

*Everyone Deserves  
a Great Life*

April 2017



# PRESTIGE WAY

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## Remember When: Clotheslines

Before many homes had clothes dryers, laundry often dried in the breeze on backyard clotheslines. After garments were washed, they were hauled in baskets to the line and hung with wooden clothespins to dry. Fresh air and sunshine created a distinctive scent that lingered on the clothes long after they were taken down. Clotheslines were also meeting spots for neighborhood women to chat, give advice and share news.

## Organ Origins

Organ music and baseball games go together like peanuts and Cracker Jack. The Chicago Cubs were the first MLB team to use an organist to play songs during a game at Wrigley Field on April 26, 1941.

## 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.

## GET IN TOUCH

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## 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)*

**Everyone Deserves a Great Life!**

## 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 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.

## How's the Weather in April?

April is the month known for its showers. Although slightly wetter than average, April was not the wettest month for 2016 in the United States. According to the National Oceanic and Atmospheric Administration, August had the highest precipitation with 3.47 inches, and May had the second highest with 3.04 inches, followed by 2.95 inches in April.

## Flower of the Month - Daisy

The traditional April flower is the daisy. The daisy gets its name from the Old English phrase *day's eye*. That's because of its appearance (round with a pupil-like center) and because daisies open at dawn as the day is just beginning.

Daisies are often referred to as "love's oracle" because of the tradition of pulling the petals off one by one and saying "he loves me, he loves me not" for each petal. So, if you want to know if your true love loves you back, this is the flower for you.

## What's Lucky in April ?

Lucky Color: Green  
Lucky Numbers: 4 and 17  
Lucky Letters: D and N  
Lucky Animal: Frog  
Lucky Days: Monday and Wednesday



## Allergy Relief

Each spring, as trees and grasses release pollen, tens of millions of North Americans begin to suffer. Their bodies react to pollens as if they were dangerous bacteria or viruses, prompting immune reactions that release histamine into the blood. The inflammatory response, commonly known as hay fever, includes symptoms such as runny nose, sneezing, congestion and itchy eyes.

Be proactive in the fight against seasonal allergies by starting medications early in the season. You can build up immunity by regularly taking antihistamines before pollen counts get high. Nondrowsy products are usually the best bet.

Keep pollen from circulating through your home by closing windows and leaving shoes at the door. Clean often, and use a vacuum with a HEPA filter. Remember to vacuum under the bed.

Pollen sticks to clothing, skin and hair, so change clothes when you arrive home, and shower at night so that you don't breathe in pollen while you sleep. Changing bed sheets and pillowcases regularly will also help.

Try to stay indoors on high-pollen days. You can monitor pollen counts in your area through smartphone apps or websites such as [www.Weather.com](http://www.Weather.com) or [www.Pollen.com](http://www.Pollen.com).

If you still experience symptoms that affect your quality of life, consider allergy shots. Consult an allergist or your regular physician about this long-term option.



## 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

# April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 April Fools' Day
2 Peanut Butter and Jelly Day	3	4	5	6 Twinkie Day - 1930	7 Happy Birthday, Angeliqa	8 Happy Birthday, Patricia
9 Palm Sunday	10 	11 Passover	12	13	14 Good Friday	15
16 Easter	17 Happy Birthday, Ann	18	19 National Garlic Day	20	21 	22  SAVE THE EARTH
23/30	24	25	26	27	28  Arbor Day	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.