

## 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



### Notable Quotable

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

~ Lao Tzu, Chinese philosopher

## Happy Birthday.....

### RidgeView

Marty- 5/12

Dolores- 5/22

Adeline- 5/24

Frank- 5/25

## RidgeView Outings

**Please sign up at the RidgeView activity board for these outings:**

**May 7<sup>th</sup>**- Tama Casino Outing. Bus leaves at 10:30am

**May 8<sup>th</sup>**- Jefferson High School Spring Musical-The Wizard of Oz. Bus leaves at 12:30pm

**May 21<sup>st</sup>**- Lunch outing to Ox Yoke in Amana. Bus leaves at 11:30am.

## 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 *ghawazee* evolved into *raqs 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.

# The Views News

May 2019



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 official 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 16<sup>th</sup> 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 endurance, 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 susceptible to bumps, bruises, 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

For many, the first rite of spring 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

on uneven surfaces.

RidgeView helps eliminate some of these concerns. We have a beautiful raised flower and garden bed that provides easy access on level surfaces. We also have 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 RidgeView and MeadowView's garden areas and enjoy them for yourself.

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

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

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

## MeadowView Quilt Raffle



The MeadowView tenants have done it again! They have finished there 9<sup>th</sup> 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](mailto:kbateman@viewsseniorliving.com)

## Hoarding and Dementia

There are many different behaviors that come along with dementia. Hoarding is one of them. Hoarding is defined by the American Psychiatry Association as "excessively saving items that others may view as worthless". For people living with dementia, someone may hoard items to "keep them safe" as they feel people are "stealing from them". They may also hoard items because they do not realize that they already have that item and think they need one. Once someone with dementia hoards items, they tend to put items in places and cannot recall where they placed the item. There are specific steps to follow when trying to remove items from a hoarding situation.



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 de-clutter 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.

- 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

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.