



### May Birthdays

In astrology, those born between May 1–20 are Bulls of Taurus. Bulls are stable, reliable, and committed in both work and family. Bulls also appreciate love, beauty, and creativity. Those born between May 21–31 are Gemini’s Twins. Twins have two distinct sides to their personality: sociable and ready for fun, or serious and thoughtful. When they feel as if one half is missing, they seek new friends.

**RidgeView Birthdays**

Carol- 5/1  
Delores- 5/22

**MeadowView Birthdays**

Teresa- 5/1	Jean- 5/23
Hyla- 5/8	Lloyd- 5/24
Rae- 5/11	Bonnie Sin.- 5/25
David-5/17	
Marilyn- 5/21	



*Tokyo* cont. from pg. 1

the shrine’s beautiful red bridge, spying darting koi and lounging turtles in the pond. The wisteria are so alluring that old Japanese shoguns made pilgrimages to visit the garden. Many of Japan’s most celebrated artists have captured the garden’s scenic serenity in color prints.

Perhaps the most celebrated of all flower festivals is the Kyu Furukawa Garden Rose Festival. The gardens, sprawled at the foot of a western-style mansion, have been designated a national place of scenic beauty. The roses hit their peak in May with a dazzling array of colors and an intoxicating bouquet of aromas. Over 90 rose varieties can be found, including Princess Michiko, a variety named for Japan’s Empress, and Royal Princess, a variety named for Princess Aiko, daughter of Japan’s Crown and Princess.

# Newsletter Title

May 2017

2975 & 3005 F Avenue NW, Cedar Rapids, Iowa 52405



**MeadowView Events**  
**Sewing with Sondra**  
*May 3rd*

**Coralville Car Museum**  
*May 5<sup>th</sup>*

**May Birthday Party**  
*May 26<sup>th</sup>*

**RidgeView Events**

**Dr. Tanner Podiatry Visit**  
*May 5<sup>th</sup>*

**Style Show**  
*May 7<sup>th</sup>*

**Lunch & Gambling at Meskawki**  
*May 12<sup>th</sup>*

**100<sup>th</sup> Birthday Brunch**  
*May 19<sup>th</sup>*

## Tokyo in Full Bloom

Japan may be famous for its cherry blossoms, but springtime in Tokyo brings an abundance of other flowers and flower festivals. By the end of April, many of Japan’s cherry blossoms have already flowered, but Tokyo’s city dwellers still have plenty of blooming flowers to look forward to. The Nezu Shrine is a quiet place for 11 months out of the year, but by the first week in May, its 3,000 azalea plants burst into a palette of bright colors. The Bunkyo Azalea Festival, or Tsutsuji

Matsuri, attracts thousands of visitors during Golden Week, its busiest viewing week. The 300-year-old azalea garden is home to rare varieties, such as the black karafune flower, and is complete with a Shinto shrine, bridges running over streams, traditional Toriii gates, and women dressed in their best traditional kimonos.

Across town is yet another sacred spot draped in wondrous springtime color: the

Kameido Tenjin Shrine. This shrine is home to its famous trellises boasting a sea of cascading purple wisteria vines. The wisteria were planted 300 years ago when the original temple was built. Visitors can stroll over

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## Wild Goose Chase

May 1 is Mother Goose Day, a day honoring the mythical persona behind the popular children’s nursery rhymes. Most believe that Mother Goose was a pseudonym for numerous authors, but there are theories as to who the “real” Mother Goose was. The French queen Bertrada of Laon, the mother of Charlemagne, was

known as “Goose-foot Bertha.” A competing theory attributes the nickname to one Elizabeth Goose from Boston. In 1692, Elizabeth wed Isaac Goose, adding her six children to his 10. With 16 children, she became famously adept at storytelling, the lot of which was compiled by her great-grandson into

the Mother Goose volume. This legend is so pervasive that many seek out Elizabeth Goose’s grave in Boston to pay their respects. Adding to the unsolved mystery of Mother Goose, Elizabeth Goose’s grave is unmarked. The visitors, on their goose chase to Elizabeth’s grave, are actually visiting someone named Mary Goose.

# MeadowView News

## Outdoor Fun!



A huge part of the Spring and Summer here at MeadowView is geared toward having residents outside in the fresh air, helping with the garden, and playing lawn games. With people who have dementia, being outside in the Spring and Summer months is crucial to their physical and mental well-being. Here are some activities that can be done with your loved ones that incorporate the outdoors:

- Fishing off the shore
- Going for a walk
- Gardening or helping pull weeds
- Miniature golf
- Taking pictures of nature
- Having a picnic
- Birdwatching
- Outdoor arts & crafts
- Playing with a pet
- Playing yard games such as horseshoes, bean bag toss, ladder golf, ring toss, badmitten, croquet, shuffleboard, yard Yahtzee, patio bowling, Frisbee, etc.

It truly doesn't matter what the outdoor activity is, as long as there is great company! Choosing a suitable spot for the outdoor activities that provides shade is essential. Bring food, drinks and foldable chairs to the activities. Last, but not least, have fun!

## New Addition to The Views

We are excited to announce that we will have a new therapy dog here at The Views! The dog will be following closely in Mogli's footsteps enduring the same training that he went through. It is Mogli's brother, another Chocolate Labrador Retriever. Janel will be taking the puppy to both MeadowView and RidgeView for everyone to see him starting in the 3<sup>rd</sup> week of May.

We wanted to thank family members and staff for helping us achieve the goal of being able to expand the therapy program. We would not be able to do this without all of the support and kind words shown. We are extremely grateful. We cannot wait to welcome a new therapy dog into the Views family!



### Notable Quotable

"To dance is human, to polka is divine."

~ K.D. Lang, singer-songwriter

# RidgeView News

## Gardening

We will be having students from Wilson Middle School help us put together some raised garden beds to be put in the back of our building. There will be 8-10 students here per visit to assemble and help with gardening. They will be here May 10<sup>th</sup>, 24<sup>th</sup>, and 31<sup>st</sup> at 2:30pm. Please get outside and help us plant our tomatoes, cucumbers, and flowers this year!

## Salad Bar

A new salad bar has been added on the back counter in the RidgeView dining room. It was used for the first time on Friday April 21<sup>st</sup> at our brunch.

## Community Relations Director

Please give a warm welcome to our new Community Relations Director Jennifer Hejda. Jennifer will oversee admissions, working with families & tenants, and marketing of MeadowView & RidgeView. Jennifer's office is on the second floor of RidgeView right as you walk out of the elevator. She starts Monday May 1<sup>st</sup> so be sure to stop by her office and say hi!

### RidgeView Dining News

The dietary staff will have a continental breakfast set out at 8:00am on Mother's Day May 14<sup>th</sup>. Please feel free to have your family come in and enjoy with you!

**RidgeView Residents- Just a friendly reminder to give the dietary staff plenty**

**Of notice when inviting guests to meals. Thanks!**

### Style Show

Please RSVP to Danielle by May 3<sup>rd</sup> if you want to attend the style show on May 7<sup>th</sup> at 2:00pm at Prairie Hills so that they can plan accordingly!

## The Views Recipe of the month

### Hazelnut Truffles

#### Ingredients

- 40 chocolate sandwich cookies (such as oreo cookies)
- 1 cup hazelnut chocolate spread (such as Nutella)
- Sprinkles or cocoa powder (optional)

#### Directions

- Line baking sheet with parchment paper
- Place cookies & hazelnut chocolate spread in a food processor. Process 3-4 minutes until well combined & no lumps remain
- Scoop mixture using a 1-inch scoop & roll each ball until smooth & round. Place on prepared baking sheet.
- Top with sprinkles or cocoa powder if desired.

A  
RidgeView  
Thank you  
to....

Vicki  
Boddicker &  
Joanne Zuber  
for making  
beautiful  
Easter cards  
for our  
residents

Sandy for  
volunteering  
her time to  
make greeting  
cards with our  
residents

RidgeView  
Administrator  
Keri Boffeli &  
family for  
making Easter  
cookies &  
Easter  
goodies with  
our residents  
for the  
scholarship  
fundraiser and  
for residents to  
take home &  
enjoy!