

# Voice of the Village

Arbor Village | 24121 116<sup>th</sup> Ave S.E. Kent, WA 98030 | 253-856-1600 | www.ArborVillage.us



## Transportation

We provide door-to-door transportation to medical appointments on **Wednesdays**. We travel to appointments in the Kent, Renton, and Auburn area.



Please note, there is an hourly fee for residents who need escorts beyond the front doors of the

destination and should arrange it ahead of time. 2 weeks' notice is requested, but more than that will increase the likelihood of availability.

Please contact Allie Jones to schedule rides. AllieJ@CascadeLiving.com

## Outings

To sign up for outings, please use the "Outing" binder located at the front desk. Please note that outings are subject to change based on resident interests, requests, and weather.

**Fred Meyer- Friday, 03/01 at 10:00 am**

**Dollar Tree- Monday, 03/04 at 10:00 am**

**Fred Meyer- Friday, 03/08 at 10:00 am**

**Walmart- Monday, 03/11 at 10:00 am**

**Lunch Out- Tuesday, 03/12 at 11:30 am**

**Fred Meyer- Friday, 03/15 at 10:00 am**

**Walgreens- Monday, 03/18 at 10:00 am**

**Library- Thursday, 03/21 at 3:00 pm**

**Fred Meyer- Friday, 03/22 at 10:00 am**

**Trader Joes- Monday, 03/25 at 10:00 am**

**Value Village- Tuesday, 03/26 at 10:00 am**

**Fred Meyer- Friday, 03/29 at 10:00 am**

## March Birthdays

Those born from March 1–20 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional. If you were born between March 21–31, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence mean they have big and outgoing personalities.

- Dr. Seuss (author) – March 2, 1904
- Jackie Joyner-Kersey (athlete) – March 3, 1962
- Lou Costello (comedian) – March 6, 1906
- Sam Donaldson (journalist) – March 11, 1934
- Glenn Close (actress) – March 19, 1947
- Walt Frazier (ball player) – March 29, 1945
- Gordie Howe (hockey player) – March 31, 1928

## Good Friends Make Good Neighbors

We take great pride in knowing how much you are enjoying the many benefits of sharing life here at Arbor Village, and we're glad you have chosen this as your home. Now you can benefit by helping us spread the word about life at Cascade! **That's right: refer a friend or family member to us and get credit toward your rent.**

**Here's how it works:** When an Arbor Village resident or family member refers a potential new resident to one of our communities and that person moves in, the referring resident will receive a \$4,000 credit on their base rent. In order to



qualify, the names of the person making the referral and the prospective resident must be given to the Executive Director or the Community Relations Director prior to the inquiry or tour. After the new resident has resided at one of our communities for 90 days, the credit is given.

## Celebrating March

**"A Few of My Favorite Things" Day**  
March 2

**Rex Harrison's Birthday**  
March 5

**Dee Ann's Birthday**  
March 6

**Darrell's Birthday**  
March 7

**International Women's Day**  
March 8

**Barbie's Birthday**  
March 9

**Thelma's Birthday**  
March 10

**Oscar Sunday**  
March 10

**Daylight Saving Time Begins**  
March 10

**Bagpipe Day**  
March 10

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

**Spring Equinox**  
March 19

**"Won't You Be My Neighbor?" Day**  
March 20

**Easter Sunday**  
March 31

## Welcome Spring!

We are thrilled to welcome spring when the Village comes alive with vibrant colors and the sweet scent of blooming flowers fills the air. Residents of Arbor Village eagerly anticipate the warmer weather, as we begin to incorporate more outings and prepare our outdoor spaces for gatherings and celebrations. From tending to our community garden to partying at our Sunshine Soiree, there is something for everyone to enjoy.

It's a time of growth when nature wakes up from its slumber and bursts into bloom. We welcome new bunnies as the gentle breeze carries the promise of warmer days ahead. As the PNW comes alive around us, we are reminded of the beauty and resilience of the world we live in.

As we shed our heavy coats and embrace lighter layers, we allow the chance to bask in the sunshine



and feel the earth beneath our feet once more. It is a time to embrace the changing season with open arms and enjoy all the wonders that spring has to offer. This season is a reminder that change is magnificent and that every new beginning holds the potential for growth and joy.

The spirit of renewal and rejuvenation is palpable at Arbor Village, inspiring creativity, and a sense of togetherness among its residents. Whether its nature walks around the beautiful pond or joining your neighbors for an Easter celebration, the arrival of spring brings a sense of joy and optimism to all who call this enchanting Village, home.

Check your calendars and get ready to bask in the spirit of spring!

## Jeopardy's Journey



Television quiz shows came under fire in the 1950s when it was discovered that contestants were given help and sometimes even answers by quiz show producers. The incredibly popular shows *Quiz Show*, *Twenty-One*, *Dotto*, and *The \$64,000 Question* were all revealed to have been rigged, with contestants playing along

to increase the dramatic tension and make the show more enjoyable for viewers. In 1960, Congress finally passed a law banning all fixing of quiz shows.

It's not surprising that many television networks were hesitant to produce any new quiz shows. But audiences craved them. In 1964, television producer Merv Griffin wanted to come up with a new game show. His wife, Julann, pitched him this idea: a show where the contestants were given the answer and challenged to come up with the question. For example, if the answer is 5,280, the question is, "What is, 'How many feet are in a mile?'" From that simple idea, the hit show *Jeopardy!* was born.

On March 30, 1964, *Jeopardy!* debuted, hosted by actor Art Fleming. It was a successful show, but after 11 years it folded. It was revived in 1984, this time hosted by Alex Trebek. For over three decades, Trebek reigned as the quintessential host of *Jeopardy!* With his poised demeanor and unmistakable voice, Trebek guided contestants through the challenging questions with wit and charm. He personified knowledge, embodying the essence of the beloved quiz show.

After Trebek's death in 2020, the show embraced a rotating roster of hosts, including notable figures like former contestant Ken Jennings and actress Mayim Bialik. Each host brought their unique flair while honoring Trebek's legacy. Beginning with Season 40, Jennings took the reins as full-time host. As the winner of 74 games of the show, there is no doubt that he's qualified for the job!

**Join us March 6, 13, 25 & 30 at 2:00 pm for Jeopardy in the Dining Room!**

## Wednesday 3/6 Special Dinner- Nepali Food

The special dinner menu will feature a fusion of flavors and spices that pay homage to our very own chef, Raj's Nepali heritage. As you dine on these delectable creations, you will be transported on a culinary journey to the vibrant streets of Kathmandu. Don't miss this unique opportunity to experience the rich and diverse cuisine of Nepal expertly prepared by incredible dining staff.

### Did You Know?

Nepal is home to the world's highest mountain, Mount Everest, standing at 29,029 feet above sea level. Many adventurers visit Nepal to attempt to conquer this majestic peak.

## The Perfect Pair

Feeling hungry? March 23 is Chip and Dip Day.



This ultimate snack and party pairing has come a long way since chips and salsa. Often, the dip is the exciting element of the duo: creamy ranch made with sour cream, dill, garlic, and dried onions. Or guacamole with fresh avocados, garlic, onion, tomatoes, a dash of cayenne, and a squirt of

lime. For a change of pace, try hummus, spinach with artichokes, or a white bean spread.

Although it may be taken for granted, the chip is more than just a vehicle for the dip. Corn, potato, and baked pita chips provide a satisfying crunch. Sometimes you don't need a chip at all. Toasted slices of Italian bread are the perfect base for bruschetta. If you really want to impress a crowd, wow them with cheese fondue. The cheese is spectacular, but equally delicious are the sausage, bread, apples, and veggies for dipping.

**Join us on Friday, March 22 at 2:30 pm for a chip and dip tasting of our**

## In Praise of Weeds



Gardeners get giddy in March as the ground begins to thaw and green buds burst forth showing signs of spring. However, not all of those buds are welcome, and gardeners will begin their assault on unwanted weeds. But wait! Before you break your back pulling out garden invaders, take some time to understand these pests. March 28 is Weed Appreciation Day.

Many weeds are native species of flowers that provide important pollen and nectar for bees and butterflies as well as seeds for a variety of birds. They may not be always be pretty, but they are important. For example, the humble clover may be undesirable, but it has tremendous benefits. It grows easily and in abundance, is a tasty and nutritious crop for grazing animals, fixes its own nitrogen (which means less need for fertilizer), and grows in a wide variety of climates and soils. It is also one of the honeybee's main sources of nectar.

Many other weeds are edible and healthy. The roots of the burdock plant are regularly eaten in Japan and Korea. They taste similar to artichokes and are high in fiber and potassium. Dandelion and burdock are combined to make a tasty drink that is popular in England and tastes similar to root beer.

The leaves of lamb's quarters, also known as goosefoot or pigweed, are a good substitute for spinach. The seeds, known as quinoa, are a popular alternative to rice and other grains and are high in protein and vitamin A.

Purslane is eaten all over the world in salads, stir-fry dishes, and soups. It contains more of the all-important omega-3 fatty acids than any other leafy green. So this March, before you yank, consider whether that weed may actually be a boon for you and your woodland friends.

**Join us March 12 at 11:00 am to begin germinating seeds for our garden!**

## A Winter Farewell

The first day of spring is a common reason for celebration for people all over the world, but the students at Lake Superior State University in Michigan may have taken it too far. Every March 20 since 1971, the students have bid farewell to winter by burning a snowman. This isn't just some wacky college prank; the bizarre tradition began in Germany as the Rose Sunday Festival, where a parade bearing a snowman (made of straw) passes through town to the village center. There, the mayor asks all the local children if they have been good, diligent in their studies, and mindful of their parents. When all the children publicly shout "Yes!" the snowman is burned.

The 10-foot snowman is made of leftover paper and scrap wood and is sometimes dressed in a rival college's colors. As it burns, students, professors, local children, and anyone else who cares to join in recite poetry they have written about the snowman. Only one year has been skipped since the tradition began. A snowman was not burned in 1992, due to environmental concerns by a student environmental awareness group. Locals were furious. Disappointed reporters arrived to find poetry but no snowman, and the tradition was resumed the following year.

## Paws and Purrs

It doesn't get any cuter than March 23, when it is both Cuddly Kitten Day and National Puppy Day. The debate between cat



people and dog people rages on. At the Westminster Dog Show, dog authorities argue that they are outgoing while cat people are more aloof. Cat

owners over at the Black Diamond Cat Show say they are more intelligent and independent than their dog-owning counterparts. According to researchers, dog people are more extroverted, agreeable, and conscientious. Cat lovers are a bit less traditional and more artistic. Both parties, however, love to cuddle.