

Marching to a Healthy Beat



March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Having fresh fruit and vegetables in your home is a simple way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best. Perhaps it is no coincidence that March is also Quinoa Month (pronounced *KEEN-wah*). This ancient seed, harvested high in the Andes Mountains, is one of nature's most perfect foods. In 1955, researcher Philip White wrote, "While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom." That's high praise for an often-overlooked food.

Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten free, and rich in potassium. The ancient Incas called it the "mother of all grains" and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It's a nutritive powerhouse.



March Birthdays

Resident Birthdays

March 6	Pat M.	74
March 7	Aggie G.	87
March 10	Sr. Mary Margaret M.	87
March 12	Sr. Shawna F.	54
March 15	Hilda W.	97
March 16	Tony S.	75
March 21	Sam M.	90
March 21	Anastasia K.	91
March 22	Marilyn B.	86
March 23	Sr. Josephine B.	86
March 25	June R.	78
March 25	Ed T.	85
March 31	Jean L.	76

March Birthday Party

Monday, March 10th at 2pm in the Social Center. Join us for cake and music by Jerry J.

Paint and Sip with Deb



**Tuesday, March 11th at 6pm
in the Social Center**

Join us for painting this seasonal St. Patrick's day picture while sipping wine. Step by step instructions and all materials provided! Invite family and friends 21+ to join. RSVP at the front desk with Jami. Space limited to 30 guests.

The Lantern

Compassion, Inclusion, Integrity, Excellence, and Collaboration

Celebrating March

Mardi Gras - March 4th

King cake served in coffee shop, wear purple, gold, or green!

Ash Wednesday – March 5th

Catholic and Ecumenical Service – See calendar

Daylight Savings Begins

March 9th

Set your clocks **AHEAD** one hour before bed on Saturday, March 8th

Sip and Paint – March 11th

Enjoy a step by step painting tutorial while sipping some wine, sign up at the front desk!

St. Patrick's Day – March 17th

Wear green! Party in the social center – see calendars

Red River Valley Veteran's

Band – March 20th at 7pm

Join us in the chapel for a wonderful performance!

The Story of St. Patrick

St. Patrick of Ireland is one of the world's most popular saints. Apostle of Ireland, born at Kilpatrick, near Dumbarton, in Scotland, in the year 387; died at Saul, Downpatrick, Ireland, 17 March, 461.

As a boy of fourteen or so, he was captured during a raiding party and taken to Ireland as a slave to herd and tend sheep. Ireland at this time was a land of Druids and pagans. He learned the language and practices of the people who held him.

During his captivity, he turned to God in prayer. He wrote; "The love of God and his fear grew in me more and more, as did the faith, and my soul was roused, so that, in a single day, I have said as many as a hundred prayers and in the night, nearly the same." "I prayed in the woods and on the mountain, even before dawn. I felt no hurt from the snow or ice or rain."

Patrick's captivity lasted until he was twenty, when he escaped after having a dream from God in which he was told to leave Ireland by going to the coast. There he found some sailors who took him back to Britain, where he reunited with his family.

He had another dream in which the people of Ireland were calling out to him, "We beg you, holy youth, to come and walk among us once more."

He began his studies for the priesthood. Later, Patrick was ordained a bishop, and was sent to take the Gospel to Ireland. He arrived in Ireland March 25, 433, at Slane. Patrick began preaching the Gospel throughout Ireland, converting many. He and his disciples preached and converted thousands and began building churches all over the country.

Patrick preached and converted all of Ireland for 40 years. He worked many miracles and wrote of his love for God in Confessions. After years of living in poverty, traveling and enduring much suffering he died March 17, 461.

He died at Saul, where he had built the first church.

Why a shamrock?

Patrick used the shamrock to explain the Trinity, and it has been associated with him and the Irish since that time.

Everyday Shakespeare

In his play *Julius Caesar*, William Shakespeare warned, "Beware the Ides of March" (March 15). Lucky for all lovers of the bard that Shakespeare Week falls from March 24 to March 30.



Shakespeare Week was begun in 2014 by the Shakespeare Birthplace Trust in England. Its goal is to make Shakespeare delightful, not dull. His works are part of the curriculum for half of the world's schoolchildren.

For many, the writings of Shakespeare are remembered as difficult, mandatory high school reading. But, in Shakespeare's day, his plays were considered bawdy, coarse, and boisterous, and theaters were often dirty, loud, and very crowded—some holding crowds of up to 3,000 people. A three-hour play was considered a rollicking good time. Shakespeare knew his audience.

Though many now consider Shakespeare's plays to be examples of great literature, a part of high culture, or difficult to understand, Shakespeare wrote to his audience—many of whom were common folks just like himself. He was sure to include plenty of jokes, fights, love triangles, and off-color remarks.

Shakespeare has seeped into our everyday life. Many common expressions were written by Shakespeare, including:

- "Wild goose chase" (*Romeo and Juliet*)
- "Seen better days" (*As You Like It*)
- "Off with his head." (*Richard III*)
- "Good riddance." (*Troilus and Cressida*)
- "Knock, knock! Who's there?" (*Macbeth*)
- "Break the ice." (*The Taming of the Shrew*)

Utter one of these phrases between March 24 and March 30, and you might be celebrating Shakespeare Week without even knowing it.

Welcome our New Director of Life Enrichment – Becky Shelton!

Hello and thank you for welcoming me to your Riverview family. My name is Becky Shelton and I'm from Lincoln, ND just south of Bismarck. I have 2 beautiful and smart daughters. Molly is 12 and Ava is 11. They are 362 days apart! You may have already met Maggie, my little dog. I went to Bismarck State College and then moved to Fargo/Moorhead in 2002 and attended NDSU where I graduated in 2006. I've worked at St. Vincent's Care Center in Bismarck, ND for 3 years and then Eventide Sheyenne Crossings for 10 years as the Director of Life Enrichment. I can't wait to meet all of you and hopefully bring new ideas that you will all enjoy.



Spiritual Services Updates



Lent begins Wednesday, March 5th with Ash Wednesday. There will be both Catholic and Ecumenical services that day – see calendar for times.

Mass will be at **4pm on Sunday, March 30th**

We will have Stations of the Cross every Friday in Lent at 2:45pm. Stations will be guided by Rachel.

Faith Connect times will vary for the month of March – all times are listed in the March calendar, thank you for your flexibility!

Three Feet from Death: The Story of an Amazing Rescue



**Presented by Fr. Dale Kinzler
Wednesday March 19th at 10:00am
in the Social Center**

Fr. Dale shares the harrowing story of a horrific care accident, his rescue, and his recovery. He has emerged from this experience with a renewed appreciation for life and the importance of preparing for our final moments. This story of survival and resilience is amazing!

Books will be sold for \$15 and Fr. Dale will be able to sign them after the presentation.

About the Speaker

Fr. Dale Kinzler was born in Lisbon, ND. He graduated from St. Paul's seminary with a Master's degree in Theology. He has served several parishes among the Fargo diocese during his years as a priest. Fr. Dale's near fatal accident took place in September 2021 while he was in the Cooperstown area. Our Director of Mission – Rachel – was his nurse when he was in the ICU in Fargo.

Vaccinations Available

FIRST TUESDAY OF EVERY MONTH

10:00 am – noon in the health clinic
AVAILABLE VACCINATIONS

- FLU
 - RSV
 - COVID
 - SHINGLES
 - HEPATITIS B
 - PNEUMOCOCCAL
 - TETANUS/PERTUSSIS (Dtap)
- Please sign up at the front desk. There is room for 5 people per time. If you are wondering what vaccinations you need, visit Krysta in her office.

Fargo Cass



Public Health
Prevent. Promote. Protect.

Water Exercise and Pool Updates



Water Exercise times are changing for the month of March. **Water exercise will now be Mondays and Thursdays at 3pm.**

Friendly Reminders:

No Food or Drinks except water inside the pool please.

Briefs or Depends should **NOT** be worn in the pool. The material gets stuck in the filters and inhibit our chemical system meaning the pool might have to temporarily close while we adjust our chemical levels. All pools are designed to filter and treat urine if it comes in contact with the pool water (hence the chemicals!)