

The Landings News

Landings of Minnetonka | 14505 Minnetonka Dr, Minnetonka MN 55345 | (952) 988-0011



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.

Spring is a fine season!!



Spring

by Christina Rossetti

Frost-locked all the winter,
Seeds, and roots, and stones of fruits,
What shall make their sap ascend
That they may put forth shoots.
Tips of tender green,
Leaf, or blade, or sheath;
Telling of the hidden life
The breaks forth underneath,
Life nursed in its grave by Death.

Blows the thaw-wind pleasantly,
Drips the soaking rain,
By fits looks down the waking sun;
Young leaves clothe early hedgerow trees;
Seeds, the root and stones of fruits,
Swollen with sap put forth their shoots'
Curled-headed ferns sprout in the lane;
Birds sing and pair again.

There is no time like Spring.
When life's alive in everything.
Before new nestlings sing,
Before cleft swallows speed their journey back
Along the trackless track –
God guides their wing,
He spreads their tale that they nothing lack, -
Before the daisy grows a common flower
Before the sun has power
To scorch the world up in his noontide hour...

Hold the Phone!

Research shows that on average, a person will spend up to 13 hours per year waiting on hold. That's 43 days of your entire life waiting on the telephone! The month of March, as On-Hold Month, wishes to honor the businesses that provide enjoyable music or other helpful information while we while the hours away. But if you'd rather skip the waiting entirely, here are some tips for avoiding the wait for customer service.

First, call during off-peak hours. Don't call at lunchtime, when reps are most likely to be busy, or on Mondays or Fridays, when calls are heaviest. If given the option, press 0 to be connected to an operator. This will prevent endless computerized menus. Another tip is to choose the "sales" or "place an order" option no matter what your purpose. This will likely get you to a live person who can put you directly in touch with a customer service representative. You can even download an app that will wait on hold for you, so you don't waste those precious hours.

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!



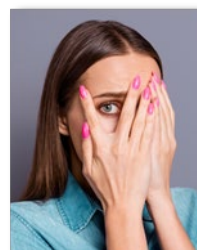
For a truly immersive experience, don a virtual reality (VR) headset, which provides 360-degree views and realistic sounds of your surroundings. Some of the most beloved names in travel and exploration, such as National Geographic Explore VR, have offered their footage to make the experience feel as 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.

We are excited to now be COVID-free at the Landings of Minnetonka!!

After a LONG winter, we are looking forward to what spring has to offer. The residents are enjoying meals back in the dining rooms, getting back to some activities, and enjoying seeing friends. The snow is melting, the birds are chirping, the grass is starting to show. It won't be long before we will see trees and flowers blooming again. Our days are getting longer and the sun is shining more. Spring is definitely on it's way as we are anxious to feel the fresh air. It won't be long before the windows will be open and we can once again hear the melodies of the birds.



That Was Awkward



If you dread embarrassment, then you won't be looking forward to March 18, Awkward Moments Day. The day exists to remind us that no one is perfect and we all suffer embarrassments from time to time. Embarrassment is the result of self-focus. When we do something wrong—call someone by the wrong name or make a mistake in public—we tend to focus only on our transgression. We suffer from what researchers call "empathy neglect." We are so embarrassed that we forget that others are kind and sympathetic to us. Of course, if someone else made a mistake, we would not shame them. So why should we feel awkward or embarrassed? Today, don't feel awkward, but instead, feel empathy.

Only the Strong Survive

Oktoberfest may be the most famous of German beer festivals, but for three weeks in March, in-the-know locals travel to Munich for *Starkbierzeit*, or “strong beer” season. While lesser known than Oktoberfest, Starkbierzeit still draws six million visitors. And there are no lagers on tap. “Strong beers” are brews with a minimum alcohol content of 7.5 percent, with some containing as much as 19 percent. These beers were brewed strong on purpose. Back in the 1600s, Paulaner monks invented *Starkbier* to help them survive the fasting of Lent.



During Lent, the Paulaner monks faced a dilemma. They had to fast and were not allowed to eat food to sustain them through the day. They could drink, however. So, in 1629, the monks decided to

brew a beer that was rich in nutrients and high in calories. While the brews were colloquially known as “liquid bread,” the very first beer was named *Salvator*, meaning “savior.” In the late 17th century, the monks even sent a keg of the beer to the Pope in Rome, asking for his approval. The Pope gave his blessing, allowing the monks to fill their small tankards (which could hold a liter or more) up to five times a day. It wasn’t long before the citizens of Munich caught wind that the monks were enjoying this new drink, but city laws did not allow the beer to leave the monastery. In the 1700s, Bavarian lawmakers changed the rules to allow monks to serve their Starkbier in public during Lent. In 1751, the first Starkbierzeit was held, and the tradition has continued ever since, making it the longest-running beer festival in the world.

The hottest reservation during Starkbierzeit is at the Paulaner Nockherberg brewery, where the first Starkbiers were brewed. Unlike Oktoberfest, where celebrations take place at a central location, local beer halls and breweries stage their own festivities, so visitors can spend three weeks visiting all the local hangouts. When in Munich during Starkbierzeit, it is best to toast your beer with the old saying: “Liquid bread doesn’t break your fast!”

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.

Our residents celebrating birthdays this month.

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|------------|----------------|
| Richard S. | March 13, 1947 |
| John H. | March 17, 1937 |
| Richard P. | March 24, 1947 |
| Alice P. | March 26, 1927 |



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.