

*Everyone Deserves  
a Great Life*

April 2017



**RIVER POINT**  
OF KERRVILLE

1441 BANDERA HWY · KERRVILLE, TX 78028 · (830) 258-4150

### DEPT. MANAGERS

Executive Dir.	Janie Engle
Memory Care Dir	Adam Guerra
Asst Exec Dir.	Karen Martin
Wellness Dir.	T. Rochelle
Community Dir.	Teresa Salmon
Maintenance	Geri Farmer
Dining Service	Joe Rosales
Life Enrichment	Tami DeLuca

### 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.



### 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.



## 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.

### River Point Transportation

**River Point Transportation Van is available Tuesday, Wednesday and Thursday for our residents.**

**Please schedule appointments for when you will need to use the van on Tuesdays, Wednesdays or Thursdays.**

**All appointments are to be scheduled with the receptionist within a 24-hour period.**

**Thank you for your cooperation.**

### An Honor

On April 9, 1963, President John F. Kennedy, acting under authorization of Congress, declared former British Prime Minister Winston Churchill to be an honorary citizen of the United States. Churchill was the first person so honored.

### Alzheimer's & Dementia Support Group

First Thursday of every month at 5:30 p.m.

Sponsored by:

the Dietert Center

Hosted by: Jo Carol Smith  
Located in the Activity Room  
No Reservations Required

### Cookie Creatures

Lions, tigers, bears and more than a dozen other animals are what you'll find in one of those nostalgic boxes of animal crackers. Since 1902, Nabisco has been baking up the bite-sized beasts and selling them in its circus wagon-themed packages of Barnum's Animals, named for showman P.T. Barnum. Today's 2-ounce box holds a zoo of 19 different cookie creatures.

River Point is always looking for new ideas and friendly faces. We are also looking for volunteers to come and have fun with our residents. My door is always open, or you can also contact me by phone.

For more information, please call (830) 258-4150.

Thank you,  
Tami DeLuca  
Life Enrichment  
Coordinator

## MEALS

Family members and friends are always welcome to come enjoy a meal with their loved ones for a \$5 fee. Please allow a 24-hour notice, when possible.

THANK YOU.

### On the Menu: Ghee

A common ingredient in Middle Eastern and Southeast Asian cuisine, ghee is gaining popularity in North America as an alternative to butter and other cooking oils. Ghee is a type of clarified butter, which is made by simmering unsalted butter until the water evaporates, then straining the remaining butterfat to remove the milk solids. When making ghee, the milk solids are browned slightly before straining to give the final product a distinctive nutty flavor. Because the milk solids are removed, most people with lactose intolerance can safely consume ghee, which is rich in vitamins A, D, E and K and may help with digestion.

## Popular Pages: '1984'

George Orwell's famous dystopian novel begins on "a bright cold day in April" in the nation of Oceania, where readers are given a peek into the life of Winston Smith. An employee at the Ministry of Truth, Smith spends his days literally rewriting history. Oceania's government, known as the Inner Party, keeps citizens under constant surveillance and has prohibited anything related to fun and freedom; even thinking rebellious thoughts is forbidden. With the support of his lovely co-worker, Julia, and a secret group known as the Brotherhood, can Smith break free from the Inner Party's control? Published in 1949, Orwell's book has inspired countless films, TV shows and books with its depiction of a futuristic, oppressive society, and is perhaps best-known for introducing the phrase "Big Brother" into the English lexicon.

## A Shoutout for Parkinson's Therapy

Parkinson's Disease Awareness Month during April provides a great opportunity to speak up about this condition, which affects millions of people around the globe. However, speaking up is exactly what many Parkinson's patients struggle with, as nearly 90 percent of people with PD experience speech problems such as a soft or breathy voice, monotone, hoarseness and articulation issues. Fortunately, a therapy called LSVT LOUD (named after PD patient Lee Silverman) has proven to help many people with early- to middle-stage Parkinson's gain back their voice. For those without access to a speech therapist, online sessions are available. Visit [www.LSVTGlobal.com](http://www.LSVTGlobal.com) for more information.

## 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
	 April 					1
2	3	4	5	6	7	8
9		11	12	13	14	15
16	17	18	19	20		22
23/30	24	25	26	27	28	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.