Ireland where he was held captive for six years, living a solitary, lonely life as a shepherd. It was then that he became a devout Christian, embracing his religion for solace. From his writing, we know that a voice, which he believed to be that of God, spoke to him in a dream, urging him to leave Ireland. He did. Walking nearly 200 miles, Patrick escaped to Britain and undertook seriously religious training.

After 15 years of study, Patrick was ordained as a priest and sent to Ireland. His mission was to minister to Christians and to convert the Irish, then predominantly pagans, to Christianity. Because Patrick was familiar with the Irish language and culture from his years of captivity, he chose to incorporate Irish ritual and symbols into his teachings rather than to eradicate Irish beliefs. Thus, was

born the Celtic cross. Patrick superimposed the sun, a powerful Irish symbol, onto the traditional Christian cross so that the result would seem more natural to the Irish.



The first St Patrick's Day parade was held in New York City on March 17, 1762. Irish families have traditionally celebrated the feast of St Patrick as a religious holiday for thousands of years—a great pause during the Christian season of Lent when prohibitions were lifted for one day of dancing, drinking and feasting on meat.

Over the years as nearly a million Irish immigrants fled to America in the wake of the Great Potato Famine, St Patrick's Day parades became a display of solidarity and political strength as these often ridiculed Irish immigrants were frequently victims of prejudice.

 **Happy Birthday to You!** 

March Birthdays

Patsy Purkey	03-04
Bonnie Kruse	03-04
Bill Grant	03-05
Thelma West	03-06
Gordon Grant	03-07
Jessie Mitchell	03-11
Ken Farris	03-11
Paul Combest	03-11
Lou Hacker	03-14
Lotte Widerschein	03-15
Joseph Wright	03-18
Paul Ahlhaus	03-19
Ruth Croley	03-22
Alma Brumley	03-23
Martha Lewis	03-23
Ruthie Marty	03-25
Joyce Caummisar	03-29
Sug Roessler	03-29

Dudley Square Birthdays

Gladys Ford	03-11
Barbara Morrow	03-12
Glenna Whittaker	03-13
Patsy Scholtz	03-16
Walt Baker	03-24



Ms. Wanda Guffy turned 90 last month!



Sunday, March 12th is Daylight Savings time. Don't forget to "spring forward" and set your clocks ahead one hour!



Upcoming Events



Book Mobile— Thursday, March 2nd at 10 a.m.

Come check out a book with the Free Public Library at our monthly Book Mobile outside of the Green Room. Large print books are available. The Book Mobile comes to ECH the first Thursday of every month.

Visiting Mayberry with MaryAnn—Friday, March 3rd at 2:00 p.m.

Join us on the first Friday of every month in the Parlor. This is a great series to guide a group through discussion of the topics from the Andy Griffith Show. Christian principles in a humorous everyday life viewpoint. A great way to talk about what we face everyday.

St. Patrick's Day Party— Friday, March 17th at 3:00 pm

Wear your green clothing and bring your Irish spirit down to Gheens Towne Hall to celebrate St. Patrick's Day! The McClanahan School of Irish Dance will be here to perform.

Sunday Brunch— Sunday, February 26th from 11:30 am - 1:30 pm

The last Sunday of every month, ECH hosts a fabulous brunch. This month, the Trio Louisville will be performing.

Physical Therapy Discovery Series— Thursday, March 30th at 3:00 p.m.

Our dedicated Physical Therapy department will be hosting a "Core Control for Better Strength", an interactive discussion on the benefits of improving core strength and it's impact on balance and posture.

Cherry Pie Social

Sally Tan, one of our fabulous Activity Directors, assisted the Marmion Neighborhood residents with making homemade cherry pies. The residents made two cherry pies with old fashioned lattice top crusts and had a pie social in the afternoon!



Valentine's Day Socials

Each neighborhood hosted their own Valentine's Day Social. Some shared conversations about past valentines and love, some played music and others played valentine trivia. We had delicious, beautifully decorated cookies and Big Red soda to drink. We would liked to send a very special thank you to Ann Yates who graced us by playing the piano for our Marmion residents, and we would like to say congratulations to Mr. and Mrs O'Bannon, Woodcock residents, who have been each other's Valentine for 77 years!



Chili Cook Off

The Life Enrichment Department would like to thank all those that participated in our Annual Chili Cook Off. We raised \$350.00 which will go towards our resident activities!

The winners of this year's contest were:

1st Place: Chef Josh, Culinary expert, with his "Dang Good Chili"

2nd Place: Chad Ballard, Activity Director, with his "Zing Zang Chili" (second year for Mr. Ballard)

3rd Place: Beverly Edwards, Executive Director, with her "Knock Your Socks Off Chili"





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Return Service Requested

Save the Date!

Mark your calendar for May 19th. Episcopal Church Home's Woman's Board Spring Luncheon will be held at Wildwood Country Club at noon. Tickets go on sale March 6th.
More information to come.

Are you on our email list?

Did you know you can access the monthly newsletter & activities calendar online? To view them online, go to www.EpiscopalChurchHome.org.

As of January 2017, we will be emailing an electronic version of this newsletter to friends & family members. If you do not have an email on file with us, please contact Ashley Alexander at AshleyA@echky.org to get your name on our email list. We also send out important news and information via email to those on the list.