

Everyone Deserves  
a Great Life

April 2017



# RAINCROSS

AT RIVERSIDE  
MEMORY CARE

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### Welcome Home!

We'd like to welcome our new residents! We are so proud that you've chosen Raincross as your new home. If there is anything our staff can do to make your living experience better, please let us know. We are here to serve you!



### 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

### An Easter Promise

*The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay."*  
—Matthew 28:5-6 (NIV)



Reta Moore ..... 4/2  
Evelyn Gragg ..... 4/21

### Spring Is Coming

Can you believe spring is just around the corner? March winds, April showers and May flowers will be here soon. Our dedicated staff will have landscaping work done for your enjoyment this spring, so stop and smell the flowers!

## 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.

### Sacred Easter Symbols

Easter Sunday celebrates the resurrection of Jesus Christ, whose triumph over death promises eternal life for the rest of the world. Several meaningful symbols are associated with the holiday, which is one of the most joyous celebrations on the Christian calendar.

*Eggs.* A symbol of new life since ancient times, the egg is a classic Easter symbol. The egg is sometimes seen as a representation of Christ's tomb.

*Easter lily.* As Jesus was without sin, yet suffered and died for the world's sins, his purity and innocence is duplicated in the white blooms of this flower.

*Hot cross buns.* The rising dough of these sweet rolls also commemorates Christ's rising from the dead.



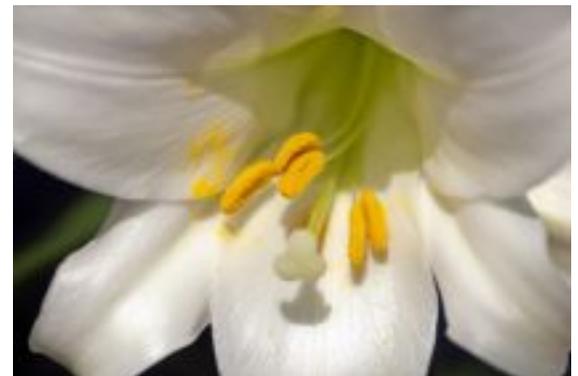
### Chocolate Truly Soothes the Soul

Feeling stressed? A dose of dark chocolate could cheer you up by lowering your stress-hormone levels, a new study suggests. Swiss researchers tracked volunteers who said they were highly stressed. "The study provides strong evidence that a daily dose of chocolate (1.4 ounces) over two weeks is sufficient to modify the metabolism of healthy human volunteers."



### Pet Peeves: Easter Lilies, Bunnies and Baskets

The Humane Society of the United States has several Easter-time reminders for pet owners. Easter lilies are extremely poisonous, especially to cats. The shredded plastics often used in baskets can become entangled around an animal's intestines if ingested; keep it off the floor and out of reach. All chocolate is toxic to both cats and dogs; be sure that candy is put away. Lastly, resist the temptation to bring home a chick, bunny or duck. These may seem cute and seasonal, but they require just as much dedication and money as traditional household pets.



### Springtime Blooms

One of the most beautiful potted plants in abundance in spring is the Easter lily. Native to Japan, lily bulbs were introduced in the United States after World War I. Many growers in the Northwest and Canada tried and failed to find the right combination of climate and soil needed to produce the best lilies.

## What's **NEW!** New?



These beautiful ladies are enjoying the weather at the Picnic on the Patio.



Wanda Preparing her Banana Boat during Cooking Social!



Ruth enjoying her banana boat after preparing it during the cooking social.



Ruth serving the ball in a game of Chair Volleyball.



Sing Along with Nolan McFadden!

### Positive Thought

"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have." —Frederick Koenig

### 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

# Christ is *Risen!*

Celebrate Easter with faith, hope and joy!



## "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.