

Prairie Meadows is taken over by Gnomes. . . And we love it!!



Have you seen them? They are popping up everywhere and we can't get enough!

Gnomes have become all the rage in decorating this year and at Prairie Meadows we were happy to jump on board with this super cute fad!

Gnomes were originally thought to provide good luck. Farmers in Germany began placing them in fields in the early 1800s. By the 1840s the English had joined in and Garden Gnomes gained in popularity through the 1870s.

Today Garden Gnomes have been popular in the United States. These cute statues come in all shapes and sizes. Recently, gnomes have been working their way indoors and now we see many plush versions of these cute gnomes all over.

Don't forget to decorate your own door with a special gnome, and join us in all sorts of celebrations from GNOME MADNESS WEEK beginning March 8th!

March Birthdays

In astrology, those born between March 1–20 are Pisces' Fish. Pisces are friendly, wise, and selfless, making them compassionate and generous friends. Their intuitive and romantic natures also make them creative and expressive artists. Those born from March 21–31 are Rams of Aries. The first sign of the zodiac, Rams are unafraid to forge ahead with passion, zeal, and confidence. Full of optimism and hope, Aries are both eager to get the job done and unafraid to confront problems head-on.

- Ron Howard (director) – March 1, 1954
- Bobby Fischer (chess player) – March 9, 1943
- Aretha Franklin (singer) – March 25, 1942
- Warren Beatty (actor) – March 30, 1937

Edith Lee	March 1
Emma Skogland	March 3
Betty Bradford	March 26

Healing by Color



March is Color Therapy Month, which means that it is a month to recognize that colors have the capacity to heal. The notion that colors have the power to heal dates all the way back to ancient Egypt, where sun-activated solariums constructed with multicolored glass panes were used for therapeutic purposes. Colors evoke different responses in people. Some colors are stimulating, others soothing. Colors can influence decision-making, mood, appetite, emotions, and energy levels. The goal of color therapy is to use color and light in ways that ease stress and promote well-being. While some are skeptical, others point to how light therapy is used to combat seasonal affective disorder. Blue light is also used to treat neonatal jaundice in newborns. Green light may reduce pain.

Prairie Chronicle

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Celebrating March

Irish American Heritage Month

Women's History Month

Optimism Month

Peace Corps Day
March 2

Courageous Follower Day
March 4

International Women's Day
March 8

Mothering Sunday
March 14

St. Patrick's Day
March 17

World Poetry Day
March 21

National Physicians Week
March 25–March 31

Passover
March 27–April 4

International Laundry Folding Day
March 30

March into the World of Crafting

Crafting is a \$44 billion industry in America, with people of all ages and backgrounds taking part in pastimes like knitting, scrapbooking, quilting, making homemade jewelry, and even reupholstering furniture. As both Craft Month and Knitting and Crochet Month, March boasts a number of crafting holidays, such as International Scrapbooking Day on March 4, Children's Craft Day on March 14, and Worldwide Quilting Day on March 20. Whether you craft as an outlet for your creative impulses or to earn money on the side, March provides ample opportunities to create something unique.

Personalization might be crafting's most alluring attribute. Even if two crafters follow the same pattern or set of instructions, no two people will knit the very same scarf or build identical birdhouses. Each and every handcrafted item is a unique reflection of its maker, and these personal touches are often what make handcrafted gifts so special. Crafting has long been considered the domain of older generations, yet younger generations, particularly millennials, are being drawn to crafting and other creative hobbies specifically because they can personalize their creations. In a world of mass-produced goods, millennials enjoy making unique items that bear their initials or display symbols or icons that are personally meaningful. And just as younger generations have started taking up crafting, the crafting industry is changing to accommodate a new generation of crafters.

The longtime fabrics and craft retailer Joann recently opened a new Creator's Studio store where young crafters can gather to take classes, share ideas, and rent machines to finish projects. Younger crafters have also inspired technological breakthroughs in crafting. It is not uncommon for crafters to sketch designs on digital tablets, cut materials with lasers, or create pieces on 3D printers. Yet no matter how newfangled the creative process has become, one thing has stayed the same: there is still nothing more thoughtful or special than a homemade gift.

Always up for a party!

This past year has felt lonely for so many of us. While no one knows what the future holds, we know one thing! We are ready to embrace a festive spirit and there is no better way to do that than at a party!

In the month of March, look for many ways to safely gather together and celebrate!

We kick off a month of great celebrations by giving a nod to one of the greatest and certainly the wackiest children's writers of



all time: Dr. Seuss!!! March 2nd

Mark your calendars for our Gnome party on March 12th and our St. Patrick's day social on March 17th.

Of course we can't forget the food! When there are treats, it is always a party! Search the calendar for Rootbeer floats, popcorn and soda, Casey's pizza, and Ice cream sundaes!

If that isn't enough to make you shout for joy, We are celebrating birthdays again in a safe group! Our Monthly birthday party is Monday March 29th!

Dust off your party clothes and put on your dancing shoes. And get ready to



Join the Food Committee

Want to influence what is being served in the dining room? Join the food committee and meet each month with Teri. Provide feedback and offer suggestions.

There are still a few spots available on the committee. Contact Teri to sign up.

Meetings held the 2nd Wednesday of each month at 2pm.

****Don't want to be on the food committee but have a suggestion? feel free to share it anytime with Teri or your food committee residents:**

**Mary Mortenson
Laura Kosfeld
Marilyn Wilke**

St. Patrick's Day Sins



The very first St. Patrick's Day parade was held in Boston in 1737, and it seems as if we've been wearing green and eating corned beef and cabbage on March 17 ever since. But some of the most beloved St. Patrick's Day traditions are not traditional at all. For example, the Irish don't eat corned beef. It was Irish Americans who began eating beef in the 19th century. In Ireland, Irish bacon or lamb stew is the dish of choice on the holiday. Long before green was the color of the Emerald Isle, St. Patrick was associated with the color blue. As the political divide grew between Britain and Ireland, the Irish adopted the color green as a symbol of independence. Perhaps most shocking of all, St. Patrick's real name wasn't Patrick at all, but Maewyn Succat. Nor was he from Ireland but born in Britain under the rule of the Romans. Was St. Maewyn Italian?

No Passport Required

If you've been putting off your dream vacation, March 30, Virtual Vacation Day, offers the chance to visit white sandy beaches, ancient city squares, and luxurious hotels all from the comfort of your computer desk. A virtual vacation means you do not have to spend thousands of dollars, take time off work, or be stranded in an unfamiliar airport. Technological advances also make virtual "traveling" more immersive than ever before: it is possible to feel as if you really are standing at the top of Mount Everest, gliding through the canals of Venice, strolling the halls of the Louvre, or even blasting off to outer space or the moon.

Virtual Vacation Day was conceived by noted travel writer Terrance Zepke in 2016. She realized how lucky she was to be able to travel the world and knew that many others did not enjoy the same opportunities. She created Virtual Vacation Day to inspire anyone with an Internet connection to explore the wonders of the world. Websites like EarthCam offer free access to live webcams of Costa Rican volcanoes, Caribbean beaches, European street corners, and rugged American landscapes. Many museums offer virtual tours of their collections, which can easily be accessed via Google Arts and Culture. You can even take a virtual train ride through the Alps or the Rockies. Or maybe you'd like to ride the Hogwarts Express from the Harry Potter novels? All aboard Scotland's Jacobite Steam Train as it crosses the Glenfinnan Viaduct!



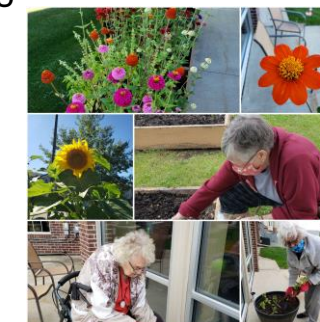
For a truly immersive experience, don a virtual reality (VR) headset, which provides 360-degree views and realistic sounds of your surroundings. Some of the most beloved names in travel and exploration, such as National Geographic Explore VR, have offered their footage to make the experience feel as lifelike as possible. Other companies, such as ecosphere, Alcove, Flyover Zone, and Escape Now VR, offer virtual access to many of the globe's most important sights and cities. Best of all, you can even snap virtual photos as souvenirs.

Garden time!

Can you believe we are already getting started with our planting for this summer?

Beginning on March 4th, we are getting ready to start our seeds for the gardens this spring. Last year, our planting was a great success!

We are looking for all kinds of gardeners to join us as we prepare our seeds and start dreaming of warm sunshine and beautiful flowers and vegetables all summer long.



Prairie Meadows Residents and Families:



Take advantage of our Friends and Family Referral Program and hand pick your neighbors! Any resident who refers a new resident to us will receive a one-time rent credit of \$1000*! You can make as many referrals as you wish and receive the credit for each one that moves in.

***You must provide the prospect's name and contact information to us or they must mention you referred them to us during their initial visit to Prairie Meadows.**

