



Angel's Touch Assisted Living * 1350 Angel's Path, 394/400 Angel's Touch Court
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Celebrating March

Mardi Gras

March 5

International Women's Day

March 8

Daylight Savings Time

March 10

Entertainer Eddie

1:30 PM, 400 Building

March 13

Pi Day

March 14

St. Patrick's Day

March 17

Entertainer Rodger

2:00 PM, 1350 Building

March 18

Entertainer Daniel

2:00 PM, 394 Building

March 25

Religious Roots to Raucous Parties

As March arrives, many look forward to the holidays of St. Patrick's Day and Mardi Gras. Yet both of these holidays are more modern American inventions than age-old religious traditions.

St. Patrick's Day, as a religious celebration, has a lengthy history. It dates back to the mid-17th century and was initiated to honor Saint Patrick and his work to bring Christianity to Ireland. The Feast of St. Patrick was held each year on the date of his supposed death, on March 17, 461 AD. The observance of the date was a solemn occasion, mostly involving quiet prayer. As recently as the 1970s, pubs were closed in Ireland on St. Patrick's Day. The rollicking revelry typically associated with the day was decidedly un-Irish and an American invention. During the Irish Famine of 1845–1850, many Irish immigrated to America, where they were not welcome. As the Irish community in America grew and prospered, they began to celebrate both their Irish-ness and their newfound American-ness. Corned beef, shamrocks, and leprechauns were never part of true Irish St. Paddy's Day celebrations, but they were integrated into Irish-American identity and so became celebrated symbols of St. Patrick's Day. The American version of St. Patrick's Day is so strong that many Irish-American traditions have even returned to Ireland.

Mardi Gras, like St. Paddy's Day, originated as a solemn religious holiday. As the day before the start of the ritual fasting of Lent, it was an opportunity to indulge in sweet, fatty foods, giving rise to the name "Fat Tuesday." Over the centuries, these small indulgences led to greater hedonism, practices that were heavily discouraged by the Church. The elaborate Mardi Gras celebrations held in New Orleans emerged in 1857 when a group of men created a secret society called the Mistick Krewe of Comus. They held a lavish ball and parade, setting the secular foundations for many wild Mardi Gras to come.

The Patterns of Life



The third Saturday in March has been designated Worldwide Quilting Day, a global celebration of quilters and their fabulous creations. Quilts began not as the intricately patterned blankets

we often use today, but as padded clothing. The first evidence we have of humans wearing quilted clothing comes from ancient Egypt. Quilted clothes were uncovered at the Temple of Osiris dating back 5,000 years. Modern quilting of clothes dates back to the Middle Ages in Europe when these soft garments were worn over and under chain mail armor. The first evidence we find of quilted blankets comes from 15th-century England, but all this evidence is merely written about; few, if any, blankets from that era have survived.

English immigrants brought their sewing and quilting skills with them to America, where quilting grew into more than a practical skill—it became an art form. Patterns grew into symbols and stories. When President Lincoln signed the Homestead Act of 1862, which opened up the West for settlement, families prepared for their westward journeys by sewing quilts. These quilts have become records of history.

One of the earliest patterns, known as the Nine Patch, was simply nine squares in a three-by-three pattern. This was the quickest quilt to sew and a great and thrifty use of leftover scraps of fabric. Often, girls as young as age three or four could be taught to sew the Nine Patch pattern. A more elaborate pattern was known as the Log Cabin. This pattern was symbolic of the home. The center square was always red, to symbolize the hearth at the heart of the home. Narrow strips of fabric, like logs used to build frontier cabins, radiated from the center square in stacks. Light fabrics representing the light of day were sewn on one side of the quilt. Dark fabrics representing night were sewn on the opposite side. This pattern was also known as the Sunshine and Shadow. Patterns depicting pinwheels, stars, flowers, animals, crops, biblical stories, and even schoolhouses followed. Women sewed as they lived, a tradition that continues to this day.

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. They embrace action, take risks, and will fight for their goals.

Resident Birthdays

Verna – March 2
Don D. – March 3
Laura – March 5
Barb – March 6
Dave V. – March 11
Jennie – March 26
Betty V. – March 31

From the Activity Directors Desk

With spring just around the corner, we should start seeing warmer weather and tons of sunshine. As soon as the weather permits, we will start going for outdoor walks during activities.

This year our Ash Wednesday Service will be held on March 6th at 1:30pm in the 394 building. Communion will follow in the 1350 and 400 buildings after the service.

Please feel free to come and join us during activities. Calendars can be found by the main entrance between the two sets of doors.

Any questions or comments feel free to contact Kassie at kassie@angelstouchcbrf.com