

*Everyone Deserves  
a Great Life*

April 2017



# VILLAS OF HOLLY BROOK

## EFFINGHAM

904 WEST EVERGREEN • EFFINGHAM, IL 62401 • (217) 342-2345  
WWW.MERIDIANSENIOR.COM/COMMUNITY/EFFINGHAM  
WWW.FACEBOOK.COM/VILLAS-OF-HOLLY-BROOK-EFFINGHAM-594297097339301/

### 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.



### 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.

## Resident News

Come and enjoy the spring weather by attending one of our April outings! Craving BBQ or frozen yogurt? We are too!

Witt's Smokehouse offers a delicious array of freshly made deli sandwiches, salads, sides, smoked meats and even pizzas. Their homemade BBQ sauce gives the food a one-of-a-kind taste that can't be beat!

At Culture Frozen Yogurt Lounge you can customize your delicious frozen treat and feel good about eating it too! Culture serves the finest frozen yogurt made from quality ingredients. Grab a cup and fill it up!

If you have any suggestions for an outing, let us know! Keep a lookout for your April outing sign-up sheet and be sure to return it to the front desk by the listed date. Outing days and times to be determined.

### 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.



### 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



*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.



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.





## 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.



## Villas News



### 2017 Best Assisted Living Community

It is with great pleasure that we announce that our community was recognized as the 2017 People's Choice Assisted Living Community of the Year by the Effingham Daily News. This was the first year voting was done online and over 1,500 individuals participated. This acknowledgement is truly an honor and a testament to our experienced staff.

Thank you to our amazing community, residents, families, and staff members for your continued support. It is a privilege to be your number one choice of Assisted Living Communities in Effingham.

Sincerely,  
Adra Baldwin  
Executive Director

# April 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



						1
10:00am Church in Theater 10:45am Communion 2:00pm Movie	9:00am Senior Exercise 1:00pm Cards in Four Seasons	9:00am Senior Exercise 2:00pm Creative Designs 6:00pm Movie Night	<b>Rent Due</b> 9:00am Senior Exercise 10:00am Communion	9:00am Senior Exercise 11:00am Communion 2:00pm BINGO	9:00am Senior Exercise 10:15am Communion 6:00pm Ice Cream Social	9:30am Pastries & Coffee 2:00pm Movie
<b>Palm Sunday</b> 10:00am Church in Theater 10:45am Communion 2:00pm Movie	9:00am Senior Exercise 1:00pm Cards in Four Seasons	9:00am Senior Exercise 6:00pm Movie Night	9:00am Senior Exercise 10:00am Communion 1:00pm First Presbyterian Church	9:00am Senior Exercise 11:00am Communion 2:00pm BINGO	<b>Good Friday</b> 9:00am Exercise 2:00pm Family Easter Egg Hunt 4:00pm Spring Happy Hour	9:30am Pastries & Coffee 2:00pm Movie
<b>Easter Sunday</b> 10:00am Church in Theater 10:45am Communion 2:00pm Movie	9:00am Senior Exercise 1:00pm Cards in Four Seasons	9:00am Senior Exercise 2:00pm Creative Designs 6:00pm Movie Night	9:00am Senior Exercise 10:00am Communion 11:30am Blood Pressure Clinic	9:00am Senior Exercise 11:00am Communion 2:00pm BINGO	9:00am Senior Exercise 9:45am Mass 6:00pm Ice Cream Social	<b>Earth Day</b> 9:30am Pastries & Coffee 2:00pm Movie
10:00am Church in Theater 10:45am Communion 2:00pm Movie	9:00am Senior Exercise 1:00pm Cards in Four Seasons 2:00pm Manicures	9:00am Senior Exercise 6:00pm Movie Night	9:00am Senior Exercise 10:00am Communion 1:00pm Massage Therapist 3:00pm Audibel	9:00am Senior Exercise 11:00am Communion 2:00pm BINGO	9:00am Senior Exercise 4:00pm Happy Hour	9:30am Pastries & Coffee 2:00pm Movie

## "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.