



**Notable Quotable**

“It may be the cock that crows, but it’s the hen that lays the eggs.”

- Margaret Thatcher, British prime minister



**March Horoscopes and Birthdays**

In astrology, those born between March 1–20 are Pisces. Friendly and selfless, Fish are always willing to help others with their hearts on their sleeves. Pisces use their intuition to make deep connections with other living beings. Aries’ Rams are born between March 21–31. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident that they can navigate any challenges.

**Anne Kapustka- March 4<sup>th</sup>**

**Thelma Marturello- March 5<sup>th</sup>**

**Donna Lillard- March 23<sup>rd</sup>**

**Harry Allender- March 24<sup>th</sup>**

**Lois Pfeifer- March 29<sup>th</sup>**



**Egg-ceptional Spring Traditions**

When Jews sit together for the Passover seder on March 30, an egg will adorn the seder plate as a symbol of the ritual offering to the Temple in Jerusalem. Furthermore, the egg symbolizes—you guessed it—life itself. For Christians, Easter is a holiday celebrating the resurrection of Jesus Christ, so using an egg as a symbol of rebirth was a natural choice. The traditional color to dye Easter eggs is red, symbolizing the blood Jesus shed on the cross. In

Macedonia, they dye their red egg, and when the priest proclaims, “Christ is risen,” it is customary to eat the egg as a ritual breaking of the Lenten fast. Elsewhere, in Iran, Persians prepare for their new year, Nowruz, by preparing the *haftseen* their ceremonial table, with symbolic foods and objects, including painted eggs representing fertility. All over the world, people will be looking at eggs in a different light.

**Making History, I Presume**

David Livingstone may have been a Scottish missionary and physician, but he is most famous for his explorations of Africa during the 19th century. Livingstone was one of the first Europeans to see the Zambezi River and Victoria Falls, cross the continent from west to east, as well as witness the harsh realities of the slave trade, which made him a staunch abolitionist. Livingstone’s travels across the little-known continent made him an international celebrity, and when he disappeared in 1866 on a search for the source of the Nile River, many feared him

dead. American journalist and explorer Henry Morton Stanley mounted an expedition to find him and departed the island of Zanzibar off Africa’s eastern coast on March 21, 1871. Eight months later, with most of his team decimated by disease and the rest having deserted him, Stanley arrived in the village of Ujiji on the shore of Lake Tanganyika. It was there that Stanley saw a bearded white man and said, “Dr. Livingstone, I presume?” Stanley’s presumptuous words became as famous as the old explorer himself.

*Edencrest at Green Meadows*

**March 2018**



6750 Corporate Drive  
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**Celebrating March**

**Mad for Plaid Month**

**Women’s History Month**

**World Compliment Day**  
*March 1*

**Proofreading Day**  
*March 8*

**St. Patrick’s Day**  
*March 17*

**Bill Tillman**  
*March 5*

**Milt Rhiner**  
*March 11*

**Foy Irish School of dance**  
*March 16*

**Mike Lazano**  
*March 29*

**Egg-ceptional Spring Traditions**

With the arrival of spring on March 20 comes all the holidays and traditions associated with the end of winter: religious traditions like Passover and Easter, and Nowruz, the Persian New Year. All of these celebrations share an important symbol: the egg.

For millennia, the egg has been an exalted symbol of birth, rebirth, and hope. Ancient Egyptians told stories of the sun god hatching from an egg. Sometimes the sun was considered an egg, laid each day by Seb, a cosmic goose and god of the earth. In Hinduism, the egg represents the makeup of the universe. The shell is the heavens, the white is the air, and the yolk is the earth. In the Persian story of creation, Good and

Evil are locked in an epic battle. When Evil is hurled into an abyss, Good lays an egg, which represents the universe, with Earth suspended from the heavens as a halfway point between Good above and Evil below. Eggs have always been a symbol of the beginnings of the universe and life itself. No wonder that after the long dark of winter, with the return of the sun, eggs are revered as harbingers of life.

*continued on pg. 4*



**Mark your calendars for our Easter Brunch. March 24<sup>th</sup>, 2018**

**Please come and join us for our Easter Brunch, starting at 11 A.M . Invite your family, 6.00 per person kids 6 and under free. Please R.S.V.P by March 14<sup>th</sup> 515-207-1984**

## St. Paddy's Pastimes Debunked



*A popular toast on St. Patrick's Day is "May the roof above us never fall in, and may the friends beneath it never fall out."*

The world will be draped in green on March 17, when St. Patrick's Day celebrations take place across the globe in honor of the patron saint of Ireland. But if you really want to celebrate the right way, be sure to take a look at these facts behind St. Patrick.

St. Patrick may be one of Ireland's patron saints (along with St. Brigid and St. Columcille), but he was not Irish. Evidence suggests that he was, in fact, British. By some accounts, he was born with the name Maewyn Succat in either Scotland or Wales. Yet it is important to realize that even though St. Patrick may have been born in Britain in the year 390, at the time of his birth, Britain was occupied by the Romans. Thus, it is very likely that Patrick's family was from Roman aristocracy. Indeed, St. Patrick may have been Italian.

But don't trade in Irish green for Italy's tricolor green, white, and red just yet. The true color of Ireland

### A Doll's Life



*The Hinamatsuri festival had its origins 1,000 years ago in the Heian Period.*

March 3 is a special day in Japan. *Hinamatsuri*, known as both Doll's Day and Girls' Day, is a day to celebrate girls and pray for their health and happiness. The most interesting part of *Hinamatsuri* is the elaborate dolls displayed on red-carpeted, stepped platforms. Families either buy a set of dolls when their first daughter is born or receive a set handed down from generation to generation. Sets include a male and female dressed in Imperial attire, representing the emperor and empress,

might be blue. King Henry VIII flew a blue flag over Ireland during the 16th century. Knights of the Most Illustrious Order of Saint Patrick, a society of Irish knights founded by King George III in 1783, wore a light blue color known as St. Patrick's blue. The Irish president flies a blue flag with a harp. So when did green become the color of Ireland? During the Great Irish Rebellion of 1641, Irishmen flew a green flag against King James. Green became the color of Irish nationalism and independence during the Irish Rebellion of 1798, a notion promulgated in the ballad "The Wearing of the Green."

So whether you're marching in Dublin, raising a pint of Guinness in New York, or eating corned beef and cabbage in Montreal, just remember that none of these pastimes come from the original St. Patrick's Day. The Roman Catholic feast day was traditionally spent in quiet prayer, a far cry from the raucous revels of today.

accompanied by three court ladies, five musicians, and other court attendants. The dolls are arranged in order of importance from the top step down, and displays are placed in the home for all to see. This tradition has roots in an ancient belief that dolls could attract and contain bad spirits. It was once common practice for the dolls, and any ill fortune, to be tossed into rivers and streams and washed away for good. Today, the dolls must be put away quickly or a girl will risk her chances of marriage.

## From the Desk of Manager, Nick Lensch

The change of season to the warmer weather offers the perfect opportunity to get out of the house for a bit on a daily basis. Here are a few fun spring activities for the elderly that allow you to get active, improve your mood and even promote social interaction with others:

- **Do some gardening.** Gardening is undoubtedly one of the best spring activities for seniors. Even if you have some limited mobility, modifications can be made to allow you to participate in many garden activities. Pulling weeds and planting flowers increases your physical activity levels by improving flexibility and endurance. Gardening has mental health benefits, too; it can relax you, reduce your stress and give you a rewarding feeling of accomplishment.
- **Start a daily walking routine.** Walking is one of the best exercises for seniors, and spring is the perfect season to head outside and enjoy a walk through the neighborhood or nearby park. If you can, find a buddy to walk with to help make this a social activity you look forward to daily.
- **Start spring cleaning tasks.** Did you know clutter can increase your stress levels? It's true! Getting organized is a great spring cleaning chore, so take a few days and start going through the storage spaces in your home and clearing out some of the items you no longer need on a daily basis. You can even get family members to help and share memories as you go through your belongings. Plus, they can help you make some decisions about what to keep and what to donate, sell or throw away.
- **Enjoy a picnic in the park.** Pack a picnic basket with some snacks, grab a blanket and find a grassy area to sit outside and simply bask in the sun to get some much-needed vitamin D (just don't forget the sunscreen!). Or, enjoy lunch on your favorite patio at your senior living community or local restaurant.
- **Feed the birds.** Bird-watching is a stimulating activity many seniors enjoy. Head to a park and feed the ducks and geese some cracked corn, or hang a bird feeder outside your window to enjoy watching them feast right in the comfort of your home.
- **Have fun with the grandkids.** Children love being outside, so find some activities you can enjoy together. For instance, kite-flying or drawing pictures with sidewalk chalk.
- **Shop at a local farmer's market.** Spring is a great season to visit farmer's markets in your area and wander through them, plus you can potentially get some great deals on fruits, vegetables, flowers or crafts.



Just a friendly reminder to please make sure we are cleaning up after our animals everytime we take them out side!!!

## Bean Bag Baseball

It's that time again, BBB starts March 14<sup>th</sup>, 2018. Looking forward to starting this season with you guys.

