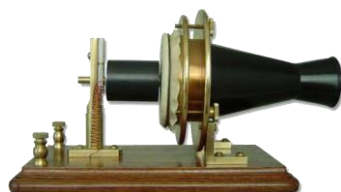


## Clash of Inventors



Alexander Graham Bell is hailed as the inventor of the telephone. It was Bell who discovered that sound travels over electrical wires and that these wires can be

connected in a way that allows two people to speak to each other over long distances. On March 10, 1876, the telephone was born when Bell spoke to his assistant, Thomas A. Watson, saying, "Mr. Watson. Come here. I want to see you."

Was Bell the sole inventor of the telephone? Another renowned inventor, Elisha Gray, was working on a similar device. On February 14, 1876, Bell submitted an application to the patent office for his telephone. Just hours later, Gray submitted his own application for a patent. Gray wrote:

"To all whom it may concern: Be it known that I, Elisha Gray, of Chicago, in the County of Cook, and State of Illinois, have invented a new art of transmitting vocal sounds telegraphically, of which the following is a specification: It is the object of my invention to transmit the tones of the human voice through a telegraphic circuit, and reproduce them at the receiving end of the line, so that actual conversations can be carried on by persons at long distances apart."

When Gray discovered that Bell was awarded the patent, he took Bell to court. Not only did Gray believe that he submitted his paperwork first, he believed that Bell learned of one of his designs and stole it. How did Bell steal Gray's design?

One of the patent examiners at the patent office swore in an affidavit that he had shared Gray's paperwork and designs with Bell. The legal battle lasted over two years.

The courts eventually ruled that while Gray had invented an important, even vital, component of the telephone, Bell had succeeded in creating the whole telephone. The rest, as they say, is history.



### Reminder from Nursing-

Please use caution when getting coffee from the bistro as the coffee comes out very HOT! We suggest grabbing the coffee cup securely towards the top and only filling the cup 2/3 full. Thank you.

## March Birthdays

Those born from March 1–20 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional.

If you were born between March 21–31, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence mean they have big and outgoing personalities.

3/1 Ron F.	3/3 Shirley B	3 /4 Roger A
3/5 Carol H	3/5 Eby W	3/6 Hugh O
3/7 Karen B	3/13 Vicki H	3/14 Syd W.
3/18 Jan S		

Dr. Seuss (author) – March 2, 1904  
Lou Costello (comedian) – March 6, 1906  
Sam Donaldson (journalist) – March 11, 1934  
Glenn Close (actress) – March 19, 1947  
Walt Frazier (ball player) – March 29, 1945

## Employee of the Month- Mona!



**Mona is Waterford Grands Environmental Services Director!**

Mona has been with Cascade Living Group since April of 2023. "I am grateful for my coworkers and residents and look forward to many happy years together." Thank you, Mona, for all you do!

March 2024

# Waterford Grand

Waterford Grand Assisted Living and Memory Care | 600 Waterford Way, Eugene Or 97477  
P:541-636-3329 Fax:541-344-1222



## A Mathematical Celebration

March 14 marks a unique celebration—Pi Day! It honors the mathematical constant pi ( $\pi$ ) because the first three digits, 3.14, match the date. It is also recognized as the International Day of Mathematics, a celebration of the universal language of numbers. In addition, this busy day also pays homage to the genius behind the theory of relativity, Albert Einstein, who was born on March 14, 1879. Ironically, the fact that Einstein's birthday is widely celebrated might not have pleased the esteemed scientist, who once said, "It is a known fact that I was born, and that is all that is necessary."

Pi, that infinite number we encounter in circles, has an inseparable bond with Einstein's groundbreaking work. The beauty of pi lies not just in its numerical significance but in its appearance across mathematical landscapes, including the formulas that are the basis of Einstein's theories. The theory of relativity, famously distilled into  $E=mc^2$ , unveils the intricate dance between energy, mass, and the speed of light—a mathematical waltz through the cosmos.

This trio of celebrations is a chance to marvel at how math permeates our world. From the spirals of galaxies to the curves of flower petals, mathematical principles govern the very fabric of nature. March 14 is a day to appreciate the sheer delight of numbers, which transcend cultural and language barriers. It's a reminder that math isn't just about calculus or algebra, endless equations to mind-bending theories; it's about the joy of patterns, puzzles, and the universal language that connects us all. It is the basis of the wonders of the universe—the rhythm of the stars, the shapes of nature, and the logic that powers innovation.

As you munch on a piece of banana cream or homemade blueberry pie to celebrate Pi Day, raise a glass and toast to Einstein's legacy. Take a moment to reflect on how equations, formulas, and theories intertwine to unlock the secrets of the universe.

## Celebrating March

### Umbrella Month

### Optimism Month

### Irish American Heritage Month

### Iditarod Race March 2

### Napping Day March 11

### Quilting Day March 16

### Tea for Two Tuesday March 19

### Memory Day March 21

### Pencil Day March 30



## Jeopardy's Journey



Television quiz shows came under fire in the 1950s when it was discovered that contestants were given help and sometimes even answers by quiz show producers. The incredibly popular shows *Quiz Show*, *Twenty-One*, *Dotto*, and *The \$64,000 Question* were all revealed to have been rigged,

with contestants playing along to increase the dramatic tension and make the show more enjoyable for viewers. In 1960, Congress finally passed a law banning all fixing of quiz shows.

It's not surprising that many television networks were hesitant to produce any new quiz shows. But audiences craved them. In 1964, television producer Merv Griffin wanted to come up with a new game show. His wife, Julann, pitched him this idea: a show where the contestants were given the answer and challenged to come up with the question. For example, if the answer is 5,280, the question is, "What is, 'How many feet are in a mile?'" From that simple idea, the hit show *Jeopardy!* was born.

On March 30, 1964, *Jeopardy!* debuted, hosted by actor Art Fleming. It was a successful show, but after 11 years it folded. It was revived in 1984, this time hosted by Alex Trebek. For over three decades, Trebek reigned as the quintessential host of *Jeopardy!* With his poised demeanor and unmistakable voice, Trebek guided contestants through the challenging questions with wit and charm. He personified knowledge, embodying the essence of the beloved quiz show.

After Trebek's death in 2020, the show embraced a rotating roster of hosts, including notable figures like former contestant Ken Jennings and actress Mayim Bialik. Each host brought their unique flair while honoring Trebek's legacy. Beginning with Season 40, Jennings took the reins as full-time host. As the winner of 74 games of the show, there is no doubt that he's qualified for the job!



### Good Friends Make Good Neighbors!

Join us and learn about Waterford Grands referral program called, **Good Friends Make Good Neighbors**

Did you know that you can earn a rent credit if you refer someone, and they move into Waterford Grand? The more people you refer and move in, the more monthly rental credits you can receive.

Join our Community Relation Directors, Apryl, and Kim to learn all about this amazing program that you could be participating in.

*Just for attending, your name will be entered into a drawing to win lunch at your favorite local restaurant with Apryl and Kim.*

**When: Friday March 6<sup>th</sup>**

**Time: 10:30am**

**Where: The Theater**

## In Praise of Weeds



Gardeners get giddy in March as the ground begins to thaw and green buds burst forth showing signs of spring. However, not all of those buds are welcome, and gardeners will begin their assault on unwanted weeds. But wait! Before you break your back pulling out garden

invaders, take some time to understand these pests. March 28 is Weed Appreciation Day.

Many weeds are native species of flowers that provide important pollen and nectar for bees and butterflies as well as seeds for a variety of birds. They may not be always be pretty, but they are important. For example, the humble clover may be undesirable, but it has tremendous benefits. It grows easily and in abundance, is a tasty and nutritious crop for grazing animals, fixes its own nitrogen (which means less need for fertilizer), and grows in a wide variety of climates and soils. It is also one of the honeybee's main sources of nectar.

Many other weeds are edible and healthy. The roots of the burdock plant are regularly eaten in Japan and Korea. They taste similar to artichokes and are high in fiber and potassium. Dandelion and burdock are combined to make a tasty drink that is popular in England and tastes similar to root beer.

The leaves of lamb's quarters, also known as goosefoot or pigweed, are a good substitute for spinach. The seeds, known as quinoa, are a popular alternative to rice and other grains and are high in protein and vitamin A.

Purslane is eaten all over the world in salads, stir-fry dishes, and soups. It contains more of the all-important omega-3 fatty acids than any other leafy green. So this March, before you yank, consider whether that weed may actually be a boon for you and your woodland friends.



Meet Kim Dunn, new Community Relations Director. she is passionate about Broadway musicals, her family and friends, along with helping people to age with dignity and fun She has a partner and a 12yr old daughter who keeps her busy with music and acting. Kim is learning to play pickleball and sings in a large women's choir in Eugene. She is excited to be a part of Waterford Grand and is looking forward to meeting all the residents and having "FUN".

### Sand Art and Flower Arranging In Memory Care!

