



MARCH 2015

HAPPY ST. PATRICK'S DAY!

TRAGEDY OR A BLESSING?

Years ago in Scotland, the Clark family had a dream. Clark and his wife worked very hard and saved much of their earnings, making plans for their nine children and themselves to travel to the United States. It had taken years, but they had finally saved enough money, got passports, and made reservations for the whole family on a new liner to the United States.

The entire family was filled with anticipation and excitement about their new life. However, seven days before their departure, the youngest son was bitten by a dog. The doctor sewed up the boy but hung a yellow sheet on the Clarks' front door. Because of the possibility of rabies, they were being quarantined for fourteen days.

The family's dreams were crushed. They would not be able to make the trip to America as they had planned. The father, filled with disappointment and anger, stomped to the dock to watch the ship leave - without the Clark family. The father shed tears of disappointment and cursed both his son and God for their misfortune.

Five days later, the tragic news spread throughout Scotland - the mighty Titanic had sunk. The unsinkable ship had sunk, taking hundreds of lives with it. The Clark family was to have been on that ship, but because the son had been bitten by a dog, they were left behind in Scotland.

FOCUS CORNER

The nervous system is the most important part of the body. That is why it is housed in bone. It begins at the brain and ends at the tailbone. It controls every muscle, organ and cell in your body. By getting rid of any irritation to that nervous system it helps maintain proper function. Chiropractic care and Physical Therapy in conjunction help maintain the health of the spine. Overall giving you a healthy functioning body.

When Mr. Clark heard the news, he hugged his son and thanked him for saving the family. He thanked God for saving their lives and turning what he had felt was a tragedy into a blessing.

"God's timing is always perfect."

HISTORY OF ST PATRICK

St. Patrick was born in 460, and was known as the Patron Saint of Ireland. While not much is known about his early life, as many of his life's details were lost to folklore, letters from St. Patrick reveal that he was captured in Wales, Scotland and taken to Ireland as a slave. While captured, he claimed to have dreamt of God. Legend says he was dictated by God to escape with a getaway ship. He escaped to Britain and joined a monastery. For 20 years he traveled throughout Ireland, establishing monasteries across the country. He also set up schools and churches. He developed a native clergy, fostered the growth of monasticism, established dioceses, and held church councils

St. Patrick's Day was first celebrated in America in 1737, organized by the Charitable Irish Society of Boston, including a feast and religious service. St. Patrick's Day parades started in New York in 1762 by a group of Irish soldiers in the British military who marched down Broadway.



Did you know that St. Patrick used the 3-leaf clover to explain the Holy Trinity

IRISH BREAD BRAID

FOCUS MARCH CALENDAR

NATIONAL NUTRITION MONTH

MARCH 6TH

Employee Appreciation Day

MARCH 8TH

Daylight Savings Time

MARCH 17TH

St. Patrick's Day

MARCH 20TH

First Day of Spring



WHY ASHES DURING LENT?

In Jewish and Christian history, ashes are a sign of mortality and repentance. Mortality, because when we die, our bodies eventually decompose and we become dust. Repentance, because long ago, when people felt remorse for something they did, they would put ashes on their head and wear sackcloth to remind them that sin is pretty uncomfortable and leads to a sort of death of the spirit. This was their way of confessing their sins and asking for forgiveness.

INGREDIENTS:

- 2 cans Pillsbury Recipe Creations seamless dough sheet
- 6 oz sliced corn beef
- 1 cup spinach, chopped, cooked, and strained
- 2 large red potatoes, boiled, cooled, and sliced
- 1 cup mozzarella cheese, shredded
- Egg wash (1 egg beaten with 1 tablespoon water)
- Caraway seeds, for sprinkling (optional)

DIRECTIONS:

1. Heat oven to 375 F. Line a baking sheet with cooking spray.
2. Unroll dough sheets onto baking sheet. Place dough side by side lengthwise and press into 1 large rectangle, pinching the seam together.
3. Place corned beef in center of dough in an 8-inch wide strip. Top with spinach, then potatoes. Sprinkle with cheese.
4. Using a knife or scissors, cut 1-inch strips on long sides of dough (be sure to cut the same number of strips on each side). Fold in short end sides and alternately cross strips over the filling to make the braid.
5. Brush braid with egg wash, then sprinkle with caraway seeds if desired. Bake 25 minutes or until a deep golden brown, let cool 5 minutes before slicing.

f PHYSICAL THERAPY

Our Physical Therapist Amber offers a wide variety of treatment options. A few of her specialty areas include the following:

- Falls and Balance Training
- Vestibular Disorder (Vertigo)
- Geriatric Training
- Graston Certified
- Plantar Fasciitis

Modalities may be used to increase blood flow, decrease swelling, and relieve pain.

- Electrical Stimulation
- Heat/Ice
- Ultrasound

• Myofascial Release & Trigger Point Therapy are safe and very effective hands-on techniques that involve applying gentle but sustained pressure to eliminate pain and restore motion.

• Kinesio Taping is a rehab taping technique that is designed to facilitate the body's natural healing process while providing support and stability to muscles and joints without restricting range of motion.

• TMJ is the treatment of muscles in the jaw which includes exercise, ultrasound, and muscle stim.



POPEYE'S SPINACH SECRET

We all know that Popeye loved the stuff, but the question is: why spinach?

- This healthy green is loaded with vitamins, antioxidants, and minerals and has an extremely high nutritional value.
- Magnesium is an essential mineral in spinach that is important to the human body.
- It helps boost energy metabolism and maintaining a healthy immune system.
- It also helps keep blood pressure normal, bones strong, and heart rhythm regular.

BENEFITS OF THE CLOVER

- Detoxifies the lymph, lungs, kidneys, liver, and blood.
- Good expectorant for a cough.
- Has a relaxing effect on nervous system and reduces inflammation
- May also be used to treat skin conditions such as acne or eczema.