

Notable Quotable

“The list of Irish saints is past counting; but in it all no other figure is so human, friendly, and lovable as St. Patrick.”

~ Stephen Gwynn, Irish writer and politician



March Horoscopes and Birthdays

In astrology, those born March 1–20 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends. Those born March 21–31 are Rams of Aries. Like rams, Aries charge forward with courage, confidence, and enthusiasm. They embrace action, take risks, and will fiercely fight for their goals.

- Ron Howard – March 1, 1954
- Dr. Seuss – March 2, 1904
- Jean Harlow – March 3, 1911
- Knute Rockne – March 4, 1888
- Bobby Fischer – March 9, 1943
- Liza Minnelli – March 12, 1946
- Albert Einstein – March 14, 1879
- Nat King Cole – March 17, 1919
- Moms Mabley – March 19, 1894
- Fannie Farmer – March 23, 1857
- Alan Arkin – March 26, 1934
- Sam Walton – March 29, 1918
- Liz Claiborne – March 31, 1929

The March of Women’s History

The month of March is Women’s History Month, in recognition of women and their impact on culture and society all around the world. The movement to establish recognition of women’s history began in Sonoma, California, in the 1970s. A group of women formed the Education Task Force of the Sonoma County Commission on the Status of Women. Their goal was to include women’s history in the local school curriculum. For too long, men had dominated the study

while women’s contributions had nary a mention. The movement in Sonoma gained traction nationwide. In 1987, Congress declared the month of March as Women’s History Month. Politicians, writers, freedom fighters, scientists, soldiers, athletes—women have made contributions in virtually every field. We honor them all this March.

Heist of the Century

On March 18, 1990, over \$500 million worth of artwork was stolen from the Isabella Stewart Gardner Museum in Boston, Massachusetts. In the early morning hours, guards admitted two men dressed as police officers into the museum. These clever thieves quickly tied up the guards and spent the next hour stealing some of the museum’s most valuable art. They stole works by Vermeer, Rembrandt, Degas, Manet, and Flinck. The FBI launched an investigation and, despite following leads all around the world, neither the thieves nor the artwork have ever been recovered. The heist

remains the largest robbery of private property in history. Investigators believe the thieves were part of an organized crime group from New England and the mid-Atlantic. Gangster Bobby Donati, an associate of known art thief Myles J. Connor Jr., may have led the robbery under the orders of Boston crime boss Vincent Ferrara. Despite a lack of further evidence and no admissions of guilt, there is still hope at the museum. Empty frames still hang on the walls, so visitors can see for themselves where the paintings once hung and may hang again.

The Views News

March 2019



MeadowView Memory Care Village
3005 F Avenue NW
Cedar Rapids, Iowa 52405

RidgeView Assisted Living
2975 F Avenue NW
Cedar Rapids, Iowa 52405

Special Events

MeadowView

Ash Wednesday Catholic Service
March 6

Scott Englewood on Guitar
March 7

Taste Test with Chef
March 12

RidgeView

Lunch outing at Vito’s
March 5th

Ageless Art with Xene
March 6th

Native American Flute Music
March 12th

Spring is near!

Spring is right around the corner and after this winter, we really deserve it! Spring is a universal symbol of renewal and growth and as the earth starts it’s tilt back toward the sun, we look forward to getting outside in the sunshine to watch the flowers start to bloom.

At RidgeView, it’s time to get our raised garden beds ready to plant the fruits and vegetables our culinary staff will use in preparing our meals. It’s also time to resume our walking club and other outdoor

activities. The end to this winter is in sight! Just a reminder, March 10th daylight savings time begins, turn those clocks forward!

Beth Gray, ALM
RidgeView Community Director



Virtual Balance Presentation

Westridge Care Center will be coming to RidgeView on March 14th at 10:00 am to present their virtual balance screening that they use for evaluating fall risks.

The virtual balance testing uses 3D camera technology to determine the areas of the body most at risk for falls or an unsteady gait. It also tracks your progress throughout your rehabilitation.

Aging adults may often have impairments with balance, gait, and daily function. By using this technology, you can decrease your risk of falls. Come to the presentation

March 14th at 10:00 am in the RidgeView recreation room to learn more or try the balance testing yourself.



@ViewsSeniorLiving

A Shakespearean Mystery



Shakespeare wrote 38 plays and 154 sonnets.

For a week in March each year, the Shakespeare Birthplace Trust in Stratford-upon-Avon, England, celebrates the life of William Shakespeare. From March 18 to 24, fans of the bard are invited to visit the Shakespeare family home and view his many famous works. However, there are some who believe that William Shakespeare did not write the many plays and sonnets that he is credited for. These doubters assert the existence of an alternate writer.

Toward the end of the 19th century, some fringe scholars began to doubt the identity of William Shakespeare. Over the years, the conspiracy gained traction. In 2007, a group of Shakespeare skeptics, consisting of performers and scholars, made an official "Declaration of Reasonable Doubt." Ample evidence exists to prove that Shakespeare was born in Stratford-upon-Avon and became a well-known actor and

theater-owner in his time. But these skeptics believe that there is simply not enough evidence to prove that this Shakespeare was the same man who wrote so many famous works. They believe Shakespeare's modest upbringing could not have afforded him the quality education that such a talented writer would have needed. The true author, they argue, must have been a traveler, writer, or aristocrat such as philosopher Francis Bacon, poet Christopher Marlowe, or Edward de Vere, the 17th Earl of Oxford.

Of course, Shakespeare has a wealth of defenders, too. They argue that Shakespeare's elementary education would have been adequate for his talents. Regardless of your belief in Shakespeare's identity, Shakespeasre Week may be a time to enjoy the bard's words rather than question his good name.

The Color Red

Have you heard about the red plate study? Boston University biopsychologists found that people living with Alzheimer's disease consumed 25 percent more food while using red plates than white and had an 84% increase in fluids using red drinkware.

As the disease progresses, people living with dementia tend to lose an unhealthy amount of weight due to the lack of recognition of food, demished sense of vision, smell, and taste, or chewing/swallowing changes.

With the colors that we use throughout MeadowView, it helps our tenants remain as independent as possible and thrive despite the disease.

Who knew that colors could have such a big impact?



Nursing Corner

Friendly reminder to Power of Attorney's or tenants to turn in the updated Emergency Services form that was sent out recently.

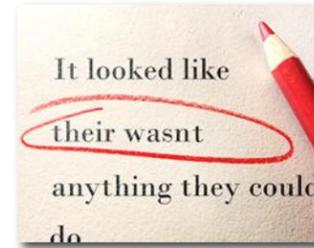
Also, for tenants that have medications stored and given by our nurses, we are switching to Right Dose Pharmacy. This will help make medications easier to store and keep organized.

Dawn Clark,
RidgeView Director of Nursing

Happy Birthday..

MeadowView:
Judie 3/14
Coletta 3/20
Frank K. 3/21

RidgeView:
Celestine 3/2
Janice 3/16
Earl 3/16
Ardith 3/21
Joan 3/22
Rosemary 3/25



"I am" is the shortest complete sentence in the English language.

Religious Roots to Raucous Parties

As March arrives, many look forward to the rollicking holidays of St. Patrick's Day and Mardi Gras. Yet both of these holidays are more modern American inventions than age-old religious traditions.

St. Patrick's Day, as a religious celebration, has a lengthy history. It dates back to the mid-17th century and was initiated to honor Saint Patrick and his work to bring Christianity to Ireland. The Feast of St. Patrick was held each year on the date of his supposed death, on March 17, 461 AD. The observance of the date was a solemn occasion, mostly involving quiet prayer. As recently as the 1970s, pubs were closed in Ireland on St. Patrick's Day. The rollicking revelry typically associated with the day was decidedly un-Irish and an American invention. During the Irish Famine of 1845-1850, many Irish immigrated to America, where they were not welcome. As the Irish community in America grew and prospered, they began to celebrate both their Irishness and their newfound American-ness. Corned beef, shamrocks,

and leprechauns were never part of true Irish St. Paddy's Day celebrations, but they were integrated into Irish-American identity and so became celebrated symbols of St. Patrick's Day. The American version of St. Patrick's Day is so strong that many Irish-American traditions have even returned to Ireland.

Mardi Gras, like St. Paddy's Day, originated as a solemn religious holiday. As the day before the start of the ritual fasting of Lent, it was an opportunity to indulge in sweet, fatty foods, giving rise to the name "Fat Tuesday." Over the centuries, these small indulgences led to greater hedonism, practices that were heavily discouraged by the Church. The elaborate Mardi Gras celebrations held in New Orleans emerged in 1857 when a group of men created a secret society called the Mistick Krewe of Comus. They held a lavish ball and parade, setting the secular foundations for many wild Mardi Gras to come.



St. Patrick's Day Facts

- The original color of St. Patrick's Day was Blue
- Saint Patrick was British
- More than 100 St. Patrick's Day parades are held across the United States