



ARCADIA GARDENS

RETIREMENT HOTEL

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April 2016



5 Things About: Butterflies

- Butterflies can be found fluttering around every continent except Antarctica.
- The insects feed on nectar and pollen from flowers.
- They taste with their feet—that's where their taste receptors are located.
- A butterfly's two eyes have 6,000 lenses each.
- Their wings are actually transparent and covered with thousands of tiny scales. Light reflecting off the scales creates the colors and patterns we see.

Choose Beets for Brain Power

The next time you're at the salad bar, add some beets to the mix. This vibrant reddish-purple root vegetable could benefit your gray matter. Research shows the naturally occurring nitrates in beets may help increase blood flow and oxygen to the brain, which improves cognitive function.

Resident Council

Resident Council meetings are held once a month in the Oval Room. We encourage all residents to attend. Please check calendar for date, place and time.

Council Members

President: Dorothy Williams
Correspondence: Dorothy Hill
Attendance Keeper: Clara Colasnonno



With Sympathy

Gloria Anderson
Jeaun Bech
Albet Gysegem



Welcome New Residents

Welcome New Residents

We are proud to have so many wonderful residents here at our community! You get a special feeling each time you walk through the property and see so many friendly faces. If you see one of our new residents, stop and say hello. Anyone can be a neighbor, but it takes a special person to be a friend.

New Resident List

Elizabeth Johnson
Josephine Docherly
Betty Sipert
Alfredo Sipert
Vera Stanford
Robert Pitzer
Robert Whittier
Kenneth Marshberger



Mobile Zoo

Date: April 15, 2016

Time: 11:00 am to 12:00 p.m.

Place: Penthouse

Don't miss the fun! We hope to see everyone attend. Please be a few minutes early so that we can seat everyone.

Happy Birthday

Resident Birthday List

4/3	Richard Ornelas
4/5	Vivian Ledesma
4/9	Darlene Johns
4/11	Barbara Cain
4/11	Alfredo Sipert
4/14	Dimiti Vantarakis
4/18	Robert Whittier
4/18	Angela Adamo
4/18	Marjorie Bernklau
4/19	Wanda Drown
4/23	Juanita Smouse
4/26	Teresa Sprecher
4/28	Dorothy White
4/29	Jane Ang
4/29	Dana Matula



Employee Birthday List

4/5	Erik Grande
4/11	Alexandro Gonzales
4/12	Irene Gomez
4/15	Maria Gamboa
4/16	Leticia Garcia
4/16	Rosario Hernandez
4/22	Silvia Duenas
4/24	Valantine Ashjian
4/26	Emily Anton
4/26	Rick Stubbs
4/27	Michelle Olivares
4/28	Maria Khanzadian

All That Jazz

April is Jazz Appreciation Month. Celebrate with a look at some of the legendary talents who helped make the genre a musical mainstay.

Louis Armstrong. Affectionately called "Satchmo," Armstrong, like jazz itself, was born in New Orleans and taught himself to play cornet as a boy. He is considered to be the founding father of jazz, pioneering improvised solos and scat singing. The charismatic trumpet virtuoso was so popular, he served as a worldwide ambassador for the new sound.

Charlie Parker. Growing up in Kansas City, Mo.—another cradle of jazz—Parker got his

first taste of music while playing in his high school band. Famously known as "Bird," the saxophone great invented the style of jazz called bebop with trumpeter Dizzy Gillespie.

Miles Davis. Davis dropped out of the Juilliard School in New York City to play trumpet with Charlie Parker. Known for his ability to "hear the future," Davis continually forged new trends, including cool jazz and jazz fusion.



World's Rainiest Places

The next time you're feeling those rainy day blues, consider what it might be like to live in one of the Earth's soggiest spots.

Mawsynram, Meghalaya, India. Residents of this village in northeastern India live in the wettest place on Earth, according to Guinness World Records. They receive an average annual rainfall of 467 inches, most of it during monsoon season. The neighboring village of Cherrapunji often takes second place in yearly downpours with 463 inches.

Cropp River, New Zealand. While rainfall in New Zealand is above average, the Cropp River raises the bar, getting soaked

with 453 inches of the wet stuff each year.

Mount Waialeale, Kauai, Hawaii. This mountain, which means "overflowing water" in Hawaiian, really lives up to its name. With rain nearly every day and averaging 450 inches annually, the area's ground is so saturated that it's difficult to walk on, so tourists must sightsee by helicopter.

Debundscha, Cameroon, Africa. Located on the west coast of the continent, Debundscha receives about 405 inches of rainfall yearly. Because the village is near the equator and sits at the base of Mount Cameroon, it has a long rainy season.

Wit & Wisdom

"Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky."

—Rabindranath Tagore

"It is only in sorrow bad weather masters us; in joy we face the storm and defy it."

—Amelia Barr

"There are some things you learn best in calm, and some in storm."

—Willa Cather

"I'm not afraid of storms, for I'm learning how to sail my ship."

—Louisa May Alcott

"If you spend your whole life waiting for the storm, you'll never enjoy the sunshine."

—Morris West

"Storms make the oak grow deeper roots."

—George Herbert

"If you want to see the sunshine, you have to weather the storm."

—Frank Lane

"The little reed, bending to the force of the wind, soon stood upright again when the storm had passed over."

—Aesop

"The more violent the storm, the quicker it passes."

—Paulo Coelho



Titanic Trivia Tribute

For more than a century, people have been fascinated by the story of the Titanic, the “unsinkable” ship that met its demise on April 15, 1912. In honor of the anniversary of its first and only voyage, here are a few facts you may not have known:

- The Royal Mail Steamer Titanic was the largest passenger steamship ever built at the time, with a total length of 882 feet and weight of 46,328 tons.
- It had 2,240 passengers and crew members on board for its maiden voyage.
- The average cost of a first-class ticket was \$2,500, or about \$57,200 today.
- The ship’s nicknames included “Ship of Dreams” and “Millionaire’s Special.”
- Titanic cost \$7.5 million to build (\$400 million today).
- Titanic departed England on April 10, 1912. It stopped at ports in France and Ireland before sailing for New York City.
- At about 11:30 p.m. on April 14, the ship struck an iceberg in the North Atlantic Ocean and sank about three hours later.

America’s Poets

The list of talented and accomplished American poets could fill thousands of pages. Celebrate National Poetry Month in April by remembering some of these writers:

Walt Whitman. Widely praised as one of America’s most influential and innovative writers, Whitman had a career as a journalist before publishing his landmark collection “Leaves of Grass” in 1855. It includes the poems “I Sing the Body Electric” and “Song of Myself.”

Emily Dickinson. Known for her solitary devotion to her craft, Dickinson wrote nearly 1,800 poems, but few were published during her lifetime. Her unconventional use of punctuation and capitalization were unique to the mid-19th century.

Robert Frost. Often depicting rural life, Frost’s poems—such as “The Road Not Taken” and “Stopping by Woods on a Snowy Evening”—are regularly studied in literature classes. Before his death in 1963, Frost was considered the unofficial poet laureate of the U.S.

Maya Angelou. Beloved throughout the world, Angelou’s inspiring strength and courage is reflected in poems such as “Still I Rise,” “Caged Bird” and “Phenomenal Woman.” She received many honors during her lifetime, including the Presidential Medal of Freedom in 2010.

Kindergarten’s Roots

For many children, it’s the first step when starting school: kindergarten. How did this entertaining and educational world of finger paints, blocks and story time get started?

Until the mid-19th century, it was commonly believed that children needed to be trained with a stern hand, and playing was a waste of time. However, German educator Friedrich Froebel believed that children were naturally curious and able to learn through play.

Froebel encouraged the use of music, nature study, stories and dramatic play to teach children, and he developed various geometric building blocks, puzzles and crafts that he called “gifts” and “occupations.” Based on his philosophy that children were like plants that were cultivated by gardeners (teachers), the term *kindergarten*—literally, “garden of children”—was born. Froebel opened his first kindergarten in 1837 in Blankenburg, Germany.

The idea caught on quickly throughout Europe and in the U.S. In 1873, St. Louis became the first public school district to offer kindergarten.





Arcadia Garden's Library

Several weeks ago three big boxes of paperback books were left in the library. Included was a complete series of the "Cat Who" by Lilian Jackson Braun, author of both cats and mysteries who also wrote 23 books of cats involved in mystery solving.

Come into our Winners Circle/library room and check out the fiction paperback section on a shelf exclusively Braun's for interesting and amazing reading.

By: Bonita Luts



Colors Decoded

Seeing a rainbow in the sky is a rare treat and sure to bring a smile. In fact, color in general can influence our emotions and our actions. Here are some examples of how Western culture views colors.

Red symbolizes energy, power, passion, love, ambition and determination. It is also the color of anger and danger.

Yellow, the color of sunshine, is associated with joy, wisdom and energy, or it can suggest impatience and cowardice.

Green is the color of nature and symbolizes growth, harmony, health and stability. It may also indicate greed and jealousy.

Blue is associated with peace, truth, loyalty, wisdom, confidence, intelligence and tranquility.

Purple represents wisdom, dignity, independence, creativity, mystery and imagination.

White is color at its most pure, the color of perfection, innocence, wholeness and completion.

Black is the color of the hidden, the secretive and the unknown, but also power, elegance, formality, strength and authority.



Parise Arakelian

Please join us in celebrating the birth of a New Book! The Martyr's Son, by Parise Arakelian. The book will be available in bookstores April 24, 2016.

To celebrate the completion of this life-changing project we're having a book signing party and everyone is invited! Parise will also give us some insight on what inspired her to write the book about her beloved father, Armen Arakelian.

Date: April 21, 2016

Place: A.G. Oval Room

Time: 3:00 p.m.

There will be books available for purchase and Parise will be happy to sign, however they are limited.

We hope everyone will come out and support Parise Arakelian and congratulate her on her success.

Laugh Lines: A Shower of Snickers

Q: What is a queen's favorite kind of precipitation?

A: Reign.

Q: What is a king's favorite kind of precipitation?

A: Hail!

Q: What do you call it when it rains chickens and ducks?

A: Fowl weather.

Q: What do you call a wet bear?

A: A drizzly bear.

Q: Can bees fly in the rain?

A: Not without their yellow jackets.

A store manager overheard a cashier tell a customer, "We haven't had it for a while, and I doubt we'll be getting it soon." The manager quickly intervened and assured the customer the store would have the item she wanted by next week and ushered her out of the store. He then turned and scolded the employee, "Never tell customers that we're out of anything; tell them we'll have it next week. Now, what did she want?" Bemused, the clerk replied, "Rain."



Breakfast Around the World

A typical American breakfast is hard to define. It might include cold cereal, bacon and eggs, or pancakes.

Breakfast foods also vary widely from place to place across the globe:

Mexico. A favorite is *chilaquiles*, which consists of fried tortilla quarters in red or green salsa, often topped with a fried egg, cheese and avocado.

England. The traditional English breakfast is called a fry-up and consists of bacon, eggs, beans, sausage, broiled tomato, mushrooms, black pudding (blood sausage) and pan-fried toast.

France. Plain or chocolate croissants with coffee is a favorite breakfast of the French.

Pakistan. *Nihari*, a spicy curry made with beef or lamb, is usually served with *naan*, a flatbread.

Israel. A popular breakfast dish is *shakshuka*: eggs poached in a spicy tomato sauce, often served with pita bread.

China. A favorite here is *congee*, a thick rice porridge, flavored with beef or seafood.



Arts and Crafts

Stamped Spring Art

It's easy to paint a beautiful cherry tree in bloom—just use a soda bottle as a stamp!

Materials:

- Scissors
- White poster board
- Paintbrush
- Dark brown or black acrylic craft paint
- Light pink acrylic craft paint
- Small paper plate
- Empty 2-liter plastic soda bottle

Directions:

Cut the poster board in half so you have a tall, narrow panel to work on. Paint a tree branch on the panel with the dark brown or black paint. Let dry.

Pour some pink paint on the paper plate. Dip the bottom of the soda bottle into the paint so the five bumps on the bottom are covered.

Use the bottle to stamp pink cherry blossom flowers along the tree branch. Before stamping each flower, dip the bottle into the pink paint for a fresh coat. For various sizes of blooms, use different sizes of bottles.

Once dry, hang your artwork in your home.

Fast Food Firsts

When Americans embraced cars and took to the road, visionary restaurateurs created a new recipe for success—fast food. Here's a look at some of the pioneers of the culinary concept.

White Castle. Considered the first fast-food hamburger chain, it opened in Wichita, Kan., in 1921.

McDonald's. The granddaddy of all fast-food chains began by selling barbecue, but McDonald brothers Dick and Mac made a menu change at their San Bernardino, Calif., drive-in restaurant in 1948. They focused on burgers, which were prepared in assembly-line fashion and sold for 15 cents.

KFC. Colonel Harland Sanders began serving his fried chicken out of a gas station in Corbin, Ky., during the Depression. His café became famous after he developed a faster cooking process and his "original recipe," and by 1952, he began franchising his business.

Taco Bell. Glen Bell began selling hard-shell tacos at his Taco Tia stand in Southern California, and after several years of success, he built the first Taco Bell in 1962.



Wascally Wabbit

"What's up, Doc?" With those casual words uttered in the 1940 cartoon "A Wild Hare," the character of Bugs Bunny as we know and love him today was introduced to the world.

Before he became the carrot-chewing, wisecracking rabbit with a Brooklyn accent, Bugs made his first appearance in "Porky's Hare Hunt," a theatrical short that debuted April 30, 1938. The cartoon was directed by Ben "Bugs" Hardaway, who reportedly inspired the bunny's name.

But it wasn't until "A Wild Hare," directed by Tex Avery, that the bunny's true look and personality emerged—as well as his trademark voice, performed by Mel Blanc.

As Bugs' popularity grew during the World War II era, his self-assured, humorous approach to life's challenges embodied the attitude of the American people, who had endured the Great Depression and were then in the midst of a war. In the following years, he developed into a national icon and became one of the most popular cartoon characters of all time.

Bugs Bunny has appeared in more than 175 films.

Comedic Q&A

American journalist Mignon McLaughlin wrote, "A sense of humor is a major defense against minor troubles." Use the following questions to talk with your friends and neighbors about what tickles your funny bone.

- Who is the funniest person you know? What is their sense of humor like?
- Do you consider yourself a funny person?
- Were your parents or other family members funny?
- What kind of humor makes you laugh? Are you a fan of puns, riddles, tongue twisters, limericks, slapstick, or another form of comedy? Which is your favorite type?
- Are there any styles of comedy you don't like? Explain why.
- Do you have a favorite funny movie or television show? Describe the scenes that make you laugh the hardest.
- Are there any comedians or actors you find particularly funny? What about authors? Discuss their work with your group.
- Describe a time when you laughed until you cried.
- What is the best joke you've ever heard?



EARTH DAY

APRIL 22

A GREEN EARTH
IS A HAPPY EARTH!

"This Month In History" APRIL

1700: Playing pranks, tricksters in England begin popularizing the tradition of April Fools' Day.

1803: The U.S. agrees to pay France \$15 million for the Louisiana Territory. The Louisiana Purchase nearly doubled the size of the U.S.

1912: Fenway Park, home of Major League Baseball's Boston Red Sox, opens for its first game.

1939: Famed opera singer Marian Anderson performs before a crowd of 75,000 at the Lincoln Memorial.

1948: U.S. President Harry S. Truman signs the Marshall Plan into law. It provided more than \$13 billion in economic aid so that Western Europe could recover from World War II.

1959: NASA selects its first astronauts. Among the Mercury Seven are John Glenn, Gus Grissom and Alan Shepard.

1964: The Rolling Stones release their debut album.

1972: Polaroid introduces its folding instant camera, which produces self-developing photos.

1984: Kareem Abdul-Jabbar becomes the highest-scoring player in NBA history. The star center remains the league's all-time leading scorer with 38,387 points.

2001: "The Producers" opens on Broadway. The Mel Brooks musical would go on to earn a record 12 Tony Awards.

2006: Construction begins on a new skyscraper at the site of the former World Trade Center in New York City.