



Notable Quotable

“Every man’s life is a fairy tale written by God’s fingers.”

~ Hans Christian Andersen, author



February Horoscopes and Birthdays

In astrology, those born between February 1–19 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and teammates. Those born from February 19–28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists.

Once Upon a Time

Once upon a time, it was decreed that February 26 would forevermore be Fairy Tale Day. Whether you fancy woodland sprites, fire-breathing dragons, princesses locked in high towers, or talking animals, fairy tales and the lessons they impart are integral parts of every culture.

Scientists have traced the first fairy tales back to an era before the written word. An old folktale entitled “The Smith and the Devil,” which is about a blacksmith selling his soul to the devil in order to gain magical abilities, dates back to the Bronze Age—6,000 years ago. Researchers from the New University of Lisbon in Portugal believe that this ancient tale was shared orally in a language that does not exist today. It is no surprise that fairy tales are so old. The purpose of these stories, after all, is to teach children clear distinctions between good and evil and right and wrong. Fairy tales are, in essence, morality tales filled with magic and wonder as a means to attract the attention of a young audience. Yet, adults are no less in need of morality tales.

Happy Birthday...

Susan 2/11

John 2/23

Evelyn 2/23

The brothers Wilhelm and Jakob Grimm, famous for their collection of fairy tales, also believed that many of the stories they found had existed for centuries before they wrote them down. They listened to old-timers tell the beloved tales “Little Red Riding Hood,” “Cinderella,” “Hansel and Gretel,” and “Snow White” and then transcribed their versions of the tales into print. The Brothers Grimm were the first scientists of folklore. They even took positions as librarians and historians at the University of Göttingen in Germany.

It would be wise on Fairy Tale Day to choose a story collected by Wilhelm Grimm, for this brother’s birthday falls on February 24. If you’ve grown tired of the same old tales, then perhaps you can read a new tale you might be unfamiliar with, such as “The King of the Golden Mountain,” “Hans My Hedgehog,” or “Cat and Mouse in Partnership.”

February 2019

Celebrating February

Special Events

MeadowView

Manicures & Massages

February 4

Art Therapy with Xene

February 6

The Golden Warblers

February 14

RidgeView

Marci’s Memorables

February 12

Coolidge Elementary Craft

February 14

Ice Cream Social

February 26

The Views News



RidgeView Assisted Living
MeadowView Memory Care Village
2975 & 3005 F Ave NW
Cedar Rapids, Iowa 52405
www.ViewsSeniorLiving.com

Creating Healthy Habits

There is nothing more important than the health and well-being of our tenants, employees, and families. February is American Heart Month; and according to the National Heart, Lung, and Blood Institute (NHLBI), “Heart disease is the leading cause of death in the United States.” 840,000 Americans died from heart disease in 2016, which was an increase from 2015. To put that into perspective, that’s about one in three people that die of heart disease each year!

The Views of Cedar Rapids is committed to helping you succeed in your heart strengthening journey. If you are like me, you may need a few quick reminders how you can easily make a commitment to your healthy lifestyle in 2019 and reach your personal goals.

To help, I have compiled a set of 6 guidelines/resources to help you remember and implement to protect your heart:

- Don’t smoke (1-800-QUIT-NOW)
- Manage stress.
- Control your weight.
- Ask your doctor about your blood pressure, cholesterol,

and A1C.

- Be physically active! RidgeView and MeadowView offer exercise classes throughout the week. Try to aim for 2 hours of activity per week.
- Reduce salt, and increase the fruits, vegetables, and whole grains in your diet.

Grab a friend or neighbor and get going! After all, people who have close relationships at home, work, or in their community tend to be healthier and live longer! If you have questions or concerns, please reach out to a member of our nursing teams. We would love to help you reach your goals in your health journey.

To Your Health,

Tiffany Bunting,
LPN, BS, MHSA
MeadowView Community Director



Staying Active During Winter

Staying active during the winter months is extremely important for aging adults. The winter months can make it hard for them to get out, enjoy fresh air, and move their body! This can take a toll on someone physically and mentally. Regular exercise and activity can decrease falls, lower blood pressure, and decrease arthritic pain. Here are some helpful tips to stay active this winter!



Exercise! People can either do exercise seated or standing with light weights or stretch resistance bands. At Ridgeview, tenants participate in a 30 minute exercise 5 days a week that involves stretching, light weights, resistance bands, and aerobic exercise all while seated! Only push yourself as far as you can go. Your body will tell you what your limits are.

Join a gym close by. If you no longer drive, transportation services are offered through The Views or other local transportation companies.

Join our senior living community! Senior living communities, such as Ridgeview and Meadowview, keep tenants moving and active during all seasons. Different exercise classes, social activities, and mind stimulating activities are offered for tenants to participate in.

Keep your body moving. There are other ways you can keep your body moving without structured exercise. Stay active with indoor gardening, volunteering, or cleaning around the house.

Brain games. Keep your mind healthy and active during the winter season if you are unable to leave your home. Activities such as crossword puzzles, Soduko, or reading a book are good ways to keep your brain fit. Other activities may include painting, coloring, crafts, or listening to music.

-Content by Danielle Helgerson

With cold and flu season in full swing, please be sure you are picking up any tissues that you use.

A general reminder to all: if you are sick, please refrain from visiting our communities until you are feeling better.

RidgeView Bus Outings



February 5th- Cedar Rapids Central Fire Station at 130pm

February 12th- Lunch outing to Vito's on 42nd Street. Bus leaves RidgeView at 11:45am.

Please sign up with Jennifer Hejda.

RidgeView Soup Cook off!

Please join us to taste test and vote on the best homemade soup!

Sunday February 10th at 2:00pm in the activity room.

MeadowView- Taste Test with Chef



Dementia can affect the areas of the brain that regulate the sense of smell or taste which affects their ability to process flavors. Something that someone may have once loved, they may not like anymore OR something that someone used to not like, they may LOVE now.

Activities, such as Taste Testing with Chef, can help alert the senses which improves cognitive stimulation, socialization,

increased alertness and concentration.

MeadowView understands the importance of offering these opportunities for our tenants. Our culinary chef, Chef Rachel, will be creating food items for our tenants to taste and smell on Tuesday February 12th at 2:45pm.

As always, family members are welcome to join this fun event.

The Original Castaway

On February 1, 1709, Alexander Selkirk was rescued from an island after being stranded there for four years. Upon his return to England, journalists portrayed his last four years in extraordinary detail, making Selkirk a celebrity and inspiring the novelist Daniel Defoe to write his masterpiece *Robinson Crusoe*.



In 1966, Chile renamed Más a Tierra island Robinson Crusoe Island.

Selkirk was a hot-tempered navigator of a privateering ship called the *Cinque Ports*. When conditions on board got bad, he tried to raise a mutiny against the ship's young captain by begging to be left alone on an island with the crew. Unfortunately for Selkirk, none of the other crew members wanted to stay behind with him, so he was abandoned on Más a Tierra island off the coast of Chile. Selkirk expected another friendly ship to arrive within days, but he again miscalculated and another ship did not arrive for four years and four months. Amazingly, Selkirk survived. He ate fish, crayfish, and the many goats that inhabited the island. He grew so fleet of foot that

he could catch them with his bare hands. Food and shelter came relatively easy. Keeping his sanity was his most difficult task. When a ship arrived on the horizon to save him, it was navigated by none other than William Dampier, a buccaneer under whom Selkirk had sailed on the *Cinque Ports*. When Selkirk arrived back in England, he found it difficult to reintegrate into society. He often mused that he was happiest when he lived with nothing on his island.

Daniel Defoe was intrigued with Selkirk's story and so wrote a romanticized version of it in *Robinson Crusoe*. Perhaps this story should not be celebrated, for it has often been criticized as a tale of one colonialist's suppression and enslavement of an indigenous culture. Crusoe may have been a hero in 18th-century England, but today his accomplishments seem rather brutish. Perhaps instead, we should celebrate February 1 as Alexander Selkirk Day and forget Robinson Crusoe.