

The Village Voice

Hilltop Senior Living • 25900 Euclid Ave • 216-261-8383 • www.Hilltopvillage.com



College Course Friday's! Here at Hilltop, we believe in furthering our education as much as possible. We are joining a program with Tri- C (Cuyahoga Community College) at the Eastern Campus called Encore 55. Every Friday you can take as many courses as you'd like from 9am-3pm! If you are interested in joining the Tri-C Encore 55 program, please Dana! Let's get you signed up. Spring Semester Starts March 22nd!!!!!!!



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.

Ron Howard (actor/director) – March 1, 1954
 Dr. Seuss (author) – March 2, 1904
 Jean Harlow (actress) – March 3, 1911
 Elizabeth Barrett Browning (poet) – March 6, 1806
 Bobby Fischer (chess champ) – March 9, 1943
 Liza Minnelli (entertainer) – March 12, 1946
 Albert Einstein (scientist) – March 14, 1879
 Moms Mabley (comedian) – March 19, 1894
 Fannie Farmer (culinary expert) – March 23, 1857
 Alan Arkin (actor) – March 26, 1934
 Sam Walton (businessman) – March 29, 1918
 Liz Claiborne (designer) – March 31, 1929



Celebrating March Birthdays

James M. 1st

Dorothy B. 3rd

Velma S. 3rd

Brenda G. 8th

Thomas S. 11th

Julius B. 10th

Janie B. 20th

Velma H. 22nd

History's Winning Women

The month of March is now celebrated throughout the world as Women's History Month, but it all began as a school celebration in Sonoma, California, in 1978 honoring International Women's Day on March 8. Students spent the week learning about women's contributions to culture and society and were asked to write an essay on what it meant to be a "Real Woman." The week culminated with a parade through downtown Santa Rosa. In 1980, President Jimmy Carter established the first Women's History Week, and then in 1987, Congress declared the entire month of March as Women's History Month. Politicians, writers, freedom fighters, scientists, soldiers, female athletes have made contributions in virtually every field. Honor them this March.

Kate Mullany, a labor organizer who founded one of the first women's unions, the Collar Laundry Union, in 1864. Laundresses worked long days for low pay in sweltering conditions, giving rise to the term *sweatshop*. Mullany led a six-day strike that helped improve pay and working conditions. A century later, in 1962, the New York Stock Exchange did not allow women on the

trading floor. Norma Yaeger completed the stockbroker training program at Hornblower and Weeks, Inc., demanded the right to accompany male trainees on the floor, and went on to enjoy a successful Wall Street career. In 1979, Lilly Ledbetter discovered that she was being paid thousands of dollars less than her male



counterparts for her work as a supervisor at Goodyear. She fought the company to receive equal pay for equal work. These daring women have changed the lives of women everywhere.

March Activities & Events

Spring is right around the corner and we can't wait! This month at Hilltop we have all kinds of activities and events! Keep an eye on your calendar! We encourage the you to come out, participate, and enjoy the many activities and events that are held here in our community.

March 2: Join us in the PDR at 3:00pm for some Line Dancing.



March 11th: Join us at 12:00pm in the PDR for Hilltop's second Resident Council meeting.

March 17th: We are having another Paint & Sip class at 1:00pm in the PDR. We will be painting a Spring themed portrait and enjoying a glass of wine. This event requires a sign-up sheet. Please sign-up no later than March 4th. Also, there is a 10-person maximum limit sign up. If interested, please sign up at the Front Desk, **sign-up's must be done in person.**

March 25th: Join us at 3:00pm in the Main Dining Room for our very first Karaoke Happy Hour!



March 25th: At 1:00pm a professor from Notre Dame college will be visiting Hilltop once again to discuss Women's History Month. We will be discussing various subjects about Women's History so be sure join us in the PDR.



March 29th: Let's go to the casino! Join us for a \$5.00 Jack's Casino trip.



A message from your Executive Director

As you are all aware, there have been several changes in the Village over the past several months. And while change can sometimes be uncomfortable, it's often a necessary and uncontrollable part of life. For those that may be feeling uncomfortable with these changes, I want to ensure you, that while faces may change our mission and commitment to providing every one of you with the absolute best care and services remains the same.

"Change is hardest in the beginning, messiest in the middle and best at the end."
Robin S. Sharma

Sincerely,
Dana

Last month we celebrated Black History Month with an amazing performance from Duffy Liturgical Dance Studio!



Girls Guiding Girls

The Girl Scouts is one the largest and most successful organizations for girls in the world. Juliette Gordon Low, finding inspiration from the Girl Guide movement in England, established the first Girl Guide Troop in America on March 12, 1912. For this reason, the week of March 10-16 is celebrated as Girl Scout Week.



Born in Savannah, Georgia, just before the American Civil War, Gordon Low was raised with traditional Southern values emphasizing duty, loyalty, and respect. Gordon Low was also an American aristocrat born to successful parents. As such, she attended boarding schools, met many influential people, married well, and moved to England. Gordon Low's marriage was not a happy one, however, and she spent much time alone painting, learning metalworking and woodworking, and doing charity work. After her husband died, she met Sir Robert Baden-Powell, founder of the Boy Scouts, a guide movement for boys that taught the skills of military preparedness and outdoor adventuring. Scouting proved to be the perfect unity of values that she had enjoyed all her life: duty and respect combined with practical skills for survival. It was not long before Gordon Low met Agnes Baden-Powell, Sir Robert's sister and founder of the Girl Guides, and so Gordon Low organized Girl Guide troops in London herself.

Gordon Low returned to her beloved Savannah in March of 1912 with the mission to grow the girl scouting movement in America. On March 12, she registered 18 girls, establishing the very first Girl Guide troop. Thanks to her family's extensive social connections and the help of Sir Baden-Powell, Low was able to quickly grow her local troop into a nationwide movement. She faced one competitor, the Camp Fire Girls, but this organization believed that girls should not participate in strenuous outdoor activities meant for boys. Gordon Low held fast to her love of scouting, and for over 100 years, the Girl Scouts have given young girls the confidence, skills, and character to become the leaders of tomorrow.

Important Reminders

Village Health Center- Dr. Rosenfield is in the Health Center at Hilltop on the first and third Monday of every month. If you would like to make an appointment, please call 216-721-6900

Fitness with Caren- Every Friday at 1:30pm sessions will alternate from PDR to the 900DR.

Podiatrist Dr. Kelly Whaley will be here on Friday February 15th at 1:00pm. If you would like to make an appointment please call 216-229-0292.

Village Beauty Shop-Van, our hairstylist, is here every Thursday. If you would like an appointment, please call: 440-342-6217

Choose Your Trip- The next Choose Your Trip will be on Monday March 18th at 1:30 pm. This is a chance for you to travel anywhere you need to go that is a 25-mile radius round trip



Congratulations, Facebook Challenge Winner Duane!

