

Everyone Deserves
a Great Life

April 2017



LANDINGS OF MINNETONKA

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Staff Directory

Gabrielle Gallagher (GG)»

Executive Director

Holly Mikkelsen»

Business Office Director

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Community Relations Manager

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Health & Wellness Director

Shareanna Britton»

Resident Care Manager

Joe Doyen»

Facilities Manager

Amanda Quistad»

Life Enrichment Coordinator

Chef Craig Chernosky»

Dining Services Director

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.



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



Happy birthday to all staff and residents who have a birthday in April!

Welcome New Residents

We would like to welcome all of our new residents to the family! If there is anything we can do for you, let us know!

Special Days in April 2017!

- 1 April Fools' Day
- 2 Autism Awareness Day
- 9 Palm Sunday
- 10 National Siblings Day
- 11 National Pet Day
- 14 Good Friday
- 16 Easter
- 22 Earth Day
- 23 Holocaust Remem. Day

Volunteer Corner



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.

All Residents & Family Members

We have opportunities in activities that we would love to find some volunteers for! If you would like to start volunteering or you know of someone that would, please talk to Amanda in activities about how to move forward!! We would love to have sing-a-longs or a choir/band, gardening club, craft volunteers, book clubs and more! If you would enjoy playing a game with our residents then you will fit right in! We also would love to have someone come in to do manicures for our ladies every week or every other week. One main thing we would love to have is someone to come in and do a fun exercise class to keep our residents



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

moving!

If there is something that is not on the calendar, but you would like to bring it to our community to try and see how it works, then email Amanda at Lomt.scc@meridiansenior.com so we can get things started. Thank you so much!!



third-generation rose breeder Francis Meiland between 1935 and 1939. With World War II looming, Meiland 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

"Baseball was, is and always will be to me the best game in the world."
—Babe Ruth

"There are only two seasons—winter and baseball."
—Bill Veeck

"Love is the most important thing in the world, but baseball is pretty good, too."
—Yogi Berra

"People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring."
—Rogers Hornsby

"Now, there's three things you can do in a baseball game. You can win, or you can lose, or it can rain."
—Casey Stengel

"Baseball, it is said, is only a game. True. And the Grand Canyon is only a hole in Arizona."
—George Will

PLACE
STAMP
HERE

Word Search

Category: Cities in Texas

A	C	N	O	T	S	E	V	L	A	G	S
R	V	C	K	I	L	L	E	E	N	A	E
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- Word Search Solution:
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| 2. Alamo | 12. Irving |
| 3. Amarillo | 13. Killeen |
| 4. Arlington | 14. Laredo |
| 5. Austin | 15. Lubbock |
| 6. Dallas | 16. Odessa |
| 7. El Paso | 17. Plano |
| 8. Fort Worth | 18. San Antonio |
| 9. Galveston | 19. Tyler |
| 10. Garland | 20. Waco |

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