



### Notable Quotable

“From our ancestors come our names, but from our virtues our honors.”

~ old Latin proverb

## March Horoscopes and Birthdays

**Connie - March 10, 1933**  
**Bill - March 12, 1935**  
**George - March 19, 1936**

Ron Howard – March 1, 1954  
 Theodor Geisel – March 2, 1904  
 Lou Costello – March 6, 1906  
 Mickey Dolenz – March 8, 1945  
 Liza Minnelli – March 12, 1946

Simone Biles – March 14, 1997  
 Moms Mabley – March 19, 1894  
 Fred Rogers – March 20, 1928  
 Chaka Khan – March 23, 1953  
 Harry Houdini – March 24, 1874  
 Flannery O'Connor – March 25, 1925  
 Mariah Carey – March 27, 1970  
 Liz Claiborne – March 31, 1929

## The Power of Names

The power of bestowing names is so great that in the Old Testament of the Bible it is God who grants this amazing gift to Adam and Eve. Modern psychologists agree that names are significant. As children develop the ability to speak, they name things to make sense of the world around them. The first full week of March is Celebrate Your Name Week, a time to appreciate our names.

In 1948, professors at Harvard University studied the success of recent Harvard graduates. As it turned out, those with common names like Mike had found more success than those with unusual names such as Berrien. The professors concluded that rare or unusual names had negative psychological effects. More studies followed, and they bore out similar results. Names seemingly influence where we go to school, where we choose to live, who we marry, and even the kind of financial investments we make.

Psychologists have attempted to explain this phenomenon as a result of the “implicit-egoism” effect, or the

fact that we are drawn to things that resemble us. Other psychologists offer a different explanation.

Names send powerful signals about where we come from: our native country, ethnicity, religion, and economic background. When we hear a name, we hear so much more. Of course, not everyone loves their given name, and many choose to change it. According to Legal Zoom, people often change their name if it's very common. They list Britney and Ashley as two examples. Another reason people change their name is because it's difficult to spell or pronounce.

Celebrate Your Name Week is a chance to be proud of not just our names but of who we are. When you introduce yourself, say your name loud and proud, for the way you treat your name shows the way that you want to be treated.

# The Gardenview

March 2020



Gable Pines of Vadnais Heights

## March at Gardenview



We are waiting, not so patiently, for Spring. Our Life Enrichment team keeps us busy but we are ready to go outside. We continue to enjoy our craft projects and activities that focus around each holiday-this month we will be focusing on St. Patrick's Day.

We are looking forward to our family fun day on Sunday, March 22<sup>nd</sup> 2:00pm until 3:00pm - everyone is welcome - we will have Shamrock Shakes!

Renee, our Life Enrichment Coordinator, is taking each residents name and researching the meaning of their name. They will go over their meaning as a group activity. Another activity that we are gearing up for is utilizing our gardens. To do this we will first research and discuss the types of flowers residents like and if they will grow in Minnesota weather.

The Garden View is moving forward with becoming our own entity. We will have the same staff in Garden View so that we have consistent staffing. We will also be discussing our options for our Culinary Services. Edwige, who has been our server for about a year, has accepted a residency at the Mayo Clinic - we wish her well.

Just a friendly reminder - family council will Thursday March 19<sup>th</sup> at 4:30pm in the Theater.

**Celebrating March**

**Women's History Month**

**International Black Women in Jazz and the Arts Month**

**World Compliment Day**  
*March 1*

**International Women's Day**  
*March 8*

**Welderly Week**  
*March 16-22*

**St. Patrick's Day**  
*March 17*

**Tuskegee Airmen Day**  
*March 22*

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



## March Events

### Family Fun Day

We will be having Shamrock Shakes

March 22 at 2:00

Come and Join in the Fun!

### Family Council Meeting

March 19<sup>th</sup> at 4:30

Bluestone will be our speaker.

### March Music Events

Patrick Sullivan 3/6 at 2:30

Gary Larue 3/13 at 3

**Music with Phil 3/17 at 10:30**

Harp Music with Andreah 3/18 at 2pm

**Music with Phil 3/24 at 10:30**

Vinnie Rose 3/27 at 2:30

**Music with Phil 3/31 at 10:30**

Irish Clog Dancers 3/31 at 6:30

St Patrick Party 3/17 at 2

### St. Urho's Day



### An Irish Prayer

May God give you...  
For every storm, a rainbow,  
For every tear, a smile,  
For every care, a promise,  
And a blessing in each trial.  
For every problem life sends,  
A faithful friend to share,  
For every sigh, a sweet song,  
And an answer for each prayer.

