

The Gardens of Statesville & Cardinal Village
2147 Davie Ave
Statesville, NC 28625



The March of Women's History



The month of March is Women's History Month, in recognition of women and their impact on culture and society all around the world. The movement to establish recognition of women's history began in Sonoma, California, in the 1970s. A group of women formed the Education Task Force of the Sonoma County Commission on the Status of Women. Their goal was to include women's history in the local school curriculum. For too long, men had dominated the study while women's contributions had nary a mention. The movement in Sonoma was such a success that it gained traction nationwide. In 1980, President Jimmy Carter established the first Women's History Week, and then in 1987, Congress declared the entire month of March as Women's History Month. Politicians, writers, freedom fighters, scientists, soldiers, athletes—women have made contributions in virtually every field. Honor them this March.

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.

Assisted Living
Helen White 3/2
Dorothy Stewart 3/5
Mary Adelfio 3/8
Jewel Earp 3/18
Ruth Welshans 3/20
Sara Owen 3/31
Cardinal Village
Glenn Gessler 3/2
Staff
Lisa Stewart 3/3
Janeshia Turner 3/18
Cyndi Maginness 3/21
Linda Muscatell 3/28
Katie Kittrell 3/30

March 2019

The Garden Post

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Holly's Corner



February completes our travels of the New England States: Massachusetts, Rhode Island and Connecticut

During our *traveling*, our featured meal was a hot and creamy bowl of clam chowder soup, a delicious crab roll topped with lettuce and tomato, a side dish of tasty fried okra, and Boston crème pie for dessert! The dining room was decorated to resemble a seafood restaurant; residents were served lemonade ices & peanuts as an appetizer. While lunch was being served, residents enjoyed reading additional information about the New England States. All seemed to have a really good time.

In the month of March, we will be discussing New York, New Jersey, and Pennsylvania. I look forward to our future travels!

Celebrating March
Irish-American Heritage Month

Optimism Month

Craft Month

Celebrate Your Name Week
March 3–9

Mardi Gras
March 5

Day Light Saving Time Begins
March 10

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~Holly

A Shakespearean Mystery

For a week in March each year, the Shakespeare Birthplace Trust in Stratford-upon-Avon, England, celebrates the life of William Shakespeare. From March 18 to 24, fans of the bard are invited to visit the Shakespeare family home and view his many famous works. However, there are some who believe that William Shakespeare did not write the many plays and sonnets that he is credited for. These doubters assert the existence of an alternate writer.



Toward the end of the 19th century, some scholars began to doubt the identity of William Shakespeare. At first, these doubters were thought to be crackpots. Over the years, the conspiracy gained traction.

In 2007, a group of Shakespeare skeptics, consisting of performers and scholars, made an official "Declaration of Reasonable Doubt." Ample evidence exists to prove that Shakespeare was born in Stratford-upon-Avon and became a well-known actor and theater-owner in his time. But these skeptics believe that there is simply not enough evidence to prove that this Shakespeare was the same man who wrote so many famous works. They believe Shakespeare's modest upbringing could not have afforded him the quality education that such a talented writer would have needed. The true author, they argue, must have been a traveler, writer, or aristocrat such as philosopher Francis Bacon, poet Christopher Marlowe, or Edward de Vere, the 17th Earl of Oxford.

Of course, Shakespeare has a wealth of defenders, too. They argue that Shakespeare's elementary education would have been adequate for his talents. Paper evidence may not exist because paper was a scarce resource back then and no one would have kept scraps of notes or letters. It instead would have been reused. Regardless of your belief in Shakespeare's identity, Shakespeare Week may be a time to enjoy the bard's words rather than question his good name.

Welcome New Residents

Joann Murdock
#311
Helen White
#315

Tips for Wellbeing from Lisa Stewart, RN, RCD:



Stay Hydrated!
Drink plenty of water
&
Handwashing!
Handwashing!
Handwashing!

The #1 method you can do to prevent the spread of illness!



In the kitchen with Patty...
March featured Soup &
Sandwich.



Egg Salad Sandwich
Tomato Soup

Mark your calendar!
March 10th



Girls Guiding Girls

The Girl Scouts is one the largest and most successful organizations for girls in the world. Juliette Gordon Low, finding inspiration from the Girl Guide movement in England, established the first Girl Guide Troop in America on March 12, 1912. For this reason, the week of March 10–16 is celebrated as Girl Scout Week.



Born in Savannah, Georgia, just before the American Civil War, Gordon Low was raised with traditional Southern values emphasizing duty, loyalty, and respect. Gordon Low was also an American aristocrat born to successful parents. As such, she attended boarding schools, met many influential people, married well, and moved to England. Gordon Low's marriage was not a happy one, however, and she spent much time alone painting, learning metalworking and woodworking, and doing charity work. After her husband died, she met Sir Robert Baden-Powell, founder of the Boy Scouts, a guide movement for boys that taught the skills of military preparedness and outdoor adventuring. Scouting proved to be the perfect unity of values that she had enjoyed all her life: duty and respect combined with practical skills for survival. It was not long before Gordon Low met Agnes Baden-Powell, Sir Robert's sister and founder of the Girl Guides, and so Gordon Low organized Girl Guide troops in London herself.

Gordon Low returned to her beloved Savannah in March of 1912 with the mission to grow the girl scouting movement in America. On March 12, she registered 18 girls, establishing the very first Girl Guide troop. Thanks to her family's extensive social connections and the help of Sir Baden-Powell, Low was able to quickly grow her local troop into a nationwide movement. She faced one competitor, the Camp Fire Girls, but this organization believed that girls should not participate in strenuous outdoor activities meant for boys. Gordon Low held fast to her love of scouting, and for over 100 years, the Girl Scouts have given young girls the confidence, skills, and character to become the leaders of tomorrow.



Congrats to Paigelynn Ogren for being voted February Employee of the Month!

Paige started here at the Gardens in October 2018 as a Resident Assistant and most recently a Med Tech. She has proven to be a great addition to our family.

When Paige is not working, she enjoys riding horses and spending time with her goddaughter.

Paige we are so glad you chose to be a part of our Gardens team and family!



Maintenance Corner with Jason

As most of you are aware the bathroom renovations were not optional, but required as part of current ADA regulations.

We still have work to do in many bathrooms and we kindly ask for your patience during the next several weeks.

We are in the process of contracting the remaining repairs to an outside company in order for this project to be completed more timely.

Thank you.