

Everyone Deserves
a Great Life

April 2017



THE PENINSULA

5100 W HALLANDALE BEACH BLVD. • PEMBROKE PARK, FL 33023 • (954) 893-7755
WWW.MERIDIANSSENIOR.COM/COMMUNITY/THE-PENINSULA
WWW.FACEBOOK.COM/THE-PENINSULA-1095010280588275

Your Peninsula Management Team

Katrina Beasley
Executive Director

Susan Hernandez
**Associate Executive
Director**

Elaine Gordon
Business Office Manager

Alexa Townsend
Resident Care Director

Claudia Chacon
**Community Relations
Coordinator**

James Duberry
Dining Services Supervisor

Michelle Hertz
Life Enrichment Coordinator

Joe Swaim
Facilities Manager



Congratulations

Congratulations to Susan Hernandez (A.E.D) on the birth of her new grand-daughter, Katherine! Many blessings to her & her family! xoxo

Our Residents' Birthdays

- Vivian Coppin 4/02
- Rocco Paradiso 4/02
- Dorothy Carvelli 4/10
- Norma Price 4/14
- Shirley Singer 4/20

HAPPY BIRTHDAY TO ALL OUR RESIDENTS BORN IN THE MONTH OF APRIL!



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.

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.

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.



TALES OF TWELVE INSURANCE MEN

The first man sleeps with his own wife-That's Home Insurance

The second man sleeps with his girlfriend-That's Mutual Insurance

The third man sleeps with a chorus girl- That's New York Life

The fourth man sleeps with his secretary-That's Employee Mutual Benefit

The fifth man sleeps with a hotel maid-That's Travelers Aid

The sixth man sleeps with the woman next door- That's Royal Neighbors

The seventh man sleeps with an old maid- That's Prudential

The eighth man sleeps with grandma- That's Old Age Assistance

The ninth man sleeps with nobody-

That's John Hancock

The tenth man sleeps with anybody- That's Metropolitan Life

The eleventh man sleeps with a boyfriend-That's Odd Fellows

The twelfth man sleeps with Charlie McCarthy- That's Modern Woodman

If you get pregnant from reading this- That's Industrial Accident

Submitted by: Resident Grace M.



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.



Resident Jimmy Sings His Heart Out at Our Happy Hour!

Please check your calendar of events to hear Jimmy sing at our Happy Hours with Sheila on the Piano! Our happy hours will now be held in the ACTIVITY ROOM starting in April on Fridays at 3:15 pm, and we always have scrumptious snacks to munch on along with refreshments!

'Bee' Is One

How many words can you come up with using the letters in "jelly beans"?



Entertainer Sheila With Resident Stephen K.

Popcorn Pick: 'Bye Bye Birdie'

"Gray skies are gonna clear up; put on a happy face" croons Dick Van Dyke, in one of many memorable songs from this musical comedy. Van Dyke plays Albert, the agent of teenage rock star Conrad Birdie (Jesse Pearson), who's been drafted into the Army. Albert, with the help of his girlfriend, Rosie (Janet Leigh), stages one last personal appearance for the idol, a goodbye kiss won by a random lucky girl (Ann-Margret), but the event creates a slew of romantic snags for all involved. Released in 1963, the film made the young Ann-Margret a superstar.

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

Crossword Puzzle

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | | | | | 15 | | | | 16 | | | |
| 17 | | | | | 18 | | | | 19 | | | |
| 20 | | | | 21 | | | 22 | 23 | | | | |
| | | 24 | | | | 25 | | | | | | |
| 26 | 27 | 28 | | | | 29 | | | | | | |
| 30 | | | 31 | | 32 | | | 33 | | 34 | 35 | 36 |
| 37 | | | 38 | | 39 | | | 40 | | 41 | | |
| 42 | | | 43 | | 44 | | | 45 | | 46 | | |
| | | | 47 | | 48 | | | 49 | | 50 | | |
| 51 | 52 | 53 | | | | | 54 | | | | | |
| 55 | | | | | | 56 | | | | 57 | 58 | 59 |
| 60 | | | | 61 | 62 | | | 63 | | | | |
| 64 | | | | 65 | | | | 66 | | | | |
| 67 | | | | 68 | | | | 69 | | | | |

ACROSS

- Caught some Z's
- "Shoot!"
- Wedge-shaped piece of wood
- Modern surgical device
- "I cannot tell ___!"
- Piece of glass
- Bridal path
- Bud holder
- Fitzgerald, for one
- Bishops
- Dug
- Boys' school
- Use up
- 2 altos, 3 tenors and 2 baritones
- ___ Osmond
- Flurry of activity
- Wicked one
- Part of a pie
- Feral
- Cook chopped onions
- Word with crazy or fry
- Impassive
- Martin or Allen
- Lemony concoction
- Cut
- Irritating skin sensations
- Sacred cup
- Suffix for mob or old
- Luxembourg's location

- Sudden outbursts
 - Among
 - December purchase
 - Variable stars
 - Half of a prison?
 - Worked on a birthday cake
 - On the ball
 - Do a lawn chore
 - Morris and Garfield
 - Complaints to a plumber
- ## DOWN
- Strike
 - Refuge
 - To be: Lat.
 - Tiny stone
 - Gave medical care to
 - Crow
 - "Ach!"
 - Poet's contraction
 - Sower's device
 - Bee entrants
 - Split down the middle
 - Stream
 - Union General George
 - Bears
 - Heroic tale
 - Poet who attended Bologna University in 1287
 - Sharp tools
 - Make scholarly corrections
 - Outdoor sport
 - Dentist's view



"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.