

Alpine Meadows Assisted Living  
1695 S. Locust Grove Road  
Meridian, Idaho 83642

Postage  
Information

April 2024

# Alpine Meadows

[www.idahoalpinemeadows.com](http://www.idahoalpinemeadows.com)

208-888-0090



## Celebrating April

**April Fool's Day  
Around the  
World**  
*April 1*

**Sarah's Sweet  
Serenade**  
*April 6*

**Flag Ceremony**  
*April 9*

**Country Store  
& Auction**  
*April 12*

**Majestic  
Movies**  
*April 17*

**Wii Bowling  
Tournament**  
*April 16*

**Delightful  
Dining**  
*April 21*

**Sean's  
Incredible  
Instrumental**  
*April 22*



## Unraveling the Art of Tatting

While a handkerchief, table runner, doily, or collar made of intricate knotted lace appears nearly impossible to construct, the art of tatting is easy to learn. All you need to start tatting is thread, a shuttle (a small device that helps guide a silk thread through loops into knots), and your two hands. Give it a try on April 1, International Tatting Day.

This decorative art form may have grown from the netting and ropework handmade by sailors and fishermen of olden times. Tatting became fashionable in the 1800s and enjoyed a surge in popularity during the 1950s and 1960s. Technology has usurped the handiwork required to make tatted lace, which means that handmade tatting is more precious than ever.



## April Birthdays

If you were born between April 1–19, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big, outgoing personalities. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they like to reward themselves for a job well done.

James D. Watson (scientist) – April 6, 1928  
Queen Elizabeth II (royalty) – April 21, 1926  
Jay Leno (comedian) – April 28, 1950  
Duke Ellington (pianist) – April 29, 1899

**Doug Wickstrom – April 2<sup>nd</sup>**  
**JR Fischer – April 22<sup>nd</sup>**  
**Russ Snyder – April 23<sup>rd</sup>**  
**Betty Baxter – April 26<sup>th</sup>**  
**Margaret Craft – April 29<sup>th</sup>**

## Test Your Bird IQ

Are you a bird lover? Are you an expert? Choose the answer to each question below and find out how much you really know. (Answers on page 2)

1. An ouzel is an old name for which bird? A. Crow
2. Which bird has varieties called rock, tawny, water, and tree? B. Woodpecker
3. The magpie is related to which bird? C. Pipit
4. Which bird's nickname is "redbreast"? D. Blackbird
5. "Downy" is a species of which bird? E. Robin





## Savoring Art



April 13 is Slow Art Day. No, this doesn't mean you should draw pictures of turtles or molasses. It's just a day to spend some quality time with art, pondering the composition and closely contemplating the work.



For some, staring at a piece of art for 10 minutes or more may present a challenge. But Phil Terry, the founder of the slow art concept, discovered something highly rewarding when he spent hours studying two paintings in a New York City art museum one afternoon. He realized he did not have to be a professional art critic to understand and appreciate art. How does looking slowly at a piece of art heighten the experience? In the good old days, the expert craftsmanship of products was appreciated.

Modern culture places an emphasis on mass production, often at the hands of unskilled craftspeople or in mechanized factories. One of the major benefits of slow art is appreciating the amazing expert craftsmanship it takes to make a work of art. Taking the time to really look at art allows us to appreciate each brushstroke, the choice of materials, and the step-by-step process of creating a work of art. With this heightened awareness of craftsmanship comes a deeper emotional connection to the artwork.

Museums around the world have embraced the slow art movement, and on April 13, many will offer tours that visit only a few works of art. These tours end with lunch, where visitors can discuss what they saw and how the art affected them. But Terry is quick to point out that Slow Art Day isn't confined to just museums. Taking the time to appreciate art can happen anywhere, from city parks to historic houses. In essence, Terry is simply repeating the old maxim "Stop and smell the roses." These roses just happen to be in a museum.

**ANSWERS: 1. D, 2. C, 3. A, 4. E, 5. B**

## Resident of the Month: Kathryn Scruggs

A southern gal, Kathy was born in Hosston, LA on September 13, 1938, to Richard Clayton and Freddie Lucille Bounds. She had three brothers, Travis, Charles and Benjamin and three sisters, Linda Sue, Elaine and Terri Sue. When Kathy was eight years old, they loaded up the truck (with a canopy over the back) and headed to California. Throughout Kathy's years growing up, wherever Lucy had a job (a cook) so did Mom – waitressing.

She met the love of her life, when Travis brought Jim Scruggs home, both men had enlisted in the Army. Jim and Kathy were married on July 13, 1957, in California. Shortly after, they moved to the Magic Valley of Idaho where they had two daughters (Janae and Denise) and moved back to California. In the late 1960's they moved back to Idaho. Dad bought Mom a café in Hagerman, which became known as Kathy's Kafe. It was a true, family run business; Kathy the waitress/owner and Grandma Mary, the cook. Coffee was 10 cents a cup and free refills! Kathy worked at the Oxbow Café in Bliss after closing Kathy's Kafe.

Jim was in the TV repair business and the family moved to Meridian, Idaho where he worked at West TV for a few years. When the Tupperware factory opened in Jerome, it was a move back to the Magic Valley! Jim worked there until it closed. At that point, he finished his career as an electrician by working a couple of years for Romar Electric in Meridian, Pet Milk in Buhl and finally retiring from Cactus Pete's in Jackpot.

As a homemaker, Kathy loved gardening (vegetables and flowers), sewing, crocheting, canning, cooking, and baking. She took great care and pride in the yard - she hasn't met a weed yet that she likes! The cupboards were always full of her canned peaches, pears, pickles, and jams. She loved being on the patio in the evenings to watch the hummingbirds, birds on the seed feeder and squirrels.

During her many years in Jerome, Kathy attended the Bible Baptist Church and the Free Will Baptist Church. She is a true believer and born-again Christian.

Kathy moved to Alpine Meadows earlier this year. She enjoys most activities, and especially the musical entertainment. She also loves socializing and has quickly made friends, sharing stories about her two daughters, six grandchildren and eight great-grandchildren.

