

# All about March

## March Zodiac

Pisces (The Fish) March 1–20  
Aries (The Ram) March 21–31



## What's Lucky in March?

Lucky Color: Green  
Lucky Animal: Cat  
Lucky Letters: C and J  
Lucky Day: Tuesday  
Lucky Plant: Birch tree

## The True Origins!

The March 17 celebration started in 1631 when the Church established a Feast Day honoring St. Patrick. He had been Patron Saint of Ireland who had died around the fifth century—a whopping 12 centuries before the modern version of the holiday was first observed.

## The origin of leprechauns

Tales of these small creatures first emerged in the 8<sup>th</sup>-century, when legends about tiny water-dwellers began circulating among the Celts. Their name is thought to come from the word “luchorpán,” meaning small body—no surprise there as they are said to be only 2-3 feet tall.



March is the third month of the year in the Julian and Gregorian calendars. However, March used to be the first month, until January and February were added to the calendar around 700 BC. That’s why many cultures and religions still celebrate the new year in March. In Finnish, March is called maaliskuu, which means “earthy month.” The Ukrainian word for March translates to “birch tree,” which is one of the first trees to bud in the spring.

## Flower – Daffodil

With its bright yellow petals breaking through the melting snow, the daffodil is a sure sign of spring’s return. Also known as narcissus or jonquil, the sunny flower represents love, hope, joy, and respect. But when gifting, be sure to present them in a bunch—the gift of a single daffodil is a sign of misfortune. In many cultures, the daffodil symbolizes rebirth and prosperity. Its reemergence each spring reminds us that great beauty can follow the coldest winter or most difficult struggle.



## Birthstone – Aquamarine

The name aquamarine comes from Latin, meaning “water of the sea.” Aquamarine was the stone of the sea goddesses; sailors carried the stones believing they would ensure safe travels. Aquamarine exists in many shades, from pale to deep blue. Some are tinged with green. The gem owes its color to the presence of iron and belongs to the same family of stones as the emerald. Much of the world’s supply comes from Brazil, in particular the vivid blue variety called Santa Maria. They are also found in Siberia, Myanmar, and parts of the U.S.

# Arbor View Communities

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## Upcoming Events

**March. 2<sup>nd</sup>**  
Banana Cream Pie Day

**March. 9<sup>th</sup>**  
Horse Races

**March. 12<sup>th</sup>**  
Daylight Savings Time

**March. 15<sup>th</sup>**  
Pajama Day

**March 16<sup>th</sup>**  
Gold Coin Scavenger Hunt

**March. 17<sup>th</sup>**  
St. Patrick’s Day

**March. 17<sup>th</sup>**  
St. Patrick’s Day Party

**March 20<sup>th</sup>**  
First Day of Spring

## Happy Birthday!!

Residents:  
Kitty Houle -03/14

Staff:  
Cynthia Johnsen -03/25  
Amanda Burrow -03/28



## St. Patrick’s Day Party!

Join us on Friday, March 17<sup>th</sup> for our St. Patrick’s Day themed birthday bash! There will be games, lots of treats, green beer, punch, St. Patty’s Day music and much more! This will be a fun time for all, and we would love to see you there!

## Pajama Day!

Arbor View residents and staff will be staying cozy all day long on Wednesday, March 15<sup>th</sup> because it is pajama day! We will be wearing our comfiest pj’s while watching a St. Patrick’s Day movie and enjoying popcorn and shamrock Shakes!

Movie starts at 1:30pm, you don’t want to miss it!

## 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 Sunday March 12th and “Fall Back” Sunday on November 5th.

**Don’t forget to change your clocks ahead one hour!**



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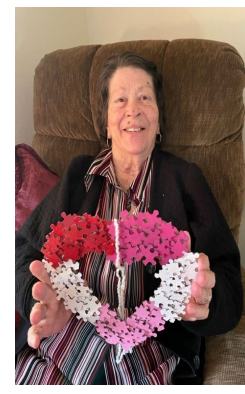
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## A word from Eileen...

Happy Saint Patrick's Day month! We are one month closer to spring! The weather should start getting better soon and warming up so we should see green grass again, sooner than later.

March is National Kidney Awareness Month. Kidney disease usually has no symptoms in the early stages. In fact, 90% of Americans who have chronic kidney disease don't know that they have it until it's in its advance stages. There are several ways to protect your kidneys. The first of which, is to know your risk factors. Smoking, diabetes, high blood pressure or heart disease are all conditions that can lead to kidney disease. If you have any one of these consider speaking to your doctor about getting tested for kidney disease. The earlier you can diagnosis kidney disease the sooner you can take steps to protect them from further damage. You can also stop smoking, lose weight, and lower your salt intake daily as preventative measures. As always, if you have any questions or concerns, please stop by and see me.

Hope everyone has a fun and safe St. Patrick's Day!

~Eileen Bock, RN



## Michelle's Corner...

Hello March! Spring is finally on its way!

Family and friends, just a friendly reminder when coming to visit or taking a loved one out, please sign in and out on our sign in/out sheet located at the front of the building.

No OTC meds can be in your loved one's room. All medications (eye drops, creams, rubs, etc) must have a doctor's order. Please talk with Eileen if you believe your loved one will benefit from an OTC med. If you have any questions or concerns, please do not hesitate to ask.

~Michelle Viol, Community Director

