

April Birthdays

In astrology, those born between April 1–19 are Rams of Aries. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life. Those born between

April 20–30 are Bulls of Taurus. Bulls are stable, reliable, and committed in both work and family. Bulls also appreciate beauty and are lovers of the good life.

MeadowView Birthdays:

Joyce- 4/1
Darlene & Pat R- 4/3
Russell- 4/4
Olive- 4/8
Chuck- 4/9

RidgeView Birthdays:

Phyllis L.- 4/3
Ruth- 4/8
Delores W.- 4/15
Arlene- 4/22
Wilma- 4/30
Happy Anniversary Jack & Jean P.!

Easy Being Green *cont. from pg. 1*

One of the biggest threats to the planet is plastic: bags, bottles, and packaging take 500 to 1,000 years to decompose. Using less plastic, especially plastic grocery bags, is a great way to act green.

Changing old habits is hard, but current innovations are helping to clean up some wasteful habits. “Green” buildings that produce as much energy as they consume are being built. New batteries can store energy for homes and businesses in a way that reduces pollution. Energy is being harnessed from solar panels, wind turbines, and ocean waves. And if you’d like to help Mother Earth the old-fashioned way, you can always plant a tree on April 28, Arbor Day.



MeadowView Events

**Sewing with
Sondra**
April 6 & 19th

**Community
Support Bags**
April 27th

**Outing to
Coralville Classic
Car Museum**
April 28th

RidgeView Events

**Easter Egg Hunt
& Silver Bells
Performance**
April 1st

**Card Making
with Sandy**
April 10th

**Cooking Class
with Chef-
English Tea
Party**
April 20th

**April Brunch
(Volunteer
Recognition)**
April 21st

The Views News

April 2017

2975 & 3005 F Avenue NW, Cedar Rapids, Iowa 52405

Easy Being Green

For 47 years, April 22 has been celebrated as Earth Day across the globe. Today, Earth Day organizers are asking citizens around the world to do a “billion acts of green.” Unsure what constitutes an act of green? Earth Day organizers offer some easy suggestions.

A step that will relieve both the earth and your mailbox is to end junk mail. Over 100 million trees are cut down every year to produce junk mail, producing four million

tons of advertisements, catalogs, and solicitations thrown into the trash. Often, a telephone call to those sending junk mail can remove you from their mailing lists.

Many appreciate the value of recycling paper, plastic, and cans, but few understand the value of recycling old computer parts and obsolete technology. Technology develops so fast that it is no wonder many people toss their cell phones and laptops into the garbage,

accounting for 50 million tons of electronic waste each year. Many of these electronic parts contain lead, mercury, cadmium, and other harmful chemicals that leach into our soil and water. Luckily, most local governments have electronic recycling stations ready to accept old and obsolete electronics.

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Gimme Five

Say “Gimme five!” on April 20, High Five Day. This timeless show of enthusiasm is a relatively recent phenomenon.

One rumor suggests that the high five was invented in 1979 by a Murray State University basketball player whose dad served in the 5th Infantry during the

Vietnam War. But it turns out this was merely a myth.

The true originator of the high five was Los Angeles Dodgers baseball player Glenn Burke. On October 2, 1977, in front of a crowd of 46,000 fans, Burke held up his hand for teammate Dusty Baker, who had just hit a

home run. The men spontaneously slapped palms. Burke, in the very next at-bat, also hit a home run, and this time it was Dusty Baker who greeted him with a congratulatory high hand slap. The “high-five,” as it came to be known, as opposed to the already-known “low five,” quickly gained popularity in sports and elsewhere.



MeadowView News

A Support Guide for Caregivers

By Ava M. Stinnett



Notable Quotable

“Space travel for everyone is the next frontier in the human experience.”

~ Buzz Aldrin, astronaut

Whether it happens gradually or overnight, there's a distinct possibility that one day you will become a caregiver for a loved one. It may be for a parent, a spouse, or even one of your children. According to the National Alliance for Caregiving, there are over 65 million unpaid caregivers of adults aged 65 and older in the United States. Often, there's very little preparation for the daily challenges that caregivers face.

There are numerous city and state education programs and services to address the needs of those who provide long-term care for loved ones at home. You'll also find many wonderful books that address the topic of caregiving. A support group—whether it's a local set of folks who meet regularly or an online group—may be the perfect solution. The [Alzheimer's Association](#), the Family Caregiver Alliance, A Place for Mom, and Eldercare Locator are just a few of many online organizations that provide valuable information and links to support groups.

Sometimes, just knowing that you're not alone is all it takes to stay the course

The Views Recipe of the Month

Easy Cherry Cheesecake Dip

Ingredients

- 8 ounces of cream cheese room temp.
- 10 ounces of whipped topping
- 1 cup plain nonfat greek yogurt
- ½ cup fat-free sweetened condensed milk
- 1 (21 ounce) can cherry pie filling
- Graham crackers, vanilla wafers, or pretzels for serving

Directions

- Beat cream cheese & whipped topping in a medium bowl with a hand mixer until light & fluffy
- Add yogurt & condensed milk & mix until combined
- Pour mixture into an 8 by 8-inch baking dish
- Spread cherry pie filling evenly over the mixture. Cover & chill until ready to serve
- Serve with graham crackers, vanilla wafers, or pretzels

RidgeView News

Volunteer Recognition

On April 21st, we will be having our monthly brunch at RidgeView from 10:00am-Noon. In April, our RidgeView volunteers are invited to our brunch so that we can celebrate and honor them for all that they do!

Please thank our RidgeView volunteers:

- **Bea**- Bible Study with Bea (Every Wednesday at 10:00am)
- **Pastor Ernst** (every Saturday at 12:30pm for Devotions and every third Sunday for Protestant Communion)
- **St. Jude Catholic Church**- Catholic Communion every Sunday at 9:00am and catholic rosary every third Wednesday at 10:00am.
- **Pastor Brown**- Music with Pastor Brown the third Wednesday of every month at 2:00pm.
- **Oliver the Dog**- Pet Therapy with Oliver the dog & owner Dawn the third Saturday of every month at 10:30am.

Please join us in making special gifts for our volunteers on Tuesday April 11th at 3:30pm!

If you would like to volunteer or know someone who would like to volunteer, please contact Danielle Helgerson, RidgeView Recreation Coordinator, at 319-294-9669 or dhelgerson@viewsseniorliving.com

RidgeView Transportation Schedule

A friendly reminder to give Danielle 24 hours advance notice for any of your transportation needs.

Transportation is to be scheduled for Monday, Wednesday, and Friday. Your appointment should not be scheduled any later than 3:00pm on those days.

Thank you!

RidgeView Silver Bells Easter Performance & Easter Egg Hunt

Our Easter Egg Hunt will take place at 9:00am. We will meet in the front living room at RidgeView. Please invite all friends & family. Anyone is welcome! After the egg hunt, stick around for snacks and an Easter performance by our bell choir at 10:00am!

Information about the first Annual RidgeView Easter Egg hunt:

We will meet in the front living room at RidgeView at 9:00am. The younger children will start first followed by the older kids. There is candy, fruit snacks, etc. inside the eggs! Two golden eggs will be hidden for special prizes!

