



Wishing you a **happy** *Easter* holiday!

"This Month In History" MARCH

1918: Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

1941: The pioneering squadron of African American military aviators known as the Tuskegee Army is activated for service in World War II.

1962: In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points playing against the New York Knicks. It's still the record for most points scored in a single game.

1974: People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

1987: To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

2006: Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.

2020: The World Health Organization declares the outbreak of the COVID-19 virus a global pandemic.



KINSHIP POINTE

McCook

1500 E 11th Street • McCook, NE 69001 • (308) 345-2100

March 2024



Resident Birthdays

Scott Gibson-1st Barbara O'Dea-2nd
Pat Schmid-2nd Jack Hook-11th
Darlene Russell-21st Carol Kelley-23rd
Cheryl Hamrick-23rd Alyce Mae Stritt-27th
Joe Matson-29th

Associate Birthdays

Penny Pederson-4th Teresa Faith-6th
Jennifer Koetter-12th Debra Hofer-17th
Kristy Latimer-21st



Residents Mary Frederick and Doris Jean Oliver display their Valentine gnomes they made during craft time.

Crafting Creates Brain Benefits

Whether you're stitching, purling, painting, gluing or carving, crafting not only keeps your hands busy, but science shows it can keep your brain nimble, too. Researchers say activities such as sewing, knitting, scrapbooking and woodworking can protect the brain from age-related damage and decrease the risk of mild cognitive impairment. While crafts may appear to simply provide hobbyists with a creative outlet and enjoyment, scientists assert that crafting is unique in that it can exercise many areas of the brain, including memory, attention span, visual-spatial processing, and problem-solving.



Resident Dorothy Corder is serenaded by Merrymakers performer Bill Chratil.