

March 2023

Hayden Newsletter

Hayden Village Center | 680 Oak Street, Franklin, Virginia | 757-517-2904



March Dates

Women's History Month

International Month

Dr. Seuss Day

March 2

Purim Begins

March 6

International Women's Day

March 8

95th Academy Awards

March 12

St. Patrick's Day

March 17

Mothering Sunday

March 19

Elderly Week

March 20–24

Nowruz Begins

March 21

Ramadan Begins

March 22

American Crossword

Puzzles Week

March 31–April 2

Great Living and Healthy Aging:

Everyone deserves a life full of joy, comfort, and overall well-being—including you. That's why, as a senior, articles about topics like housing, care options, and healthy living may be especially relevant to you. After all, good information can empower you in ways that you may not expect. With more knowledge about the issues that most affect you, you can start enhancing your vitality and creating a life of greater satisfaction.

Do not hesitate to explore the following articles. Whether it's for you or somebody you care about, your increased knowledge may have a greater and more positive impact than you realize. Enjoy!!



If you have any suggestion for content for the newsletter, please reach out to the Hayden Village Director to submit.

Tonya Whitley
757-517-2904



**HAYDEN VILLAGE
CENTER**

Take a trip down memory lane.

Ruth Handler watched her daughter ignore baby dolls in favor of playing with paper dolls of adult women. The handler realized that some young girls did not want to play mother to babies, but rather they wanted to use their imaginations to envision their futures as adults through play. The handler's solution was to introduce a new doll to the market. On March 9, 1959, Barbie made her debut at the American Toy Fair in New York City, and her popularity has endured for nearly 65 years.



Handler based her design, a slim 11-inch-tall woman with wavy blonde hair and a full feminine figure, on a German doll named Lilli. Lilli was first introduced not as a doll for German girls, but as a bold and quick-witted woman in a newspaper comic strip geared toward men. Lilli's popularity grew so much that she became a toy for children.

Handler discovered Lilli on a visit to Germany. She brought the doll home, made a few changes, and named her Barbie after her own daughter Barbara. Handler, founder of the Mattel toy company, utilized a sponsorship deal she had signed with *The Mickey Mouse Club* to advertise the doll on television to children. By 1961, Barbie had grown so popular that Mattel gave her a boyfriend—Ken, named after Handler's son—and a best friend named Midge. In 1964, they gave Barbie a sister named Skipper. Kids across the world wanted the dolls and to dress them in fashionable clothes, hats, shoes, etc. Other popular accessories include Barbie's Dream House and Dream Kitchen.

As popular as Barbie has been, though, she has always generated plenty of controversy. During the 1950s, she was viewed as challenging women's traditional roles. Throughout the 1960s, Barbie was a nurse, astronaut, and executive. Then again, her unrealistic figure (a holdover from the Lilli age) has been criticized as perpetuating negative body images for young girls. Regardless, Barbie has weathered these storms, bringing in one billion dollars for Mattel each year.

The Time Has Come

On March 12, people will turn their clocks one hour forward for the start of daylight-saving time (DST). In 1784, Ben Franklin published a satirical essay in Paris suggesting that clocks move forward an hour in spring and fall back again in the fall, but the notion was not taken seriously in America until World War I when the first clock adjustment was made to conserve energy.

Each year, opponents of DST argue that the time change has serious negative impacts on health. Sleep deprivation and "circadian misalignment," the mismatch between our biological rhythms and the natural light cycle, may increase levels of the stress hormone cortisol in our bodies, leading to a slew of health problems like strokes, heart attacks, obesity, diabetes, and seasonal depression. One year ago, the U.S. Senate passed the Sunshine Protection Act, making DST permanent. The House of Representatives has yet to vote on the matter.

Did you know?



Rah, rah, sis, boom, bah!
Hooray for Cheerleading Week from March 6–12! The first cheers did not come from organized squads of uniformed college women waving pom-poms. It was at Princeton University in 1884 that the crowd first cheered in unison: "Rah, rah, rah! Tiger, tiger, tiger! Sis, sis, sis! Boom, boom, boom! Aaaaaah! Princeton, Princeton, Princeton!" A Princeton graduate named Thomas Peebles then brought the idea to the University of Minnesota. Peebles became the school's football coach and, during scrimmages, would spontaneously burst into the Princeton cheer. Minnesota student Johnny Campbell then decided to develop a cheer for the Gophers: "Rah, rah, rah! Ski, OO, mah!" During a game on November 2, 1898, Campbell leaped from the stands to lead the crowd in his chant, consequently becoming the first cheerleader.

Healthy Aging

Americans are living longer than ever, but they are not always living in good health. Around 85% of older adults have at least one chronic health condition, which can cause disability, loss of quality of life and independence, and a raised risk of death. The U.S. is aging and by 2060, close to a quarter of the population will be age 65 and older.

While medical advances have made an enormous difference in the treatment and management of many chronic diseases, prevention is a critical piece of healthy aging. A healthy lifestyle with regular exercise and a nutritious diet, along with regular preventive screenings and visits, can help us all have longer health spans—the number of years that we live in good health.

The longer we live in good health, the longer we can live independently and do the things we want to do. This also means that we can delay the need for medical services, increase medical expenses and long-term care, in turn reducing the burden on our wallets, our families, and the healthcare system.

Healthy People 2030 is an initiative from the U.S. Department of Health and Human Services that sets data-driven national objectives to improve health and well-being over the next decade. Many of the more than 300 objectives are focused on reducing health problems and improving older adults' quality of life generally, and when dealing with diseases, infections, injury risk, and more.

Healthy Recipe

Homestyle Chicken Noodle Soup

Ingredients:

- 4 cups chicken broth
- Generous dash ground black pepper
- 1 medium carrot, sliced
- 1 stalk celery, sliced
- 1/2 cup uncooked medium egg noodles
- 1 cup cubed cooked chicken or turkey

Directions

1. Mix broth, pepper, carrot, and celery in saucepan.
2. Heat to a boil.
3. Stir in noodles and chicken.
4. Cook over medium heat for 10 minutes or until the noodles

Serves 2-4



The Power of a Scroll in the Parks

After being stuck in the house all winter, stretch your legs on March 30, take a Walk in the Park Day, by strolling through your favorite local park. Parks are vital public resources. They have been proven time and again to increase property values, improve local economies, and decrease crime. Most importantly, they offer opportunities for people to get outside! They are public spaces for people to gather. Fields, trails, and courts offer opportunities for people to exercise and get healthy. Natural landscapes filled with trees and flowers not only provide valuable habitat for animal life and clear air, but they offer tranquil retreats for visitors. Spending time surrounded by nature reduces stress, improves mood, and increases happiness.

March Birthdays

In astrology, those born from March 1–20 are Pisces' Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists. Those born from March 21–31 are Aries' Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries' charisma and confidence make them effective leaders.

Lupita Nyong'o (actress) – March 1, 1983
 Dr. Seuss (author) – March 2, 1904
 Rob Reiner (actor) – March 6, 1947
 Lester Holt (journalist) – March 8, 1959
 Simone Biles (gymnast) – March 14, 1997
 Nat King Cole (musician) – March 17, 1919
 Vanessa Williams (singer) – March 18, 1963
 Spike Lee (director) – March 20, 1957
 Chaka Khan (singer) – March 23, 1953
 Aretha Franklin (singer) – March 25, 1942
 Mariah Carey (singer) – March 27, 1970
 Eric Clapton (musician) – March 30, 1945

Starting March 9th, 2023, Blackwater Regional Library will bring the library to Hayden Village Center.

Every 2nd and 4th Thursdays (1:00pm-2:00pm)

Rent books and DVDs for FREE



Socialization & Recreation

Check out the Center's March Soc and Rec Activity Calendar that is open to all older adults 60+.

Our Program Coordinator Kenya can be reached at (757) 222-4527 for any questions and/or to register for the activities.

Saint Patrick's Day March 17th



Directions: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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| CHARM | GREEN | MARCH |
| CLOVER | IRELAND | PARADE |
| DANCE | ISLE | RAINBOW |
| DUBLIN | LEPRECHAUN | SHAMROCK |
| EMERALD | LIMERICK | |