

# The Alderman Newsflash

The newsletter by the residents, for the residents March 2016

## 5 Tips for Spring Cleansing and Renewal

By Avery Jackson

### 1. Become Current in Your Life

Spring is a time to shift the habits that hamper your progress toward optimal health. It is a season to embrace yourself honestly as you look at all of your habits and areas of your life. Recognize Spring as a special season to care for yourself and your loved ones. If you can establish this practice now, there is a greater likelihood that you will continue throughout the year. Assess the various aspects of your life to see where stresses or weaknesses exist, including your diet, exercise program, work, or relationships. Focus on the areas that need improvement and develop a simple and achievable plan to bring these areas current in your life.

### 2. Choose Three Habits That You Can Change

Think about three of your habits that have an affect on your health and life. How and when did they begin? Are they persisting or have they run their course? Which ones are most important for you to change or incorporate to create a healthier you? Do you need help or can you do this on your own? My "top three" habits that I am changing include:

1. Get a full 8 hours of rest at night.
2. Take more time for stretching and yoga.
3. Drink 7 glasses of water & 2 cups of tea daily.

### 3. Clean and Organize Your Home

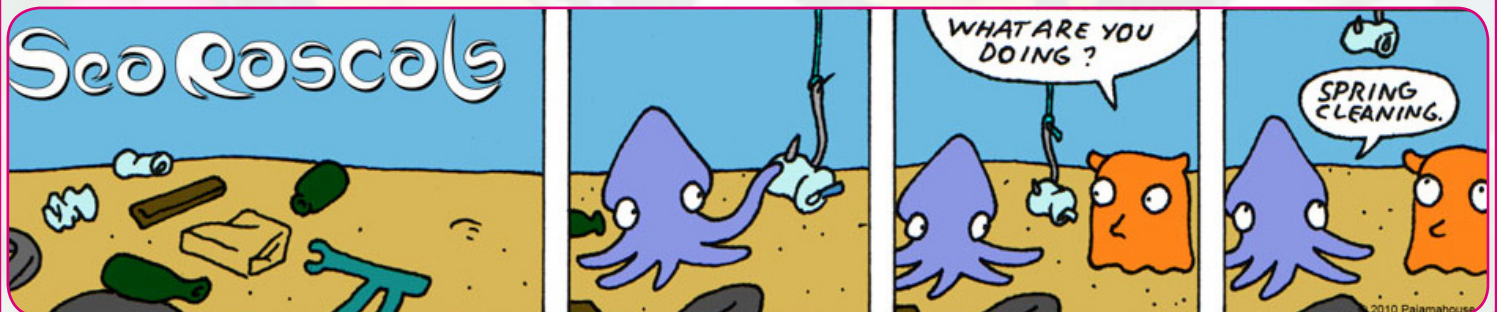
Oftentimes, your outer world can be a reflection of your inner one. If your home and workplace are chaotic it could be a sign that your inner life is also in need of some "Spring Cleaning." Look at your desk, closet, and every nook and cranny around you home, and simplify it all. Alderman Oaks will be hosting Rummage Sales where you can find things you need and pass on things you do not. What does not sell, and you no longer want, will be donated to the Salvation Army. Your life may feel lighter once you finish your Spring Cleaning!

### 4. Get Outdoors and Exercise

How many of you move less during the colder, dark winter months? Spring is the perfect season to emerge from our "hibernation!" Get your body moving! Explore your neighborhood and the Sarasota community. You could also check out the Marie Selby Botanical Gardens or find a place you have heard about and want to visit.

### 5. Take Stock of Your Emotional Life

Spring is a great time to take stock of your emotional and spiritual life. It's an excellent time to ask yourself—without judgment— how do I feel generally about life and about myself? Am I low or depressed or am I more positive and energetic? Ideally, we can feel a wide range of emotions based on our daily life experience and not dwell on one particular emotion, which is the real problem. Embrace the whys of moods and energy levels with greater honesty of your true feelings, which is the beginning of healing feelings. Many factors ranging from your diet and digestive health to your early childhood learned behavior patterns influence your mood, energy level, and emotions, and thus your spiritual well being.



# Don't Forget to Wear Green

## St. Patrick's Day Reminder

We just celebrated St. Valentine, now it's time for St. Patrick! Every year on March 17, the Irish and the Irish-at-heart across the globe observe St. Patrick's Day. What began as a religious feast day for the patron saint of Ireland has become an international festival celebrating Irish culture with parades, dancing, special foods and a whole lot of green.

**But WHY do people get pinched if they don't wear green? The most popular answers are:**

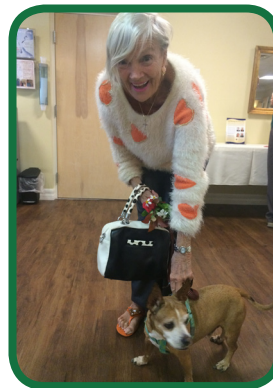
1. It's thought that the pinching started in the early 1700s, about the time that awareness of St. Patrick's as a holiday came to the fore, too, in Boston, in the Massachusetts colony. They thought if you wore green, it made you invisible to the Leprechauns, which was good because they would pinch anyone they could see. So the pinching is to warn and remind you about the Leprechauns.

2. Many years ago, playful Irish children began the tradition of pinching people who forgot to wear green on St. Patrick's Day and the tradition is still practiced today.

3. You get pinched because you're a nonconformist.

4. Pinching gives you a bruise so you can have some green on you.

5. The act of pinching on St. Patrick's day began in America with Irish settlers who tried to get their kids to behave by telling them that fairies would come pinch them.



The ice cream social was a tasty success!

## April Birthdays

**Dora Riverol - April 10**

**(She is 106!)**

**Marge Moczdlowski - April 20**

**Ernest Babb - April 22**

**Rodney Wells - April 24**

**Bud Swan - April 26**

## Staff Members

**Fiorella Rios - April 1**

**Joan Wagner - April 8**

**Briseida Gayton - April 27**

