

### Notable Quotable

"A good traveler has no fixed plans, and is not intent on arriving."

> ~ Lao Tzu, Chinese philosopher



# May Horoscopes and Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded! Those born May 21–31 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party but also a deep and emotional side that needs nurturing.

Jack Paar - May 1, 1918 Bing Crosby – May 3, 1903 Audrey Hepburn – May 4, 1929 Nellie Bly - May 5, 1864 Orson Welles – May 6, 1915 J.M. Barrie - May 9, 1860 Salvador Dali – May 11, 1904 Florence Nightingale – May 12, 1820 Liberace - May 16, 1919 Lorraine Hansberry – May 19, 1930 Bob Dylan - May 24, 1941 Peggy Lee - May 26, 1920 Bob Hope - May 29, 1903

RidgeView Outings

RidgeView activity board for

May 7th- Tama Casino Outing.

May 8th- Jefferson High School

May 21st- Lunch outing to Ox

Yoke in Amana. Bus leaves at

Spring Musical-The Wizard of Oz.

Please sign up at the

Bus leaves at 10:30am

Bus leaves at 12:30pm

these outings:

11:30am.

## Happy Birthday.....

## RidgeView

Marty- 5/12

Dolores- 5/22

Adeline-5/24

Frank- 5/25

## Dancing Ghawazee

May 11 heralds the arrival of World Belly Dance Day. The term belly dance is a Westernized description of what was originally traditional Middle Eastern dancing. The earliest form of belly dancing came from the Egyptian *ghawazee* dancers. The *ghawazee* were popular street dancers, unveiled women who rapidly shook their hips and played brass cymbals or castanets with their hands. While men, women, and children alike enjoyed the popular art form, it was often frowned upon as improper.

By the early 1800s, Europeans became fascinated with all aspects of orientalism, or Eastern culture, including belly dancing. It was the French who first called it danse de ventre, or belly dance. In the 20th century, the dancing of the *qhawazee* evolved into *rags* sharqi, a classical Egyptian style of belly dance. This modern style rose to fame during Egypt's golden age of film, but despite its popularity, raqs sharqi is still considered disreputable, much like the ghawazee of the previous century.

## May 2019

# The Views News



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

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

#### Celebrating May

**Special Events** 

**MeadowView** 

#### **Kentucky Derby** Day May 3

Mother's Day Tea

*May 12* 

## **Armed Forces** Day

*May 11* 

#### **RidgeView**

**Tenant Council** Meeting May 2

**Cooking Class** with Chef May 7

**Ice Cream Social** *May 28* 

# Summer is on the way

With summer fast approaching, it is important to make sure that our elderly loved ones are ready for the warmer temps.

Understanding how weather changes affect the elderly, especially those with dementia, is important to ensure they are comfortable all season long. Below are some tips to help keep them comfortable in warm weather.

- 1. Increase fluid intake. This is the best and easiest way to avoid serious problems like dehydration.
- 2. Use Proper Ventilation. Purchase fans in rooms that tend to receive a lot of sunlight during the day, as this will help to circulate hot and humid air.
- 3. Be observant. Monitoring the

elderly's comfort level and that they are not dehydrated or fatigued by the warm weather. If they are exhibiting symptoms such as dizziness, nausea, headache, or disorientation the senior may be suffering from heat exhaustion. Especially when dealing with dementia patients, they may forget how to dress according to the season, so make sure that your loved one is appropriately dressed for the weather and is consuming lots of liquids.

It was a long, cold winter. Let's make sure this is a safe and relaxing summer!

Beth Gray, ALM RidgeView Community Director

## Celebrating Mother's Day

Mother's Day was created by Anna Jarvis in 1908 and became an officially holiday in 1914. Mother's Day is traced back to the ancient Greek and Romans who celebrated mother goddesses Rhea & Cybele. The earliest modern celebration is dated back to a Christian festival known as Mothering Sunday. Every country celebrates Mother's Day differently. For example, in Thailand Mother's Day is celebrated in August on the current queen's birthday.

The Views is celebrating our Mother's here as well. MeadowView is having a Mother's Day tea on May 12<sup>th</sup> at 2:00pm with fresh warm cookies and RidgeView will be having a Mother's Day Breakfast Bar from 8:00 AM- 9:30 AM.



@ViewsSeniorLiving

# Planting RidgeView Vegetable Garden

RidgeView is going to start planting there vegetable garden on May 16th at 10:00am with scheduled garden grooming every month.

Gardening has many wonderful benefits for aging adults. It serves as a great way for exercise, increase mobility and flexibility, encourages motor skills, improves strength and edurance, reduces stress, improves overall well being, and is a great source nutrition!

Although there are many wonderful benefits, there are some other things to consider with gardening and aging adults. Aging adults are more suceptible to bumps, bruises, RidgeView and MeadowView's and sunburn because of thinning skin. Loss of vision can make gardening a hard task and put limits on what can be done in the garden. Body temperature in aging adults changes and can increase risk for heat stroke and dehydration.

Balance may not be as good which can cause an increased risk of falls

May Day

on uneven surfaces.

RidgeView helps eleminate some of these concerns. We have a beautiful raised flower and garden bed that provides easy access on level surfaces. We also hava a pergola and patio furniture which provides shade in time of rest. RidgeView has scheduled gardening activities so those with sight and balance limitations can be assisted by one of our staff members.

Gardening can still be enjoyed for aging adults with a few safety tips to keep in mind. Come checkout garden areas and enjoy them for vourself.

RidgeView is garden grooming on May 30th and MeadowView is starting there Green Thumb Club on May 13th.

**Questions?** Call Jennifer or Katelyn at 319-294-9669



MeadowView residents will be making May Day baskets for family and staff at 1:30pm on May 1st. Come join the fun!

comes on May 1, May Day, with the raising of the maypole. The celebration of May Day dates back thousands of years. The Celts of the British Isles celebrated May 1 as Beltane, their most important holiday. It was believed that this holiday marked the halfway point of a year split between the dark and light. Massive fires were burned to herald the start of the return of life. The tradition of raising and dancing around a maypole

came much later, during the Middle Ages. It was common for villagers

For many, the first rite of spring

to dance around the maypole bearing colorful streamers, ribbons, and baskets of flowers, symbolizing the fertility of the earth. It wasn't until May 1, 1886, that May Day became associated with the labor movement. In those days, workers of all ages suffered from abhorrent working conditions. It was on that May Day that 300,000 workers marched across America to demand better working conditions. While May Day is considered a major holiday in many countries, it is not widely celebrated, least of all in the United States.



#### MeadowView Quilt Raffle

The MeadowView tenants have done it again! They have finished there 9th quilt with Sondra leading the way. This quilt is very special to us because we are raffling it off to the public.

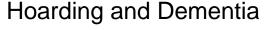
You can purchase tickets for the raffle at the front desk at MeadowView. Tickets are 1 for \$6.00 or 6 for \$5.00.

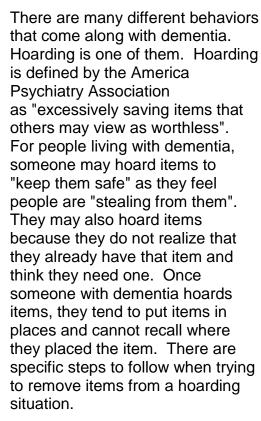
10% of the proceeds will go to the

Alzheimer's Association local walk and support our team, The Views Senior Living of Cedar Rapids and Marion.

Tickets will be on sale until Friday, May 10<sup>th</sup>. The winner will be announced the following week.

**Questions?** Call Katelyn Bateman, MeadowView Recreation Director, at kbateman@viewsseniorliving.com





- Trade. Always trade an item for an item. Example, if you see that someone living with dementia is hoarding cookies, trade the cookies for applesauce or a non-food item that may hold their attention.
- Remove trash

- immediately so the individual doesn't feel motivated to take items out of the trash and hoard them again.
- Try to get the person that is hoarding items involved in activities or away out of there home while you declutter the living space.
- Do not de-clutter all at once. Do a little at a time. This reduces stress for the hoarder.
- Identify recurrent hiding places so you can search those specific areas each time. However, someone with dementia may have multiple hiding places and tend to move items from hiding place to hiding place.

Hoarding & losing items can be difficult for family members to deal with, but it's always good to keep in mind that it's the disease that is making them have these behaviors. Even though they may do these specific things, try to stay empathetic, patient, & calm.

