

Mountain Vista View

Mountain Vista Assisted Living | 11800 W 49th Ave Wheat Ridge, CO 80033 | 303-421-4192



Byrne, DAVEY DOLLAR

10



11



12



Celebrating March

Birthdays

- Amy T, Nursing 3/1
- Alan R 3/6
- Clint C, Dietary 3/6
- Sangya A, Nursing 3/10
- Brenda B, Nursing 3/12
- Heather D, Plant Ops 3/15
- Joanne P 3/22
- Shane M, Dietary 3/24

Birthday Lunch for March!

March 20th in Dining Room

Anniversaries

- Sangya A, Nursing – 9 years
- Audra R, Activities – 9 years

Irish American Heritage Month

St Patrick's Day

March 17th

Day light Savings

March 24th

Good Friday

March 29th

Easter

March 31st

March Into Spring with Us!

First, we would like to welcome Jayson R back to the Mountain Vista Campus. He really SPRUNG into action his first month back with us. We are so happy to have him as our Executive Director! Many residents in our last resident council meeting had nothing but nice things to say such as "He is so attentive. We are excited to see how Jayson helps our campus bloom!"

We had a very lovely February with new events added to the calendar. We introduced our new Birthday Lunch and Happy Hour tradition!

Residents really loved the décor, the merry spirit and opportunity to make birthdays special. This will continue monthly so watch your calendar for your next chance to join the fun. We also hosted a Paint and Sip in our Great Room. Residents got creative with the assistance of the paint leader, creating beautiful bouquet paintings just in time for spring. You have spoken and we heard you loud and clear! This will also be added to our calendar monthly with a chance for different artists and paintings to explore.

Thank you to all the residents who participated in the recent quarterly Activity Survey! We want to hear what you have to say and implement what you want to do. The groups most popular amongst the 22 residents who completed the forms are looking forward to going to painting classes, bingo, card games and chair yoga this next month. These had the most votes we are going to try to make these really pack a punch! It will also be nice to get out as the weather gets nicer. Don't forget to sign up for the upcoming outings – Pow Wow, lunch, shopping etc. This seems to be blossoming into a very fun and exciting spring!

Jeopardy's Journey



Television quiz shows came under fire in the 1950s when it was discovered that contestants were given help and sometimes even answers by quiz show producers. The incredibly popular shows *Quiz Show*, *Twenty-One*, *Dotto*, and *The \$64,000 Question* were all revealed to have been rigged,

with contestants playing along to increase the dramatic tension and make the show more enjoyable for viewers. In 1960, Congress finally passed a law banning all fixing of quiz shows.

It's not surprising that many television networks were hesitant to produce any new quiz shows. But audiences craved them. In 1964, television producer Merv Griffin wanted to come up with a new game show. His wife, Julann, pitched him this idea: a show where the contestants were given the answer and challenged to come up with the question. For example, if the answer is 5,280, the question is, "What is, 'How many feet are in a mile?'" From that simple idea, the hit show *Jeopardy!* was born.

On March 30, 1964, *Jeopardy!* debuted, hosted by actor Art Fleming. It was a successful show, but after 11 years it folded. It was revived in 1984, this time hosted by Alex Trebek. For over three decades, Trebek reigned as the quintessential host of *Jeopardy!* With his poised demeanor and unmistakable voice, Trebek guided contestants through the challenging questions with wit and charm. He personified knowledge, embodying the essence of the beloved quiz show.

After Trebek's death in 2020, the show embraced a rotating roster of hosts, including notable figures like former contestant Ken Jennings and actress Mayim Bialik. Each host brought their unique flair while honoring Trebek's legacy. Beginning with Season 40, Jennings took the reins as full-time host. As the winner of 74 games of the show, there is no doubt that he's qualified for the job!

Denver Pow Wow

Join us on March 17th to learn more about this Native American tradition. Seats limited.

The modern Pow Wow is a gathering, a social occasion, and a time for Indian peoples to come together to sing and dance, and to honor the heritage that has been passed down to them from their ancestors. Modern Pow Wow dancing is an entity unto itself. The different styles are derived from traditional dances of the various tribes (each tribe has their own origin legends), but the individual dances are not specific to any one tribe - though they are often associated with a particular geographical area. The dances fall into three basic configurations" the Grand Entry, Intertribal Dances and Contests. Keep in mind, there are more than 500 federally recognized tribes in the United States.

The Perfect Pair



Feeling hungry? March 23 is Chip and Dip Day. This ultimate snack and party pairing has come a long way since chips and salsa. Often, the dip is the exciting element of the duo: creamy ranch made with sour cream, dill, garlic, and dried onions. Or guacamole with fresh avocados, garlic, onion, tomatoes, a dash of cayenne, and a squirt of lime. For a change of pace, try hummus, spinach with artichokes, or a white bean spread.

Although it may be taken for granted, the chip is more than just a vehicle for the dip. Corn, potato, and baked pita chips provide a satisfying crunch. Sometimes you don't need a chip at all. Toasted slices of Italian bread are the perfect base for bruschetta. If you really want to impress a crowd, wow them with cheese fondue. The cheese is spectacular, but equally delicious are the sausage, bread, apples, and veggies for dipping.

In Praise of Weeds



Gardeners get giddy in March as the ground begins to thaw and green buds burst forth showing signs of spring. However, not all of those buds are welcome, and gardeners will begin their assault on unwanted weeds. But wait! Before you break your back pulling out garden invaders, take some time to understand these pests. March 28 is Weed Appreciation Day.

Many weeds are native species of flowers that provide important pollen and nectar for bees and butterflies as well as seeds for a variety of birds. They may not be always be pretty, but they are important. For example, the humble clover may be undesirable, but it has tremendous benefits. It grows easily and in abundance, is a tasty and nutritious crop for grazing animals, fixes its own nitrogen (which means less need for fertilizer), and grows in a wide variety of climates and soils. It is also one of the honeybee's main sources of nectar.

Many other weeds are edible and healthy. The roots of the burdock plant are regularly eaten in Japan and Korea. They taste similar to artichokes and are high in fiber and potassium. Dandelion and burdock are combined to make a tasty drink that is popular in England and tastes similar to root beer.

The leaves of lamb's quarters, also known as goosefoot or pigweed, are a good substitute for spinach. The seeds, known as quinoa, are a popular alternative to rice and other grains and are high in protein and vitamin A.

Purslane is eaten all over the world in salads, stir-fry dishes, and soups. It contains more of the all-important omega-3 fatty acids than any other leafy green. So this March, before you yank, consider whether that weed may actually be a boon for you and your woodland friends.

A Winter Farewell

The first day of spring is a common reason for celebration for people all over the world, but the students at Lake Superior State University in Michigan may have taken it too far. Every March 20 since 1971, the students have bid farewell to winter by burning a snowman. This isn't just some wacky college prank; the bizarre tradition began in Germany as the Rose Sunday Festival, where a parade bearing a snowman (made of straw) passes through town to the village center. There, the mayor asks all the local children if they have been good, diligent in their studies, and mindful of their parents. When all the children publicly shout "Yes!" the snowman is burned.

The 10-foot snowman is made of leftover paper and scrap wood and is sometimes dressed in a rival college's colors. As it burns, students, professors, local children, and anyone else who cares to join in recite poetry they have written about the snowman. Only one year has been skipped since the tradition began. A snowman was not burned in 1992, due to environmental concerns by a student environmental awareness group. Locals were furious. Disappointed reporters arrived to find poetry but no snowman, and the tradition was resumed the following year.

Paws and Purrs



It doesn't get any cuter than March 23, when it is both Cuddly Kitten Day and National Puppy Day. The debate between cat people and dog people rages on. At the Westminster Dog Show, dog authorities argue that they are outgoing while cat people are more aloof. Cat owners over at the Black Diamond Cat Show say they are more intelligent and independent than their dog-owning counterparts. According to researchers, dog people are more extroverted, agreeable, and conscientious. Cat lovers are a bit less traditional and more artistic. Both parties, however, love to cuddle.