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Over time lucky tokens have been carried by people for good luck. It could be anything but, for instance, the 4 leaf clover has become a symbol of good luck.

Set me thinking; the greatest good luck charm we carry around with us is the realization of good and lasting friendship. It is tucked into our heart somewhere, and often refreshed over a cup of coffee. The good luck of good friendship comes from the knowledge there is always someone there for me

who cares and understands. That knowledge is accessible always. And it is the cornerstone of life that makes a difference in "getting through" those dicey moments.

When is the last time we told a dear friend, "you are my good luck charm, as I carry around our friendship inside me always wherever I go. Thank you! I like myself better when I am with you...and you are with me."

~Laci Graham, Executive Director

Timely Tips



*Spirit of Change Magazine (Portion of an article on Self-Care)
BY OLUDARA ADEEYO*

Meditation sounds more intimidating than it is. You're probably thinking, That ain't for me. My mind is always racing. Well, if you want to decrease your experience with emotional distress, you need to give meditating a try — especially as you prioritize self-care.

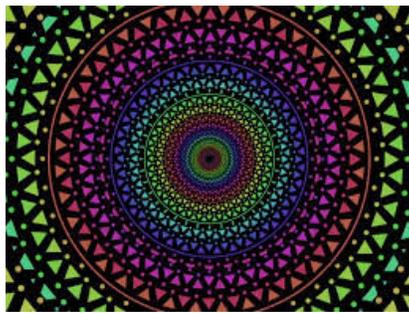
Meditation is top-tier when it comes to taking care of our mental health. It's the practice of focusing or monitoring our thoughts for a time. When we meditate, we calm our mind, improve our attention, and reconnect to ourselves.

We regulate emotions and learn to self-soothe. By introducing meditation to your self-care practice, you are creating an exclusively safe space to release emotions. You are training your mind to be aware of all that is in and around you.

Meditation doesn't always have to look like sitting down for twenty minutes and trying to swat away stressful thoughts. Even if you're a beginner, you can use guided meditations. It feels less overwhelming when you have someone else leading you.

To find the right guided meditations, start by searching YouTube for what fits your needs, such as the length and topic. If that doesn't work, consider downloading apps that fit the style of meditation you want. Some app suggestions include Headspace: Meditation & Sleep, Liberate: Black Meditation App, and Shine: Calm Anxiety & Stress.

Meditation helps clear the mind. As we calm our minds, we improve our mental wellness. You'll feel happy, relaxed, and peaceful when you practice daily meditations as part of your self-care.



Meditation can really look very different for each person. Think about a walk you may have taken in the woods, focusing on the sights and sounds of nature, or a walk on a beach while the waves lap up over your feet; these can be meditative moments. Moments when our mind slows and our breathing becomes slower and deeper. So as you think about meditation let your mind expand to include places, sounds and sights that may take you on a meditation journey—a moment of stillness within. Explore meditation to self-soothe.

NAMASTE!

The Good News Corner

We could all use some good news right about now!

So this month we start a column called **THE GOOD NEWS CORNER** to honor the good so often overshadowed by the rough times we are currently living.

In case you missed it, a truly one-of-a-kind victory happened at the end of January thanks to a brave group of Irish fishermen near Cork. What better time

to salute these courageous fishermen than at the time of St. Patrick's Day? Here is our tribute to the brave men of integrity who stood in their truth and changed the future, as our first offering in this venue.

HOW A GROUP OF IRISH FISHERMEN FORCE THE RUSSIAN NAVY INTO A U-TURN



A fishing community on southwest Ireland, the Irish South and West Fish Producer's Organization of Castletownbere, were notified by the Russian navy their fishing grounds about 150 miles off the Irish coast known as Ireland's Exclusive Economic Zone (EEZ), were to be used in early February for Russian Naval War Games. They were strictly ordered to stay away for two weeks in February. The exercises would have involved the use of naval artillery and launching of rockets and would present "serious safety risks in the operational area," a part of the Atlantic that is critical for the fishermen's livelihoods.

Led by Patrick Murphy, head of the Fishermen's Organization, and Alan Carleton, a protest was filed with Yury Filatov, Russian ambassador to Ireland. "We're all human beings and all anyone wants to do is make a living. Everyone has mortgages... They have to be paid. Follow the fish and make a living. That's all we want to do." The Russians were informed they planned on fishing regardless of the naval activities.

When the Russians ordered them to refrain from being in the area for two weeks, Murphy and Carleton said, "This is our protest. We aren't moving." They told CNN, "We're worried about what damage this live fire might do to the fish stocks and marine life. We don't want anyone doing live fire in our waters. It's our backyard. It's where we make our living and our livelihoods."

Their stand for integrity and fair play included an action plan of 60-75 boats that would at all times be using the area on schedule; as one boat left another would go out to fish. Initially they worked out with the ambassador that Russia would change its location; Moscow decreed otherwise. Murphy and fishermen stood pat. "We aren't moving." The media took up the cause, and a very tense 48 hours of negotiating transpired. End result: Moscow announced the exercises would be moved as "a gesture of good will with the aim not to hinder fishing activities."

Murphy said he believed it was the work of him and other fishermen who raised international awareness of the issue, further highlighted by the media. The result? A nearly miraculous change of plans; the Russian Navy deferred to the fishermen of Ireland, a non-naval country.

You wouldn't expect the Russian nation to listen to a couple of fishermen," said Murphy. "Doesn't it show that a simple little conversation can change things? It's huge. The power of words is a lot better than the power of the gun. I'm chuffed." (Irish slang for very pleased and satisfied) Whereas each one must choose what it shows to them, it clearly demonstrates the power of standing for goodness, truth, and honor.

We salute the courageous Irish fishermen who showed us the strength of standing in the truth for the rights of all. Bless them, everyone! Let's hope the creative Irish musicians will immortalize this in song as a new Irish legend:

WE AREN'T MOVING! to keep the magic moving forward.

As reported by CNN

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(Since this concluded in late January the significance of this event seems even more inspirational

and meaningful in light of the naked aggression we now are witnessing from Russia. It is worth repeating: Bless the Irish fishermen, who led us all!!)



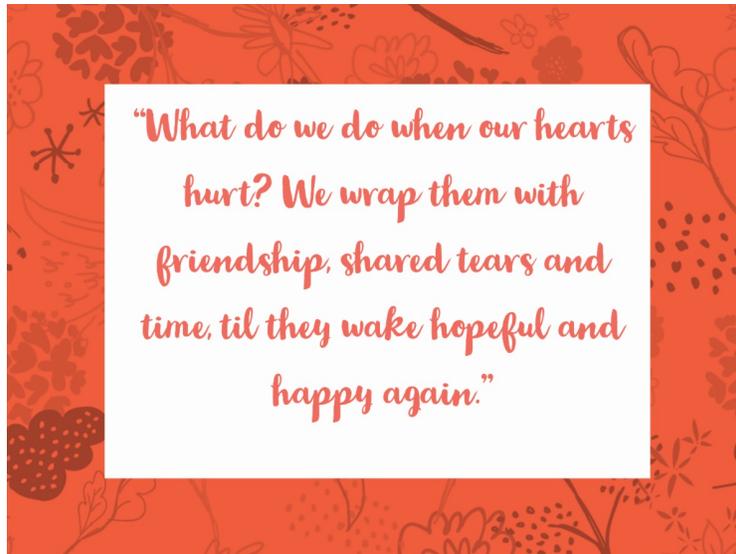
THE BOY, THE MOLE, THE FOX AND THE HORSE.



In 2019 a book by that name was written by Charlie Mackesy, a well know British Cartoonist in his 70's A self-professed reader who is not good at reading books says: "the truth is I need pictures. They are like islands places to get to in a sea of words." This cartoonist, book illustrator and collaborator turned his doodles into the charming, heartwarming and inspirational book that soon became the most in demand book of that year. It is filled with delightful statements about life, and friendship and what really means the most. I wasn't able to find one to buy as it was always sold out.

I finally got to it in January 2022...and found the book so magical I just

had to share it. Per Charlie, "When I was making the book I often wondered, who on earth am I to be doing this? But as the horse says: **THE TRUTH IS EVERYONE IS WINGING IT.** So, I say spread your wings and follow your dreams—this book is one of mine." I found myself smiling in my heart, feeling lighter and younger; mesmerized by the sheer joy of discovery this fresh portrayal of friendship and life offered, that it captured my heart and imagination. I am sharing the following quote with you, perhaps my favorite of the book (it's a difficult choice to make).



My hope is that entices you to go to the library, or to a book store, pick up a copy and sit in one of their chairs for a delightful twenty minutes and see for yourself what four very different friends who very much remind us of ourselves, discover about life, friendship, love and exploring together. Prepare to be Enchanted! Charmed! Enticed! Captivated! A child again! You may even feel you can't go home without a copy for yourself.

P.S. This would make a splendid gift, if you are seeking one.

.....
Who is Charlie Mackesy?

Born during a stormy winter in Northumberland, Charlie has been a well-known cartoonist and book Illustrator for Oxford University Press. Most remarkable, he never attended art school, but did informally train with others however his style remains unique. He has collaborated with Richard Lewis for Comic Relief, and Nelson Mandela on a lithograph project, "The Unity Series." He has lived and painted in South Africa, Southern Africa and New Orleans and co-runs a social enterprise, Mama Buci in Zambia, which helps families of low and no income to become beekeepers. He lives in London and to learn more about him you can contact CHARLIEMACKESY.com





Children's Corner EXCITING NEW CHILDRENS BOOKS...



10 Kids Books Psychologists Recommend ~By Sara Darnell

Few things have been harder during the Covid years than watching the toll all the fear, uncertainty, and division of opinion has taken on our children. We as adults are overcome with the tumult and anxiety. Imagine how helpless children are feeling. Our heartfelt commitment to help our children collides with the overwhelming challenge of "Where do we even start to make them feel better again?"

There are some positive suggestions at our fingertips, thanks to the Children's Book Association, which collected the ten currently most successful books to tackle this daunting task recommended by psychologists. The list includes a wide variety of topics, and the top three are written by a doctor. To read more about them you can google: The Top 10 Psychologist Recommended Children's books.

10. WHEN YOU HAVE LOVE

(Help understand unconditional love)

9. COCK-A DOODLE DON'T YOU DARE

(About being different is a good thing)

8. THE SILENT WORDS OF YACKETY MACK

(A rhyming book on friendship and caring)

7. ZEN PIG: HERE TO DO

(Value of gratitude, mindfulness, and compassion)

6. LITTLE LUCY AND HER LITTLE WHITE LIES

(Re: white lies to cover embarrassing secret)

5. YES DAYS, NO DAYS: THE ART OF POSITIVE THINKING

(How to turn a no day into a yes day)

4. EVERYTHING YOU GIVE COMES BACK

(How actions affect others)

3. EVERYONE FEELS SAD SOMETIMES

(How to soothe feelings- be more aware)

2. EVERYONE FEELS ANXIOUS SOMETIMES

(Aide in dealing with stress)

1. EVERYONE FEELS ANGER SOMETIMES

(How to manage anger, calm down, and communicate)

Additionally there is an offering from **PUPPY DOGS AND ICE CREAM PUBLISHING CO.** of an Emotional Learning Bundle of books, suitable for children 3-8.

These books are available in soft or hard cover. For further info regarding the recommended list check out the descriptions of all ten offerings and their authors by opening this

link:

https://shop.puppydogsandicecream.com/pages/top-10-psychology-bogo-2-1-new-growth-bundle-cs-04-19-21?discount=bogo21&utm_source=SO&utm_medium=Google&_ga=2.214594207.945796134.1646059036-356232453.1645906145



Food For Thought: Recipes with an Irish Flair

Try this recipe for homemade ...

Bailey's Irish Cream

Ingredients:

- Irish whiskey 400ml
- single cream 400ml
- condensed milk 200g tin
- camp coffee extract 2 tbsp
- vanilla extract 1 tsp

Method:

Pour all of the ingredients into a blender and blend on high to mix well. Don't over-blend as the cream will begin to whip. Pour into sterilized bottles and keep in the fridge for up to two months.





Cheese and herb Irish soda bread

★★★★★

Irish soda bread flavored with cheese and herbs is the perfect, easy bread to serve with hearty stews or soups. It's also perfect served simply with butter.

Course Bread, Vegetarian

Cuisine Baking

Keyword Cheesy soda bread, Easy bread recipe, Irish soda bread

Prep Time 10 minutes

Cook Time 45 minutes

Total Time 55 minutes

Servings 8

Calories 296kcal

Author Alida Ryder

Ingredients

- 4 cups flour
- 1½ tsp baking soda/bicarbonate of soda
- 1 t salt
- 2 cups (500ml) buttermilk
- 1 egg
- 1 cup grated cheddar cheese
- ½ cup fresh herbs, chopped (I used parsley, sage and chives)

Instructions

1. Pre-heat the oven to 180°C/360°F and line a Dutch oven/cast iron pot with baking/parchment paper.
2. In a large mixing bowl, whisk together the dry ingredients.
3. Whisk an egg into the buttermilk and pour into the dry ingredients.
4. Mix the dough until it just starts to come together (there will be large lumps) then add the cheese and herbs.
5. Continue mixing until the dough just comes together. The dough will be sticky and shaggy looking (not too smooth or else it will be over-mixed).
6. Transfer to the prepared pot then score a cross onto the top with a sharp knife. Cover with the lid and place in the pre-heated oven.



THINGS YOU'VE BEEN WONDERING
ABOUT THE IRISH

Did you hear Ireland is the fastest-growing country in Europe?
Its population is always Dublin.

How can Irish people tell when it's summer?
The rain gets warmer.

Did you hear about the Irishman that drank 100 liters of stout in just
30 seconds?
They're calling it a Guinness World Record.

Why can't you borrow money from a leprechaun?
They're always a little short.

What do you call a fake Irish stone?
A shamrock.

Why do the Irish fight amongst themselves?
They can't find any other worthy opponents.

What do you call a big Irish spider?
A Paddy long legs.

Memory Lane Revisited



I'M LOOKING
OVER A FOUR-
LEAF CLOVER

I'm looking over a
four-leaf clover
I overlooked before
One leaf is sunshine,

the second is rain

Third is the roses that
grow in the lane.

No need explaining
the one remaining
Is somebody I
adore

I'm looking over a
four-leaf clover
I overlooked before.



Written in 1927 by Mort Dixon, music by Harry M. Woods which several artists recorded. Revived in 1948 by many artists including Art Mooney, The Uptown String Band, The Three Suns, and Arthur Godfrey. Eventually associated with Merry Melodies Cartoons, the Philadelphia Mummers' parade and longtime popular familiar song for group singalongs. Also used with word variances for the 4-H clubs of America The music has long been associated with Irish sheet music and recordings collections. This is another sterling example of the optimistic Irish Spirit which nourishes us all.

On the Lighter Side...



Now you just knew.... didn't you... that with this being St Paddy's Day month and all we'd be picking on the Irish. So Top of the Morning to ya! And let's have at it.

THE CABBAGE-POTATO PATCH

Patrick "Paddy" McHooligan II, an old Irish man lived alone in the country. He wanted to dig his yearly Cabbage-Potato patch, but it was always very hard work

for him because the ground was hard. His only son, Danny “Cockeye” McHooligan, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament.

Dear Danny Cockeye McHooligan:

I am feeling pretty bad because it looks like I won’t be able to plant my potatoes and cabbages garden this year. I’m just getting too old to be digging up a garden plot. If you were here my troubles would be over. I know you would dig the plot for me. Love Dad

A few days later he received a letter from his son.

Dear Daddy McHooligan,

Whatever you do, DON’T DIG up that garden. That’s where I buried the BODIES.

Love, Danny Cockeye McHooligan

At 4 am the next morning, FBI agents, and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man and left. That same day the old man received another letter from his son.

Dear Daddy McHooligan,

You can go ahead and plant the potatoes and cabbages now. That’s the best I could do for you under the circumstances. Love, Danny Cockeye McHooligan



PAINTING THE CHURCH

There was an Irish painter named Finn McFinch who was interested in making a penny where he could, so he often thinned down his paint to make it go a wee bit further.

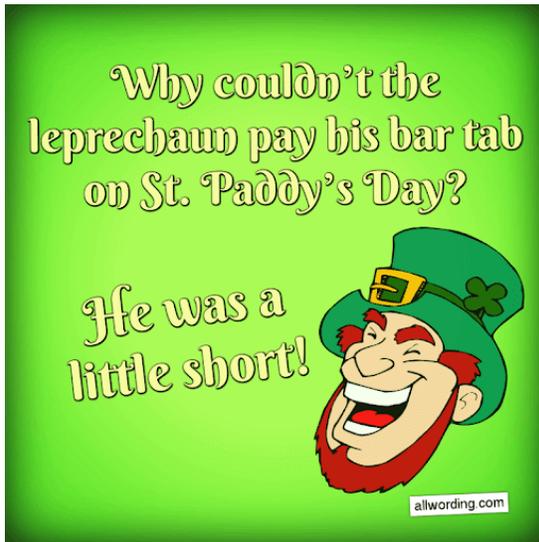
As it happened, he got away with this for some time, but eventually the Lutheran Church decided to do a big restoration job on the outside of one of their biggest buildings. Finn put in a bid, and because his price was so low, he got the job. Finn set about erecting the scaffolding and setting up the planks, buying the paint, and yes, I am sorry to say, thinning it down with turpentine.

Well, Finn was up on the scaffolding, painting away, the job nearly completed, when suddenly there was a horrendous clap of thunder, the sky opened, and the rain poured down washing the thinned paint from all over the church and knocking Finn clear off the scaffold to land on the lawn among the gravestones, surrounded by telltale puddles of the thinned and useless paint. Now Finn was no fool. He knew this was a judgement from the Almighty, so he got down on his knees and cried:

“Oh God, Oh God, forgive me; what should I do?”

From the thunder a mighty voice spoke.(you’re going to love this):

“REPAINT!! REPAINT! AND THIN NO MORE!”



Digging Holes

Two Irish lads were working for the local county council. One lad would dig a hole, the other lad would follow him and fill the hole in. They worked up along one street than down another.

A passerby saw what they were doing and was amazed at the hard work, but couldn't understand what they were at. He shouted over, "I don't get it? Why do you dig a hole only for the other one to fill it in?"

One lad wiped his brow and sighed. "I suppose it probably does looks a bit odd. You see, we're normally a three-man team. But the lad who plants the trees phoned in sick."





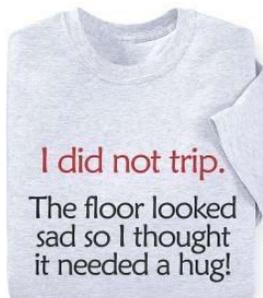
*There once was a man from Nantucket,
Who kept all his cash in a bucket.
His daughter, named Nan
Ran away with a man,
And as for the bucket, Nantucket.*



If you are travelling in the country and need to stop and ask directions, beware you need to understand what country terms mean.

NEXT DOOR = 1-2 Minutes
RIGHT UP THE ROAD = 5-19 Minutes
A COUPLE OF MILES = 10-20 Minutes
NOT TOO FAR = 20-50 Minutes
A LITTLE WAYS = Over an hour
A PRETTY GOOD DRIVE = 2 Hours +

You may want to carry this little guide in your glove compartment.



I was standing at a bar in a pub in Tipperary and a Chinese man comes, stands next to me and starts drinking. I asked him, 'Do you know any of those martial arts like Kung-Fu, Karate or Ju-Jitsu?' He says, 'No. Why the hell you ask me that? Is it because I'm Chinese?' I said, 'No, it's because you're drinking my Guinness.'



POTATOES

MAKE FRIES, CHIPS & VODKA
IT'S LIKE THE OTHER VEGETABLES
AREN'T EVEN TRYING

WHAT DO GET
WHEN YOU CROSS
POISON IVY AND A
FOUR LEAF CLOVER?



A rash of good luck!

WHY SHOULDN'T
YOU IRON A
FOUR LEAF CLOVER?



*You don't want to
press your luck!*

HOW IS A BEST
FRIEND LIKE A
FOUR LEAF CLOVER?



*Because they're
hard to find and
lucky to have!*

WHY DO FROGS
LIKE ST. PATRICK'S
DAY?



*Because they're
always wearing green!*



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*So there ya' have it! May all your Leprechauns
help ya' find and kiss the blarney stone now.
Go on! Go on!*



Blessing

An Old Irish Blessing

MAY LOVE AND LAUGHTER LIGHT YOUR DAYS,
AND WARM YOUR HEART AND HOME.
MAY GOOD AND FAITHFUL FRIENDS BE YOURS,
WHEREVER YOU MAY roam.
MAY PEACE AND PLENTY BLESS YOUR WORLD
WITH JOY THAT LONG ENDURES.
MAY ALL LIFE'S PASSING SEASONS
BRING THE BEST TO
YOU AND YOURS!

CelebratingEverydayLife.com

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