

March Birthdays

In astrology, those born between March 1–20 are Pisces. Fish are compassionate, gentle, intuitive, and artistic. Known for their wisdom, Pisces are not judgmental and are very forgiving. Those born between March 21–31 are Rams of Aries. As the first sign of the zodiac, Aries are energetic initiators. They jump head first into life, confident that they can overcome any challenges.

MeadowView Birthdays

Karen- 3/10
Rose- 3/26
Bonnie Sm.- 3/30

RidgeView Birthdays

Celestine- 3/2
Gene- 3/15
Joan B.- 3/22
Ann- 3/25
Rosemary- 3/25

Winning Women *cont. from pg. 1*

in 1864. Laundresses worked long days for low pay in sweltering conditions, giving rise to the term *sweatshop*. Mullany led a six-day strike that helped improve pay and working conditions. A century later, in 1962, the New York Stock Exchange did not allow women on the trading floor. Norma Yaeger completed the stockbroker training program at Hornblower and Weeks, Inc., demanded the right to accompany male trainees on the floor, and went on to enjoy a successful Wall Street career. In 1979, Lilly Ledbetter discovered that she was being paid thousands of dollars less than her male counterparts for her work as a supervisor at Goodyear. She fought the company to receive equal pay for equal work. These daring women have changed the lives of women everywhere.



MeadowView Special Events

**St Patrick's Day
Craft with
Coolidge**
March 9th

**Sewing with
Sondra**
March 15th & 23rd

**St. Patrick's Day
Party**
March 17th

RidgeView Special Events

**Ash Wednesday
Service**
March 1st

**Speaker Series:
Westridge Care
Center & Rehab
team**
March 6th

**St. Patrick's Day
Brunch**
March 16th

**Singing Bowl
Therapy**
March 22nd

The Views News

March 2017

2975 & 3005 F Avenue NW, Cedar Rapids, Iowa 52405

History's Winning Women

The month of March is now celebrated throughout the world as Women's History Month, but it all began as a school celebration in Sonoma, California, in 1978 honoring International Women's Day on March 8. Students spent the week learning about women's contributions to culture and society and were asked to write an essay on what it meant to be a "Real Woman." The week culminated with a parade through downtown Santa Rosa.

Two years later, President Jimmy Carter proclaimed the week of March 8 National Women's History Week. By 1986, fourteen states had declared March Women's History Month, and one year later, Congress made it a national designation.

The theme of Women's History Month this year is "Honoring Trailblazing Women in Labor and Business." It has been widely reported how women experience inequalities in working

conditions, opportunity, and pay in the workplace, and 2017 highlights many women who have striven to make gains in these areas.

Take Kate Mullany, a labor organizer who founded one of the first women's unions, the Collar Laundry Union,
continued on pg. 4



All Thumbs

Humans are unique from other animals in lots of ways, but our opposable thumbs and two-pincer grip led the way for some of our most important evolutionary advances. It's a wonder that more animals do not have thumbs. But what if they did? Consider the astounding possibilities on March 3, If Pets Had Thumbs Day.

Many animals have opposable thumbs, such as apes, opossums, pandas, koalas, and tree frogs. What do these animals do with their thumbs? They use them mostly to climb and to eat. Chimps use their thumbs to the greatest advantage: using tools, foraging for food, building shelters, and fighting. If cats had

thumbs, would they learn to use a can opener? Would dogs throw a ball for themselves? Would hamsters build their own tube tunnels? Would rabbits punch with their feet and fists? Of course, the burning question is whether any of our pets would use their thumbs to help us around the house.

MeadowView News

Smile-O-Grams



Here at MeadowView, we are doing an employee appreciation recognition that we are asking families and friends to participate in! At the front desk, right when you walk into the lobby there is a red box with Smile-O-Gram sheets and an example of how to write one. We are asking families and friends to write a Smile-O-Gram for any employee they think deserves to be recognized for their actions. Each employee will get to see what was written about them, and all employees that receive a Smile-O-Gram will be entered to win a prize.

Thank you for helping us recognize the amazing job the staff does here at MeadowView!

If you have any questions, please feel free to ask Ronda, Kelly, or Janel

Notable Quotable

“All the world’s a stage and most of us are desperately unrehearsed.”

~ Sean O’Casey, playwright

The Views Recipe of the Month

Triple Cheese Spread with Veggies

(A diabetic friendly and no bake recipe)

INGREDIENTS

- 1 CUP OF LOWFAT COTTAGE CHEESE
- ½ CUP OF SHREDDED SWISS CHEESE
- ¼ CUP OF GRATED PARMESAN CHEESE
- 2 TABLESPOONS OF MILK
- 1/8 TEASPOON OF DRY DILL WEED
- 1/8 TEASPOON OF PEPPER
- ¼ CUP OF SUNFLOWER SEEDS
- ¼ CUP OF SHREDDED CARROT
- 1 ½ CUPS OF ASSORTED FRESH CUT VEGGIES

DIRECTIONS

1. Combine cheese, milk, dill weed, and pepper in a blender or food processor until smooth
2. Transfer mixture into a serving bowl and stir in sunflower seeds and carrot
3. Cover and chill until ready to serve. Serve with vegetables.



RidgeView News

Singing Bowl Therapy

On March 22nd at 2:00pm the RidgeView residents will be trying out singing bowl therapy done by Maria Dummermuth. Singing bowl therapy is a holistic therapy that has been around for many years used by the Tibetans, Nepalese, and Indian spiritual healers to create a sense of balance throughout the body through sound. The bowls that Maria uses are handmade by the Himalayans. Each bowl that she uses is unique with a unique sound. Maria learned singing bowl therapy from a Soul Sound and Vibration school in Colorado and is certified in Himalayan singing bowl therapy.

A typical session for Maria includes starting with a relaxation sequence of playing bowls around each person and then may place bowls on the body and play them allowing vibration to bring healing waves into the cells.

Join us in the RidgeView activity room March 22nd at 2:00pm. Family & Friends are welcome!

Celestine’s family is ordering Papa John’s pizza for RidgeView

Residents and staff on her birthday, March 2nd!

A big thank you to Celestine & her family!
and of course...

HAPPY BIRTHDAY!

St Patrick’s Day Gold Hunt at RidgeView

Starting March 1st, Danielle, the RidgeView Recreation Coordinator, will be hiding a paper gold coin around the building at RidgeView. The first person to find it needs to bring it to Danielle. The person who has collected the most gold coins by St Patrick’s Day (March 17th) wins a “Pot of Gold”!

Thank you to the RidgeView family who brought truffles for our special Valentine’s Day lunch!

“The roots of all goodness lie in the soil of appreciation for goodness”
-Dalai Lama

Upcoming Events at RidgeView:

Saturday April 1st we will be having our Silver bells Easter performance along with our first annual Easter Egg Hunt. Be sure to invite your grandkids to hunt for Easter Eggs around our building.

Easter Egg Hunt will be at 9:00am followed by our bell performance at 10:00am

Look forward to seeing you there!

