

PARKSIDE PRESS – APV 1

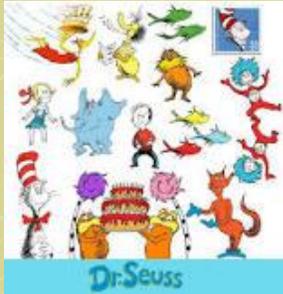
Allouez Parkside Village – 1901 Libal St. - Green Bay, WI 54301 920-430-8500



Celebrating March

Dr. Seuss Day

March 2



Daylight Savings

March 12



St. Patrick's Day

March 17



First Day of Spring

March 20



Resident of the Month - March Mary & Wayne

Mary and Wayne have a love story for the ages. They met when they were both 40 years old and have been married 32 years now.

Wayne grew up in Oconto, WI. He is the sixth of seven children. He was a CNA for 25 years.

Mary grew up in Green Bay, WI. She has one son from a previous marriage. She and Wayne share seven grandchildren.

They both love to be around people. Mary also enjoys cross stitching, ceramics, Smartmouth and collecting hummingbirds.

Their favorite thing about APV 1 is that they can be together.

Words to live by... "Abide by the Will of God".



Bird of the Month – Robin



Robins are cheerful migratory birds commonly seen throughout most of North America. These lovely songbirds are easily identifiable due

to their bright orange breasts, upbeat chirping, and early morning feeding. They love to dig up worms from the grass in the wee hours—making them the quintessential early bird getting the worm. In addition, they also eat insects, seeds, and fruit. Robins live in both urban and rural areas. They are not aggressive with humans but can be quite territorial with other birds. They will fight to the death to maintain control over their territory. While robins can live well into their teens, they have high mortality in their first year of life, so their average lifespan is only about two years. Robins are very adaptable and are good at finding food and shelter in new locations. In many traditions, the robin symbolizes faith, love, optimism, renewal, and joy



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.

The Time Has Come

On March 12, people will turn their clocks one hour forward for the start of daylight saving time (DST). In 1784, Ben Franklin published a satirical essay in Paris suggesting that clocks move forward an hour in spring and fall back again in the fall, but the notion was not taken seriously in America until World War I when the first clock adjustment was made to conserve energy.

Each year, opponents of DST argue that the time change has serious negative impacts on health. Sleep deprivation and “circadian misalignment,” the mismatch between our biological rhythms and the natural light cycle, may increase levels of the stress hormone cortisol in our bodies, leading to a slew of health problems like strokes, heart attacks, obesity, diabetes, and seasonal depression. One year ago, the U.S. Senate passed the Sunshine Protection Act, making DST permanent. The House of Representatives has yet to vote on the matter.

GAMES, PUZZLES AND MORE ARE LOCATED IN MAGIC WING

VISIT THE NEW MOVIE LIBRARY LOCATED IN THE GREATROOM. ANY MOVIES CAN BE TAKEN TO YOUR ROOM OR WATCHED IN THE GREATROOM. IF YOU NEED ASSISTANCE, PLEASE ASK.

ONE ON ONE ACTIVITIES AVAILABLE UPON REQUEST.

FRESH FRUIT LOCATED AT SNACK STATION

BABY CHICKS WILL START HATCHING ON TUESDAY, MARCH 14TH

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.

Birthday Critters

Monkey (March 1–8) You embrace having a fast-paced lifestyle, and even the slightest bit of downtime drives you crazy. Always upbeat and fun, your personality wins people over every time. You’re also known as a loyal and loving friend.

Lion (March 9–15) With your fierce but peaceful spirit, you feel most at home when you are outside enjoying the wonders of nature. You are a born leader, and your candor and gentleness help you earn others’ trust.

Mouse (March 16–23) Your good sense of humor and mischievous nature help you keep everyone laughing. You are a very social person who loves being the center of attention. You also enjoy cooking, gardening, and entertaining.

Cat (March 24–31) Though you enjoy the company of others, sometimes you just need a little quiet time for yourself. You are curious by nature and love learning new things. You’re also crafty and can fix just about anything.

SHINING STAR

Chris - Dietary Chef

Chris was born in Milwaukee, WI
His hobbies include playing video games, working, sleeping and doing home improvements.

His favorite place to visit is SeaWorld where he and his sons had a blast. His boys are 19 and 16 years old.

In 10 years, he would like to see himself married with a nice house and his own business.

Chris has been working at Allouez Parkside Village for the last four months and we **LOVE** it. He enjoys talking with the residents making sure that they are happy with the food that he prepares. His favorite meal is Lasagna. His favorite time of year is St Patrick’s Day because everything is green and lucky and filled of joy and laughter.

If he should every win the lottery, he would pay off his debts, buy a big house for his family and help the needy.

SHINING STAR BALLOT

Is there an employee that you feel has done an outstanding job? Place your ballot in the box by the Life Enrichment Office. The Star will receive a gift card and public recognition.

A Riveting History

During World War II, six million women joined the American workforce to support the war effort and fill the roles of men who had shipped off to fight. In honor of these women, March 21 has been designated Rosie the Riveter Day, in homage to the denim-clad everywoman who graced the posters and propaganda of the era.

The story of Rosie the Riveter is multi-faceted. It begins with a song entitled “Rose the Riveter” written by Red Evans and John Jacob Loeb in 1942. In the tune, Rosie is an assembly-line worker. While the character of Rosie is likely based on a real person, the true identity of Rosie is in dispute. There are several candidates: Rosina Bonavita, who worked on Convair aircrafts; Rosalind Walter, who built F4U Corsair fighter planes; Adeline Rose O’Malley, who was a riveter for Boeing; and Rose Will Monroe, who built B-24 bombers. Monroe later gained fame for her role as Rosie the Riveter in a short film promoting the war effort.

The most popular image of Rosie the Riveter during wartime came from Normal Rockwell. On his cover of the *Saturday Evening Post* from May 29, 1943, a buff woman wears blue overalls and goggles with a riveter in her lap. She eats a sandwich and steps on a copy of Hitler’s *Mein Kampf*. The name *Rosie* is inscribed on her lunch pail, linking her with the popular song.



The most famous depiction of Rosie the Riveter was never called Rosie. J. Howard Miller’s illustration of a jumpsuit-clad, polka-dot bandana-wearing, bicep-flexing woman exclaiming “We Can Do It!” was used to improve worker morale at Westinghouse Electric. The poster likely hung on factory walls for a couple of weeks in February of 1943 before being lost to history. It was only rediscovered in 1982. Miller’s illustration has since come to embody Rosie the Riveter as an American cultural icon. Today, Rosie is not a figure of war propaganda but has new life as a symbol of feminine strength.

March Birthdays

In astrology, those born from March 1–20 are Pisces’ Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists. Those born from March 21–31 are Aries’ Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries’ charisma and confidence make them effective leaders.

Ron Howard (actor/director) – March 1, 1954
 Dr. Seuss (author) – March 2, 1904
 Rob Reiner (actor) – March 6, 1947
 Lynn Redgrave (actress) – March 8, 1943
 Liza Minelli (entertainer) – March 12, 1946
 Jerry Lewis (comedian) – March 16, 1926
 Nat King Cole (musician) – March 17, 1919
 Glenn Close (actress) – March 19, 1947
 Aretha Franklin (singer) – March 25, 1942
 Reba McEntire (singer) – March 28, 1955
 Eric Clapton (musician) – March 30, 1945

The Great Escape



On March 24, 1944, the British bomber pilot Leslie “Johnny” Bull poked his head out of the ground and took his first breath of freedom after suffering as a prisoner of war in the Nazi-controlled Stalag Luft III camp.

The so-called “Great Escape” had begun, one of the most daring mass breakouts ever attempted during wartime. The camp housed over 10,000 Allied service members. The location of the camp was chosen in part due to its sandy soil, which made any attempts to tunnel out extremely difficult. This did not deter Royal Air Force Squadron Leader Roger Bushell from devising a grand tunneling scheme. He also procured civilian clothes for escapees and forged travel documents and equipment for the 600 digging inmates. On the moonless night of March 24, 76 men tunneled to freedom. Seventy-three were captured, but the dramatic “Great Escape” became the stuff of legend and a Hollywood blockbuster.