

*Everyone Deserves  
a Great Life*

**April 2017**

### **Villas of Holly Brook Staff**

Executive Director  
Tina Williams  
Assistant Exec. Director  
Kitchen Manager  
Mike Clark  
Resident Care Coordinator  
Jodie Young  
Life Enrichment Coordinator  
Brenna Henderson

### **Office Hours**

Monday-Friday  
8 a.m.-4 p.m.  
(217) 483-4661

### **Happy Birthday!**

4/2 Andy Grimes  
4/7 Jim Zelmer  
4/18 Normadine Johnson

### **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.



# THE VILLAS OF HOLLY BROOK CHATHAM

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### **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.

### **Employee of the Month**

This month we want to congratulate Hailey Rehan on being the employee of the month. Hailey is very dedicated to our lovely residents. She is kind, compassionate and always has a smile on her face. The residents know they can always depend on her sunny disposition. Charlie said, "She is a wonderful person who cannot be beat." Thanks again for all you do!



### **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

### **Family Night at the Villas of Holly Brook**

Just a reminder, our family night is planned for April 21st. It will be from 5:00-6:00. Please come and enjoy a meal with your loved ones and maybe win an attendance prize. We really enjoy getting to know all our residents' lovely family members, so we

hope to see you there.

### **Spring Fling**

All residents and guests are invited to a "Spring Fling" on Saturday, April 1st, from 1-2pm. We will be celebrating the arrival of spring as well as April Fools' Day. Come and enjoy fun, treats and the keyboard music of Jim Mager from Godfrey, Il.



## What's Cooking Good Looking?

This month I was given a recipe from Jessie Hunter that I feel would be great at an Easter Brunch. The recipe is Ham and Cheese Party Rolls. It is written to make 12 but can easily be doubled or more.

Pillsbury Pizza Dough (thick crust)

Deli Sliced Ham, 12 slices

12 slices Swiss cheese

For the Glaze:

1 stick butter

4 tbsp. brown sugar

1 tbsp. mustard

1/2 tsp Mrs. Dash Garlic and Herb

Roll out Pizza dough and work it into a thinned out rectangle. Put 3 rows of ham, overlapped. Then top with Swiss. Roll on the long edge and seal the edge. (You can wiggle the dough over any exposed ham/cheese.) Slice into approx. 12 pieces and put in greased pan. Place in fridge.

Next, make the glaze. In sauce pan, add butter, brown sugar, mustard and

Mrs. Dash. Over low heat, melt and whisk to combine. When well combined, pour over rolls. These can be made a short time in advance. In that case, you would make the rolls as instructed and put in the refrigerator until ready to bake. The glaze would then be made right before baking. They should be baked at 350 for 25 min. These are most delicious if served warm and gooey from the oven.

There are many variations that a person could try. It would simply be a matter of trial and error. I think fresh spinach or arugula in the roll would taste great. What about using turkey or roast beef slices? The possibilities are endless. Have fun experimenting.

## 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.

## Pets Are People Too

We have almost all heard the expression, "Dog is Man's best friend." In the case of this month's pet of the month, it is really true. We are going to shine the light on Buddy. He is Raymond Harlow's dog and his best friend. It all happened at least 15 years ago. One day Raymond was at his home when he saw an unusual sight. The neighbor was trying to shoo a dog out of their yard in a manner that upset Raymond, so he took matters into his own hands. He called the dog over to his house to feed and comfort him outside. The next morning, he found the dog still in his front yard. Raymond decided that since he did not want to leave, he should stay. This was the beginning of a grand friendship. Raymond named this pretty little dog Buddy and they never were apart again. Buddy is a little black dog with a white muzzle. He is super sweet and loves to be petted. Raymond says when Buddy came to live with him, it was the best thing that could have happened. He was well-mannered and super loving. Raymond thinks he was someone's pet that they just did not want and let him loose. When you ask Raymond about Buddy, he just smiles and pats Buddy's head. There is a love between them that eludes words. On warm days, you will find Raymond and Buddy sitting outside on his patio getting some fresh air. It is so special to see such companionship. We are so blessed to have this unique pair living in our Villas.

## Fragrant Flower

Bring the scent of spring to a room, closet or drawer with this handmade air freshener.

### Materials:

- Felt
- Scissors
- Sheet pan
- Parchment paper
- Essential oil (any scent)
- Needle and thread
- String
- Hot glue gun and glue

### Directions:

Cut four circles out of the felt, each a bit smaller than the other. Cut evenly spaced slits around the edge of each circle to create petals.

Cover the sheet pan with parchment paper. Arrange the felt circles on the pan in a single layer and sprinkle each circle with a few drops of essential oil. Leave the pan in a sunny spot for an hour to let the scent soak in.

Layer the circles in a stack from largest to smallest. Sew an "X" through the center of the stack. To make a hanger, knot together two ends of a piece of string to create a loop, then glue the knotted end to the back of the flower.

When the scent fades, sprinkle the flower with more essential oil and let dry in a sunny spot.

## Remember When: Gloves and Hats

Ladies, young and old, once considered even the nicest ensemble to be incomplete without a pair of gloves and a hat, especially in springtime. Gloves were often short and white, but sometimes matched the color of a coordinating hat. Ranging from simple to showstoppers, hats were made of materials like fabric, felt, straw or velvet, and were frequently embellished with feathers, ribbons, flowers and netting.

## 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

## Resident of the Month: Susie Snowden



The "Resident of the Month" we would like to highlight is Mrs. Susie Snowden. Susie is a longtime resident of Springfield, IL. She was raised on the corner of Livingston and Cook. When she graduated high school, she went right to the state to work. This is where she worked in different clerical positions until she retired. During this time, she married and had two children. Although she enjoyed this time of her life, her favorite pastime was traveling. Her favorite traveling companion was her husband, Fred. They were avid travelers and even went abroad. She loved to travel with him because of his tremendous knowledge of history. He was a history teacher and meteorologist, and both contributed to her vacation enjoyment. In fact, Susie said, "We never needed a travel guide because Fred always knew where to go." Eventually, Susie and Fred came to live here at The Villas. Unfortunately, Fred passed soon after. Susie now lives with her two dogs, Bella and Samantha. She has not stopped going. She is gone almost every day with a family member or friend. We are so glad that she lives with us because she is such a joy to be around. If you have not met Susie or her dogs, go find her. You will be glad you did.

## "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.