

*Everyone Deserves
a Great Life*

April 2017



EMERALD SQUARE

ASSISTED LIVING

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Easy Reading

To get the best light while you're reading, table lamps should project their glow just over your shoulder. Choose a lamp no shorter than 35 inches, or place a shorter lamp on a decorative box to increase its height.

Eat Eggs to Feed Your Brain

Experts say including eggs in your diet may help enhance brain function by providing your body with key building blocks. Along with vitamins B-12 and D, egg yolks are a rich source of choline, an essential nutrient needed to produce neurotransmitters, which are chemicals that brain cells use to communicate with each other.

The Birth of Baby Carrots

Did you know that baby carrots were created to give ugly carrots a chance at being sold? In 1986, a California carrot farmer sprouted the idea to cut and peel imperfect, unwanted full-grown carrots into identical 2-inch pieces, and they were an instant hit at grocery stores. Packaged baby carrots now make up nearly 70 percent of carrot sales.

Fragrant Forecast

Loved by many people, there's actually a name for the unmistakable scent of rain: petrichor. When certain plants and soil-dwelling bacteria get wet, they release oils and chemicals that create the earthy odor.



Flourish of Flowers

Whether it's tulips, daffodils or azaleas, each April, from coast to coast, folks celebrate the flowers of spring. In some places, multi-day festivals have blossomed around their arrival. Washington's Skagit Valley is famous for its 300 acres of brightly colored tulip fields. More than half a million yellow daffodils are the center of attention in Meriden, Conn., and Wilmington, N.C., showcases its lush gardens of azaleas.

A Little Rain Must Fall

"The way I see it, if you want the rainbow, you gotta put up with the rain." —Dolly Parton

Sleep on It

Whenever you have writer's block or get stuck doing a word game, a snooze might give you some fresh insight. Research shows that there is a link between sleep and creativity, as long as you doze long enough to reach the dream cycle.

Write Away

From composing thank-you notes to keeping a journal, the physical act of writing by hand is a great boost to the brain. Take notes on these advantages of putting pen to paper.

Activates the brain. Visual input, motor skills and memory are all in action when we form letters and words. One of the main reasons handwriting benefits the brain is because we're using so much of it. These linked regions are not activated when typing or texting.

Improves memory. Studies show that jotting down words, such as taking notes when learning a new skill or listening to instructions, strengthens memory and helps retain information.

Promotes creativity. Composing sentences on paper is a slower process than typing and tends to inspire more creative thinking. Even in this age of technology, many professional writers still create first drafts in longhand.



Provides a workout. Just like our bodies need exercise, our brains need regular workouts, too. Some physicians believe that the act of writing is good cognitive exercise for people who want to keep their minds sharp as they age.

Helps concentration. Writing in longhand, without the distractions of the internet just a click away, enables us to focus better.



Trivia Whiz

Busy Beavers

Known for their unique ability to adapt their environment to suit them, beavers are fascinating animals.

With powerful jaws and strong teeth, beavers fell trees and use them to build log and mud structures that block streams. These dams turn fields and forests into ponds.

Beaver dams are an important part of the ecosystem, helping slow floodwaters and control erosion.

These semi-aquatic rodents move easily through the water thanks to their stiff, flat tails and webbed feet. Their thick fur is waterproof, and they can hold their breath underwater for up to 15 minutes.

Beavers have orange teeth that never stop growing. They eat bark, roots and leaves from trees, as well as aquatic plants.



A Rose for Peace

Distinguished by luscious, creamy yellow petals edged with pink, it's a flower that symbolizes the end of a war and hope for the future—the Peace rose, introduced to the world on April 29, 1945.

The beautiful blossom's story begins in France, where it was developed by

third-generation rose breeder Francis Meilland between 1935 and 1939. With World War II looming, Meilland sent cuttings of the hybrid tea rose to friends in Germany, Italy and the U.S., who were able to grow the roses with great success. Marked by hardiness and large, long-lasting blooms, the new variety was destined to be a favorite in the gardening world.

Days before Germany's surrender, a ceremony for the new rose was held. As two doves were released, it was announced that the variety would be "named for the world's greatest desire: peace."

The Peace rose has been called the most popular rose in the world, with an estimated 40 to 50 million plants grown around the globe.



The Shoeshine Tradition

In years past, it was a regular habit for a man to make a stop at his local barbershop for a haircut, shave, and the finishing touch: a shoeshine.

In addition to barbershops, shoeshine stands were a fixture at train stations, where businessmen and other travelers could stop for a polish, ensuring they reached their destination looking their best.

“Shoeshine boys” would also patrol busy city streets, carrying their supplies in a box and offering a shine to passersby.

Shiners are still around today, and they continue to have a deep pride in their work, viewing their profession as an art and devoting years to perfecting their polishing techniques. Many people choose to have their shoes shined while they are wearing them, resulting in a personal, relaxing experience that shiners are honored to provide.

Due to workplace and everyday fashions becoming increasingly more casual, today’s shoeshine stands are a little harder to come by, and are typically found in airports and specialty shops.

Appealing Apricots

Tasty, versatile and loaded with nutrients, apricots are a standout selection for those who crave nature’s sweet treats.

With yellow-orange skin tinted red on one side, apricots resemble peaches but are more closely related to plums. Classified as stone fruits—meaning a large “stone” or pit surrounds the seed—they are in season from April through July.

Originating in Asia about 4,000 years ago, apricots were later introduced to Europe, where they soared in popularity. The Greeks called them “golden eggs of the sun.” Spanish and French explorers brought the fruit to the Americas in the 1700s.

Apricots are good sources of vitamins A and C, and are loaded with potassium, fiber and antioxidants. Kernel oils and other extracts from the crop are often used in skin and hair care products.

In addition to the fresh seasonal offerings at stores and farmers’ markets, apricots are available frozen, canned and dried year-round. Their sweet flavor makes them an ideal ingredient in jams, sauces and baked goods. They are also found in many savory dishes and are used to complement chicken and pork.

California grows nearly all of the apricots in the U.S.; Turkey and Iran are the largest producers worldwide.



Wit & Wisdom



Mildred Laubach
4-6

Blanche
Blankenship 4-7
Sheryle Ross 4-19
Doris Nelson 4-24
Bill Soukup 4-26

April 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



						1							
9:30 Sittercise 1:30 Game Of Dominoes 2:00 OKC Thunder Game 3:00 S.OKC. Baptist Church	2	9:30 Sittercise 10:00 Devotion 1:30 Easter Painting	3	9:30 Tai Chi 10:30 Bingo W/Crossroads 2:00 Cookie Social 7:00 Thunder Game	4	10:30 Plant Flowers W/Ross 3:00 Wine & Cheese Social 6:15 Church Service 7:00 OKC.Thunder Game	5	9:30 Tai Chi 11:00 Out to Eat 2:00 Casey & Minna Perform	6	9:30 Sittercise 10:30 Bingo W/Ok Health Care Solutions 2:00 Walmart Trip 3:00 Dominoes & Beer	7	9:30 Sittercise 10:00 Bible Study 1:30 Game Of Jenga	8
9:30 Sittercise 1:30 Game Of Checkers 3:00 S.OKC Baptist Church 3:00 OKC Thunder Game	9	9:30 Exercise W/Randie 10:00 Devotion 2:00 Social W/Good Journey	10	9:30 Tai Chi 2:00 Resident Birthday Party 7:00 OKC Thunder Game	11	9:30 Sittercise 1:30 Food for Thought Gathering 3:00 Wine & Cheese Social 6:15 Church Services	12	9:30 Exercise W/Randie 10:00 Easter Craft W/Innova 11:00 Out to Eat 3:00 Cookie & Punch Social	13	9:30 Tai Chi 10:00 Kids Easter Egg Hunt 2:00 Dollar Tree Trip 3:00 Dominoes & Beer	14	9:30 Sittercise 10:00 Bible Study 1:30 Game Of Skip Bo	15
9:30 Sittercise 1:30 Game Of UNO 3:00 S.OKC Baptist Church	16	9:30 Tai Chi 10:00 Devotion 1:00 Trivia W/Ok Hospice Care	17	9:30 Exercise W/Randie 10:30 Game W/Universal 5:00 Family Night	18	9:30 Sittercise 1:30 Resident Council Gathering 3:00 Wine & Cheese Social 6:15 Church Services	19	9:30 Tai Chi 10:30 Gathan Graham Performs 11:00 Out to Eat 2:00 Bingo W/Carter Healthcare	20	9:30 Exercise W/Randie 2:00 Walmart Trip 2:30 Reading W/Penny 3:00 Dominoes & Beer	21	9:30 Sittercise 10:00 Bible Study 1:30 Game Of Dominoes	22
9:30 Sittercise 1:30 Game Of Jenga 3:00 S.OKC Baptist Church	23/30	9:30 Exercise W/Randie 10:00 Devotion	24	9:30 Tai Chi 1:30 Bingo W/Ross 3:00 Social W/Good Journey	25	9:30 Sittercise 3:00 Wine & Cheese Social 6:15 Church Services	26	9:30 Exercise W/Randie 11:00 Out to Eat 2:00 Richard M Performs 3:30 Social W/Innova	27	9:30 Tai Chi 10:00 Nails 2:00 Dollar Tree Trip 3:00 Coloring W/Crossroads	28	9:30 Sittercise 10:00 Bible Study 1:30 Game Of Checkers	29

"This Month In History"

APRIL

1789: George Washington is inaugurated as the first president of the United States.

1792: Congress establishes the first U.S. Mint. It is in Philadelphia, which was the nation's capital at the time.

1805: Author Hans Christian Andersen is born in Denmark. He wrote more than 150 fairy tales for children, including the classics "The Little Mermaid" and "The Ugly Duckling."

1817: Thomas H. Gallaudet and Laurent Clerc establish the first American school for the deaf.

1822: Landscape architect Frederick Law Olmsted is born. He helped design some of the most famous parks in America, including Central Park in New York City.

1925: "The Great Gatsby" by F. Scott Fitzgerald is published.

1949: The Richard Rodgers and Oscar Hammerstein musical "South Pacific" opens on Broadway.

1970: Earth Day is observed for the first time.

1974: Hank Aaron hits his 715th home run, passing Babe Ruth as the all-time home run leader.

1976: Steve Jobs and Steve Wozniak form Apple Computer Inc.

1981: The first space shuttle, Columbia, is launched from Kennedy Space Center in Florida.

1990: The sketch comedy series "In Living Color" premieres on television. It is credited with helping to launch the careers of several Hollywood stars, including Jennifer Lopez, Jim Carrey and Jamie Foxx.