

Marching to a Healthy Beat



March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Having fresh fruit and vegetables in your home is a simple way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best. Perhaps it is no coincidence that March is also Quinoa Month (pronounced *KEEN-wah*). This ancient seed, harvested high in the Andes Mountains, is one of nature's most perfect foods. In 1955, researcher Philip White wrote, "While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom." That's high praise for an often-overlooked food.

Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the "mother of all grains" and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It's a nutritive powerhouse.



Resident Council Corner

Your current Resident Council Cabinet Members assisting with Resident Council until the election are Judy G, Pam S, Teresa H, Shellie B and Alice J. They want to ensure that all residents are in the loop on the happenings in our home. If you need any assistance with anything they would be happy to meet with you and advocate for you. They are also learning as they go, they are dedicated to finding answers for you and holding down the fort until the next election in July.

There were no concerns raised at your last Resident Council Meeting on February 26, 2025:

Thank you to those who were able to attend the monthly meeting. Your input and attendance are very much appreciated. For those who cannot make it, there is a white binder outside the activities office that has the last three months' resident council meeting minutes. You can also request your own personal copy at any time.

Our next Resident Council meeting will be March 26, 2025 at 10:30 am

Have a wonderful month!

Mountain Vista View

Mountain Vista Senior Living | 4800 Tabor Street Wheat Ridge, CO 80033 | 303.421.4161



Celebrating March Birthdays

- Maricela A, CNA – 3/4*
- Mary O – 3/6*
- Alan R – 3/6*
- Cheryl R, CNA – 3/6*
- Danielle R, Dietitian – 3/11*
- Emmi B, DON – 3/12*
- Chantilly C, CNA – 3/17*
- Dalia M, CNA – 3/17*
- Shawnta W, CNA – 3/18*
- Ray H, Housekeeping – 3/19*
- Emily B, CNA – 3/21*
- Tinisha L, Dietary – 3/27*
- Cheryanna A, Housekeeping – 3/27*

Anniversaries

- Patricia N, CNA – 20 years*
- Audra R, Activities – 10 Years*
- Cherryanna A, Housekeeping – 5 years*
- Scott N, Dietary – 5 years*
- Tinisha L, Dietary – 2 years*
- Jullie Edwards, LPN – 1 year*
- Divinity G, Dietary – 1 year*
- Cindy P, Chaplain – 1 year*

St. Patrick's Day

March 17

Walmart Shopping Trip

March 25

March Moments at Mountain Vista

March is here, and we're already embracing the vibrant spirit of the season! We kicked off the month with a lively Mardi Gras celebration, complete with a delicious King Cake and a fun performance by Martin, our piano-playing showman. His music filled the air, bringing everyone together for a joyful afternoon of dancing, laughter, and community. But the celebrations don't stop there. On March 6th, we'll be treating ourselves to fry bread while learning about the Denver Powwow and the beautiful traditions of Native American culture. It's a chance to dive deep into the rich history that has shaped our country, all while enjoying a flavorful and meaningful dish. And on March 17th, get ready to go green! St. Patrick's Day is around the corner, and we're bringing a little bit of Ireland to Mountain Vista. With green beer, tasty treats, and a look at Irish culture, it's sure to be a festive time for all. Many of our residents asked to learn more about Irish traditions, so we're excited to share the history and joy of the holiday with everyone. This month, we'll also be going on shopping trips, offering residents the chance to explore local shops and enjoy some fresh air while finding something special. Whether you're looking for a gift, a treat, or just want to get out and about, it's sure to be a fun outing. It's shaping up to be a month filled with connection, discovery, and celebration. We can't wait to share these special moments with all of you and create memories that will last. Here's to a wonderful March at Mountain Vista Senior Living!

Everyday Shakespeare

In his play *Julius Caesar*, William Shakespeare warned, “Beware the Ides of March” (March 15). Lucky for all lovers of the bard that Shakespeare Week falls from March 24 to March 30.



Shakespeare Week was begun in 2014 by the Shakespeare Birthplace Trust in England. Its goal is to make Shakespeare delightful, not dull. His works are part of the curriculum for half of the world’s schoolchildren.

For many, the writings of Shakespeare are remembered as difficult, mandatory high school reading. But, in Shakespeare’s day, his plays were considered bawdy, coarse, and boisterous, and theaters were often dirty, loud, and very crowded—some holding crowds of up to 3,000 people. A three-hour play was considered a rollicking good time. Shakespeare knew his audience.

Though many now consider Shakespeare’s plays to be examples of great literature, a part of high culture, or difficult to understand, Shakespeare wrote to his audience—many of whom were common folks just like himself. He was sure to include plenty of jokes, fights, love triangles, and off-color remarks.

Shakespeare has seeped into our everyday life. Many common expressions were written by Shakespeare, including:

- “Wild goose chase” (*Romeo and Juliet*)
- “Seen better days” (*As You Like It*)
- “Off with his head.” (*Richard III*)
- “Good riddance.” (*Troilus and Cressida*)
- “Knock, knock! Who’s there?” (*Macbeth*)
- “Break the ice.” (*The Taming of the Shrew*)

Utter one of these phrases between March 24 and March 30, and you might be celebrating Shakespeare Week without even knowing it.

The Story of the King Cake



The King Cake is believed to have originated in France around the 12th century. These early Europeans celebrated the coming of the three wise men bearing gifts for baby Jesus twelve days after his birth. The main part of the celebration was the baking of the king’s cake to honor the Three Kings. They were circular in shape to portray the circular route used by the wise men to get the Christ child and confuse King Herod, as he was attempting to follow the wise men to kill baby Jesus.

In these early King Cakes, a bean, pea or coin was hidden inside the cake and the person who ended up with the hidden item in their slice was declared King for the day or was said to have good luck in the coming year. The Europeans who settled in the Gulf states of the US brought the King Cake tradition with them, and in Louisiana, the twelfth night also signifies the beginning of the carnival season, which ends on Fat Tuesday, Mardi Gras. The beans, peas or coins have now been replaced with a small baby to symbolize the Christ Child. The person who ends up with the baby during the Mardi Gras season is expected to carry on the carnival festivities by hosting the next King Cake. Patti D is our lucky gal this year, but we will still supply the king’s cake for next year!

Chasing Cherry Blossoms



It lasts for only two weeks, but what a beautiful two weeks it is. *Hanami* is the Japanese term for enjoying the spring beauty of blossoming flowers. The most

spectacular show of all is the viewing of the cherry blossoms, known as *sakura* by day and *yozakura* by night. It begins at the end of March.

The practice of hanami began in seventh-century Japan, when wealthy elites and members of the Imperial court would gather to view plum blossoms. Soon, though, cherry blossoms became more highly regarded for their beauty. Before long, members of the “samurai class” joined in the viewing, and finally the practice became widespread among all people—rich or poor. The cherry blossom has even become Japan’s unofficial national flower.

The blossoming of the cherry trees also ushers in an entire season of hanami parties. Many rush to parks and reserve spots, relaxing under the blossoming trees with blankets. The most popular spot in the country for hanami is Tokyo’s Ueno Park, where there are more than 1,000 flowering cherry trees. Japan’s best hanami location may be the mountaintop town of Yoshino, where thousands of cherry trees burst into bloom and a veil of pink flowers resembling clouds slowly floats down the mountainside. The tiny lanes of this sleepy village become packed with visitors.

America’s most famous version of hanami begins every March in Washington, D.C. In 1911, the city of Toyko gifted 2,000 cherry trees to the U.S. Sadly, those trees were infested with insects and had to be destroyed. But Tokyo mayor Yukio Ozaki was undeterred. He sent a new shipment of 3,020 cherry trees, which arrived in Washington on March 26, 1912. Visitors have flocked to D.C.’s Tidal Basin to enjoy the cherry blossoms ever since.

Full-Court Frenzy

The “Road to the Final Four” begins Tuesday, March 18. Sixty-eight of the country’s best men’s college basketball teams will compete in a three-week tournament known as March Madness, or the Big Dance. With so many games to follow, it’s common for fans to watch several games at once across channels.

The tournament is also crucial for college basketball programs aiming to bolster their national reputation. The NBA draft takes place three months after the tournament, and a player’s performance during March Madness can impact their draft prospects. While the focus is on team play, standout individual performances still draw attention. Top contenders like Kansas, Duke, Kentucky, Arizona, and Gonzaga remain perennial favorites. Yet, the magic of March Madness often lies in the unexpected—a “Cinderella” team overcoming the odds to deliver a victory.

Barbie Beyond the Box



On March 9, 1959, the Mattel toy company unveiled the first Barbie doll at the American Toy Fair. Ruth Handler, cofounder of Mattel, was inspired to create the doll after observing her daughter prefer paper dolls of adult women over baby dolls. Barbie became the first adult doll for kids—and the star of the first TV ad aimed at children. While Barbie has faced criticism for promoting gender stereotypes and unrealistic body proportions, the toy has generated over \$1.5 billion in sales.

In 2023, Barbie’s cultural impact reached new heights with the release of the *Barbie* movie, directed by Greta Gerwig. The film’s vibrant visuals, sharp humor, and exploration of identity captivated audiences worldwide, cementing Barbie’s status as both a toy and a cultural icon.