

# The Alderman Newsflash

March 2017



## Flowers, Wine, & Smiles A Long Life According to Kiki

Kiki just turned 90 in February. "I don't feel old, I know I am the big Nine O', but I'm young!" She attributes her longevity to just three things: Flowers, wine, and smiles.

Kiki would go to the store every week to pick out a new bouquet to light up her room. Now Kiki has her special flowers delivered straight to her door! "My favorite flower is a red rose, but some days I will have a colorful bouquet. Even carnations are a good choice because they are inexpensive." She challenges every person to "at least have one flower in your home, if you can't afford a bouquet." For Kiki, having flowers in her home is like "bringing in a little bit of sunshine from the outside."

When asked if it was appropriate to buy flowers for a man, she looked surprised, "Flowers are a woman's privilege! Men should always buy them for a woman; flowers are delicate just as she is. A bottle of wine would be more fitting for him."

Kiki believes a glass of wine a day is good for everyone. Once one of the top executives of Belgium Airlines, Kiki is familiar with how a good glass of wine can do wonders for the soul. "Red wine, Merlot, is the best for you." She goes on to discuss how it is good for your mind, heart, and "positivity."

Simple things, like flowers and wine, go a long way in life. Kiki also acknowledges that being happy is a choice. "Try to be happy because if you look at the world with a happy face the world looks better." Smiles are the best "grimace" a person can make, according to Kiki. Take her advice to heart by surrounding yourself with like-minded friends who drink wine, take time to smell the roses, and smile often. After all, isn't it the little things in life that make it so wonderful?



# The Hidden Messages in Flowers

## Each Bouquet You Gift Means Something Special

In Victorian times, certain flowers had specific meanings because the flower selection was limited and people used more symbols and gestures to communicate than words. Pairing a flower could change the meaning of one, or both flowers. The color of the flowers matter as well.



Daffodils symbolize regard and chivalry. It is indicative of rebirth, new beginnings and eternal life. It also symbolizes unrequited love. A single daffodil foretells a misfortune while a bunch of daffodils indicate joy and happiness.



Hydrangeas symbolize heart-felt emotions. It can be used to express gratitude for being understood. In its negative sense hydrangea symbolizes frigidity and heartlessness.



A Carnation symbolizes pride and beauty. A red carnation symbolizes love, a pink carnation symbolizes the love of a woman or a mother; a purple carnation symbolizes capriciousness; yellow symbolizes disdain, rejection or disappointment, striped conveys refusal.



The Iris symbolizes eloquence. Purple iris is symbolic of wisdom and compliments. Blue iris symbolizes faith and hope. Yellow iris symbolizes passion while white iris symbolizes purity.



Daisys symbolize innocence and purity. It conveys loyal love and the Gerbera Daisy specifically conveys cheerfulness.



Lilys symbolize purity and refined beauty. White symbolizes modesty and virginity, orange symbolizes passion, yellow symbolizes gaiety, while Lily of the Valley symbolizes sweetness and purity of heart.

### March Birthdays

**Sigrid Merrington - March 1**

**Grace Snyder - March 6**

**Helga Ponischil - March 12**

**Debi Paterson - March 16**

**Corinne Connaughton - March 30**

### Staff Members

**Donna Rakowski - March 3**

**Jennifer Gamble - March 6**

**Angela Smith - March 6**

**Ashley Abner - March 7**

**Alejandra Ponce-Rincon - March 15**

**Ray Peetz - March 16**

**Elise Hampton - March 18**

**Sue Justus - March 20**



**We LOVE clowning around! If you have a story or fun activity you would like to share, let Activity Director, Denise Leonhard, know!**

Like what you see? Come in for a visit!