

*Everyone Deserves  
a Great Life*

**April 2017**

**Let Us Rejoice & Be Glad!**  
**Easter Sunday Fine Dining**  
**Experience**  
**April 16th, 2017**

*À La Carte Table Service &  
Exceptional Menu Items*

Created by **Chef Ralph Streete**  
**11:00AM - 3:00PM**

*Followed by a Community-Wide  
Egg Hunt at 1:00 PM*

**May the glory of our living Lord  
renew you hopes, your faith, your  
joy.**

***Have a Blessed Easter Season***



**Leadership Team**

ED	Jordan Blumberg
RCD	Sue Traniello R.N.
MCD	Aimee Desjardin C.D.P.
LED	Matthew Snyder
DSD	Ralph Streete
BOD	Elizabeth Colantonio
FMD	Andy House
CRM	Tyler Newman



**THE RESERVE**  
AT EAST LONGMEADOW

741 PARKER STREET · EAST LONGMEADOW, MA 01028

**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.



## Wild World: Pangolin

Many people have never heard of this unusual-looking mammal, which is one of the most endangered animals in the world. Native to Africa and Asia, the eight different pangolin species vary slightly in behavior; some are known to scale trees and even swim, while others prefer to dig deep underground burrows. All pangolins are characterized by their large front claws; long, sticky tongue; and thick, protective scales. Feeding primarily on termites, ants and other insects, pangolins are also known as scaly anteaters, but scientists now believe they are more closely related to dogs and bears than they are to anteaters or armadillos. When threatened, the pangolin will roll up into a tight, almost perfectly round ball.

## Trivia Whiz

### Fibonacci Fun

Math fans know that Nov. 23, or 11/23, is Fibonacci Day. The "fun with numbers" holiday is based on the Fibonacci sequence, which is a series of numbers in which every number in the sequence is the sum of the two numbers before it: 0, 1, 1, 2, 3, 5, 8, 13, 21 and so on. When squares with the dimensions of each number in the Fibonacci sequence (two 1-by-1 squares, a 2-by-2 square, a 3-by-3 square, etc.) are arranged in a counterclockwise pattern, a spiral is formed when a curved line is drawn through each square. Known as the golden spiral, this pattern occurs often in nature, such as the shape of hurricanes.



### Celebrate Trees

More than 1 million trees were planted in Nebraska on the first Arbor Day, in 1872. National Arbor Day is observed on the last Friday in April. There are many ways to celebrate Arbor Day: Clean up litter at an area park; learn to identify trees in your neighborhood by their leaves; make a recipe that features products from trees, such as apples or pecans; or learn what the official state tree is where you live.





## 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

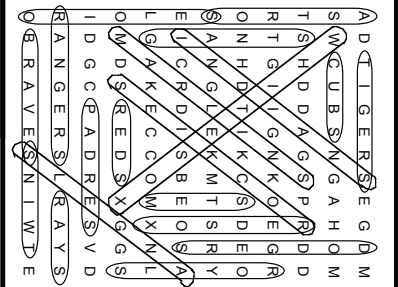
# Word Search

Today's Category: Major League Baseball Teams

A D T I G E R S E G D M  
 S W C U B S N G A H O M  
 T S H D D A G S P R D D  
 R T G I I G N K O E G R  
 O N H D T I K C S D E O  
 S A N G L E K M T S R Y  
 E I C R D I S B E O S A  
 L G A K E C C O M X N L  
 O M D S R E D S X G G S  
 I D G C P A D R E S V D  
 R A N G E R S L R A Y S  
 O B R A V E S N I W T E

1. Red Sox
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19. \_\_\_\_\_
20. \_\_\_\_\_

- Word Search Solution:
- |             |               |
|-------------|---------------|
| 1. Angels   | 11. Padres    |
| 2. Astros   | 12. Rangers   |
| 3. Braves   | 13. Rays      |
| 4. Cubs     | 14. Reds      |
| 5. Dodgers  | 15. Red Sox   |
| 6. Giants   | 16. Rockies   |
| 7. Indians  | 17. Royals    |
| 8. Marlins  | 18. Tigers    |
| 9. Mets     | 19. Twins     |
| 10. Orioles | 20. White Sox |



*Spring Has  
 Spring!*

*Take time to enjoy  
 all the changes  
 nature has in blossom.*

