

Bel Rae Reporter



Celebrating March

**Irish-American Heritage
Month**

Optimism Month

Craft Month

Celebrate Your Name Week
March 3–9

Mardi Gras
March 5

International Women's Day
March 8

Pi Day
March 14

St. Patrick's Day
March 17

**Make Up Your Own Holiday
Day**
March 26



**Employee of the Month
Katrina Smith**

Katrina has worked at Bel Rae for a year and a half while going to school to earn her Bachelor of Arts degree in Athletic Training. Katrina has consistently shown she is reliable, hard-working and genuinely cares for the experience of Bel Rae residents in our dining room. She has stepped up into a leadership role with the absence of our Culinary Lead, going above and beyond her normal job duties for not only the residents of the Bel Rae Community but her team members as well. Katrina is the definition of a team player and we consider ourselves lucky to have her as a part of our team.

March Outings

Trip to Dollar Store

Monday, Mar 4th, 10:00 AM

Trip to Target

Wednesday, Mar 6th, 10:00 AM

Little Six Casino

Saturday, Mar 9th, 10:00 AM

Trip to Aldi's

Tuesday, Mar 12th, 10:00 AM

Mounds View Library

Friday, Mar 15th, 10:00 AM

Trip to Kowalski's

Wednesday, Mar 20th, 10:00AM

**Lunch & The Whitesidewalls
(JX Event Center in Stillwater)**

Friday, Mar 22th, 10:45 AM

Como Park Conservatory Spring Flower Show & Lunch

Tuesday, Mar 26th, 9:45 AM

Trip to Walmart

Wednesday, Mar 27th, 10:00 AM

Gather in the lobby 15 minutes before departure.

Heist of the Century

On March 18, 1990, over \$500 million worth of artwork was stolen from the Isabella Stewart Gardner Museum in Boston, Massachusetts. In the early morning hours, guards admitted two men dressed as police officers into the museum. These clever thieves quickly tied up the guards and spent the next hour stealing some of the museum's most valuable art. They stole works by Vermeer, Rembrandt, Degas, Manet, and Flinck. The FBI launched an investigation and, despite following leads all around the world, neither the thieves nor the artwork have ever been recovered. The heist remains the largest robbery of private property in history. Investigators do have their theories about the thieves. It is thought that they were part of an organized crime group from New England and the mid-Atlantic. The stolen paintings likely moved through Connecticut to Philadelphia, where they were illegally sold. Gangster Bobby Donati, an associate of known art thief Myles J. Connor Jr., may have led the robbery under the orders of Boston crime boss Vincent Ferrara. With no admissions or further evidence, there is still hope at the museum. Empty frames still hang on the walls, so visitors can see where the paintings once hung and may hang again.



Grammar Rules

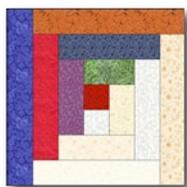
The Society for the Promotion of Good Grammar has declared March 4 as Grammar Day. English is often said to be the hardest language to learn, and English grammar is even difficult for native speakers. Why is it so difficult? The order of words, pronunciations, homophones, synonyms, idioms—all of these are confusing! As language evolves, more and more grammar rules are being ignored. It is considered okay to begin a sentence with *And* or *But*, just as it is acceptable to end a sentence with a preposition. You can also split as many infinitives as you want! There are some rules, however, that are not as flexible. Double negatives are still a no-no. Also, *alot* is still not a word. You can write *a lot* when you mean “many,” or *alot* when you’re assigning a share or portion. With well over a million words in the English language, you are likely to find something to celebrate today.

Night Owls



The International Festival of Owls, a celebration of these mysterious nighttime creatures, will occur during the first three days of March. Is it the owl's nocturnal nature, their swift silence, their chilling calls of “who,” or their bizarre rotating necks that make them so fascinating? These birds have figured prominently in our imaginations for millennia. In ancient Greece, the owl was the symbol of Athena, goddess of wisdom. It was believed that an “inner light” gave the owl its superb night vision, and it was considered a good omen if an owl was spied overhead watching you. Because an owl is a bird of darkness, it has often been associated with death. During the Middle Ages, owls were thought to be witches or witches’ helpers. American Indians, too, held many beliefs about owls and death. To some, owls were the spirits of the dead. To others, owls were guides of the recently deceased to the underworld. During the Festival of Owls, take the time to encounter one of these magnificent animals up close and you, too, may begin to think they are more than just birds.

The Patterns of Life



The third Saturday in March has been designated Worldwide Quilting Day, a global celebration of quilters and their fabulous creations. Quilts began not as the intricately patterned blankets we often use today, but as padded clothing. The first evidence we have of humans wearing quilted clothing comes from ancient Egypt. Quilted clothes were uncovered at the Temple of Osiris dating back 5,000 years. Modern quilting of clothes dates back to the Middle Ages in Europe when these soft garments were worn over and under chain mail armor. The first evidence we find of quilted blankets comes from 15th-century England, but all this evidence is merely written about; few, if any, blankets from that era have survived.

English immigrants brought their sewing and quilting skills with them to America, where quilting grew into more than a practical skill—it became an art form. Patterns grew into symbols and stories. When President Lincoln signed the Homestead Act of 1862, which opened up the West for settlement, families prepared for their westward journeys by sewing quilts. These quilts have become records of history.

One of the earliest patterns, known as the Nine Patch, was simply nine squares in a three-by-three pattern. This was the quickest quilt to sew and a great and thrifty use of leftover scraps of fabric. Often, girls as young as age three or four could be taught to sew the Nine Patch pattern. A more elaborate pattern was known as the Log Cabin. This pattern was symbolic of the home. The center square was always red, to symbolize the hearth at the heart of the home. Narrow strips of fabric, like logs used to build frontier cabins, radiated from the center square in stacks. Light fabrics representing the light of day were sewn on one side of the quilt. Dark fabrics representing night were sewn on the opposite side. This pattern was also known as the Sunshine and Shadow. Patterns depicting pinwheels, stars, flowers, animals, crops, biblical stories, and even schoolhouses followed. Women sewed as they lived, a tradition that continues to this day.

Memory Care Support Group – Private Dining Room

Support group for those dealing with loved ones who suffer from memory loss meets on the second Monday of the month at 1:00 PM. Facilitated by Fairview Social Worker, Therese Buckley.

Social Work Office Hours – PD

Fairview Social Worker, Therese Buckley, will be available **every 2nd and 4th Monday from 1:00-3:00 PM** for questions in the Private Dining Room

Other Resources

Alzheimer's Association[®]
www.alz.org 24/7 Helpline: 1-800-272-3900

Senior LinkAge Line[®]
http://www.seniorlinkageline.com
1-800-333-2433, Mon-Fri – 8:00am to 4:30pm



http://www.mnaging.org/
651-431-2500

MGS Minnesota Gerontological Society
http://www.mngero.org

Visit our Bel Rae Facebook page to see pictures of your loved ones!

You do not need to have a Facebook account to view our page:

Go to www.facebook.com. Go to search at the top of the page and type in Bel Rae Senior Living of Mounds View.



When there, please click on



Social

Coffee & Cookies – Jitterbug Café

There are cookies and coffee/tea available every day beginning at 10:00 AM until late afternoon in the Café.

Happy Hour – Community Room

Wine, Beer, Spirits and Snacks are available every Friday at 2:30 PM.

Ladies Tea – Community Room

Tuesday, Mar 12th – 1:30 PM - Come and enjoy treats, hot tea, iced tea and lemonade. Bring your own tea cup if you have one.

Men's Lunch with John – Community Room

Tuesday, Mar 26th – 12:00 PM - Come see what John is cooking up for you and chat with your manly neighbors.

Trip to the Mounds View Library

Friday, Mar 15th, 10:00 AM – Lobby

Coffee with the Chef – Dining Room

Wednesday, Mar 6th at 9:00 AM

“Communicating & Connecting with your Loved One” Wednesday, April 3rd - 5:00 PM



Marysue Moses, Ebenezer's Dimensions Program Coordinator, will be coming to Bel Rae on Wednesday, April 3rd. She will be speaking on relevant topics relating to memory

loss. Please join us for a light supper at 5pm and Marysue's presentation from 5:30-6:30pm in the Bel Rae Community Room. **Families of Bel Rae residents are encouraged to attend, and ALL ARE WELCOME!**

Please RSVP to the Bel Rae Front Desk:
763-784-7633

March Birthdays

In astrology, those born March 1–20 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 and good friends.

Those born March 21–31 are Rams of Aries. Like rams, Aries charge forward with courage, confidence, and enthusiasm. They embrace action, take risks, and will fight for their goals.

Dolores G. – March 2
Violet W. – March 8
Howard O. – March 10
Marilyn K. – March 12
Katherine K. – March 13
June R. – March 15
Gloria F. – March 15
Mabel L. – March 16
Bill K. – March 18
LeAnn S. – March 19

Spiritual

Celebration of Life – Community Room

The first Thursday of each month at 2:00 PM.

Bible Study – Community Room

Thursdays – 11:00 AM

Worship Service and Fellowship – Community Room

2nd thru 4th Thursday – 2:00 PM

Community Worship Service led by Reverend George Ata-Baah.

Catholic Communion* – Community Room

Tuesday, Mar 5th – 11:00 AM

Catholic Mass & Anointing of the Sick with Father Paul – Community Room

Tuesday, Mar 19th – 2:45 PM *Communion delivered to your room upon request. To arrange, please call Kristi at front desk. 763-784-7633