

St. Patrick's Day

St. Patrick's Day observes of the death of St. Patrick, the patron saint of Ireland. The holiday has evolved into a celebration of Irish culture with parades, shamrocks, special foods, music, dancing, drinking, leprechauns, and a whole lot of green.

From leprechauns to the color green, find out how symbols we now associate with St. Patrick's Day came to be, and learn about a few that are purely American inventions.

The Shamrock

The shamrock, which was also called the "seamroy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring.

Irish Music

Music is often associated with St. Patrick's Day—and Irish culture in general. From ancient days of the Celts, music has always been an important part of Irish life. The Celts had an oral culture, where religion, legend and history were passed from one generation to the next by way of stories and songs.

Corned Beef

Each year, thousands of Irish Americans gather with their loved ones on St. Patrick's Day to share a "traditional" meal of corned beef and cabbage. Though cabbage has long been an Irish food, corned beef only began to be associated with St. Patrick's Day at the turn of the century.

The Leprechaun

The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow."



Arbor View Communities

Arbor View * 34201 Arbor Lane, Burlington WI 53105 * (262) 539-2728-main (262) 539-2738-memory care

Upcoming Events

Daylight Savings Time
(clocks forward)
March 14th

St. Patrick's Day
March 17th

Red Nose Day
March 19th

First Day of Spring
March 20th

Wear A Hat Day
March 26th

Palm Sunday
March 28th

Happy Birthday!!

Kitty Houle – 3/14
Marilyn McDonald – 3/20
Carol Varco – 3/26
Connie Rodriguez – 3/29

Cindy Gehlert – 3/19



Happy Hour

Happy Spring Happy Hour will be held on Friday, March 19th at 3:00pm. Let's celebrate SPRING! We will have a variety of delicious treats, a themed beverage, coffee, water and other refreshments and snacks. You won't want to miss out! Spring forward ...

Wear a HAT day

Wear your favorite HAT on Friday, March 26th.
Red, Blue, Green, White, Pink, Purple –
Baseball, knit, straw, cowboy, nurse, gardener ...
Favorite Color or Style – just wear a HAT !!!

Daylight Savings Time

DST is the practice of setting the clocks forward one hour from standard time during the summer months, and back again in the fall, in order to make better use of natural daylight. "Spring Forward / Fall Back" is the catchy phrase we use to keep the two time changes straight. We will "Spring Forward" on March 14th and "Fall Back" on November 7th.



Directory

Michelle Viol

Director 262-539-4570

director@arborviewseniorliving.com

Karen Carroll

Administrative Assistant 262-539-4571

admin@arborviewseniorliving.com

Gloria Marshall RN

Carla Carlson LPN

Nurse 262-539-4580

nurse@arborviewseniorliving.com

Kristie Carlson / Chris Umnus

Life Enrichment Coordinator 262-539-4579

lifenrichment@arborviewseniorliving.com

Ed Umnus

Maintenance Coordinator

maintenance@arborviewseniorliving.com

Katy Warner

Kitchen Coordinator

culinary@arborviewseniorliving.com

Anne Sherman

Health Service Lead 262-539-4578

hsl@arborviewseniorliving.com

Welcome

Welcome wishes to Chris Umnus,
Arbor View's new Life Enrichment Coordinator

"I have received such a warm welcome from both the residents and staff here at Arbor View. The residents have made me smile so much my cheeks hurt, giggle so much my sides ache, and already warmed and melted my heart.

I am excited to get to know the residents who call Arbor View their home and continue planning their daily, weekly and monthly activities and get togethers – and ultimately share pictures and experiences with all with you!

Outside of work, I enjoy reading, being crafty, traveling, swimming, spending time outside (especially at our camper located in Pardeeville), relaxing around the campfire, grilling out and making smores.

I look forward to adding enrichment to ALL of our lives here at Arbor View."



A word from Gloria...

Nutrition Month is finally here! Let's just review and help revitalize correct meal habits and continue towards a healthy lifestyle.

Fill half your plate with a variety of fruits and vegetables, quarter plate of both Grains and Proteins.

VEGGIES - Eat something from the five veggie groups every day (dark green, red and orange, peas and beans, starches, other.)

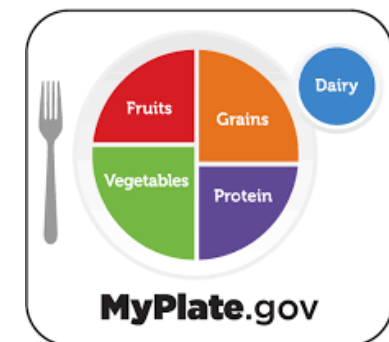
FRUITS - Fruits are an excellent source of fiber, water, vitamins and phytochemicals (Stone fruits, berries, fleshy fruits, and melons).

GRAINS - Make sure half the grains you eat are whole grains. Processed grains aren't nearly as good for you (try whole wheat pasta, brown rice, and oatmeal).

PROTEINS - Keep your portions lean and on just a quarter of your plate (ie: meat, poultry, seafood, beans/peas, eggs, nuts, seeds).

DAIRY - Keep your portions small and low in fat - there really can be too much of a good thing, especially with the dairy group (ie: milk, yogurt, milk-based desserts, national & American cheese).

~ Gloria Marshall, RN



Michelle's Corner...

Welcome March !!

Arbor View has worked close with the CDC and Racine County Health Department to reach the stage of allowing indoor visitations – AND are happy to announce that we can now set up indoor visits by appointment only! Yay!!! We are limited to having two guests at a time – and will have a clean, safe comfortable area for your visit. Upon arrival, you will need to wear a mask, be screened, sign a waiver and wear gowns to protect you and your loved ones. Please contact me directly to set-up your visit. We look forward to seeing you. If you have any questions or concerns, please do not hesitate to ask.

~ Michelle Viol, Community Director

