



# Newsletter

March, 2022

11777 West Drive, Desert Hot Springs, CA 92240  
(760) 329-0222



**SENIOR CENTER**

of Desert Hot Springs

Open Monday-Friday  
8:00 am to 4 pm

**Cheryl Hunter**

*Director*

**Jessica Martinez**

*Resource Coordinator*

**Marta Godoy**

*Receptionist*

## Lucky Green Day

On March 17 we will have some fun with green. Wear green clothes, or a green hat, green shoes, maybe green jewelry?

It's all about celebrating the color associated with St. Patrick's Day and the American Irish traditions that go with it.

We'd like to take photos of all the members who come through the door in their green finery. Be sure to stop by for your photo!

*"In the long run, you make your own luck - good, bad, or indifferent.."*

*—Loretta Lynn*

## *From the Director's Desk*

March is a special month. It brings a hint of spring, new life and the time change. One of the most fun things about this month is the 17th, when everyone feels a little bit Irish. Many Americans celebrate St. Patrick's Day with all its traditions including wearing of the green, Irish music, corned beef and cabbage, and a mug of Guinness.

My family is from Ireland and Scotland, the McManus, Buchanan, and Ferguson ancestors came to the United States in the 1700s. That makes March a little special for me because it reminds me of my Grandparents and their stories, as well as the farm food I grew up eating.

While we think about the "luck of the Irish," this month, it is good to remember that as we move through life it is the cause and effect of our choices and actions combined with the influences of our environment and culture that determine outcomes. But just for one day we can believe in luck and look for it under the Blarney Stone.

## Casino Play Day!

On March 31st we will have a Casino Play Day filled with fun, goodies to take home and games to win points toward prizes. We have a few members who have experience as card dealers and casino gaming who will be helping to make the experience close to the real thing.

Fun, fun for everyone!





## History of St. Patrick's Day

The people of Ireland began to observe the day of St. Patrick's death over 1,000 years ago. The man known as St. Patrick was considered by the Irish to be the country's patron saint. Born in Roman Britain, he was kidnapped at the age of 16 and brought to Ireland as a slave. Later in years he escaped but soon returned to Ireland and was credited for bringing Christianity to its people.

Growing from the 9th or 10th century early feast day of St. Patrick to the parades and fanfare of today's celebration, St. Patrick's Day has become a joyful and very Irish centered party day.

The four leafed clover was a Celtic charm that Druids and ancient people believed would ward off evil spirits and bad luck. The chances of finding one is about 1 in 1,000.

The pot of gold at the end of the rainbow has many myths and stories behind it. The meaning that resonates with most is the idea that chasing dreams without gratitude for what we have is like trying to find gold at the end of a rainbow, because the focus is on the elusive reward at the end rather than the treasure right in front of us.

## Daylight Savings Time

We will be springing our clocks forward on March 13th, just as we have been doing since 1949 when Californians voted to make Daylight Savings Time permanent. In 2018 nearly 60% of Californians voted to allow the state's Legislature to do away with DST. However, the change can only happen with a 2/3 vote by the Legislature and then petition Congress. Spring DST may be responsible for a rise in health issues, apparently due to the one hour loss that effects some individuals negatively. If you believe California should end DST, call or write to your state representatives.

## Joke of the Month

What did the tree say to Spring?  
What a re-leaf!

## Volunteers Needed for Food Distribution

We need folks to assist with our monthly food distribution process. The 1st and 3rd Wednesday of every month, we need a morning crew to help with unloading and packaging, and from 11am until 1pm to help with breaking down and discarding boxes. Let the front desk know if you are interested in volunteering.

**Happy St. Patrick's Day!**