

APRIL 2018

# Harmony Hall



## Celebrating April

**Car Care Month**

**Jazz Appreciation Month**

**Physical Wellness Month**

**Easter**

*April 1*

**World Party Day**

*April 3*

**Barbershop Quartet Day**

*April 11*

**National Coin Week**

*April 15–21*

**Earth Day**

*April 22*

**Richter Scale Day**

*April 26*

## Frogs of the Amazon

Most people know that the Amazon is the world's largest rain forest. It covers 2.72 million square miles—almost the size of the 48 contiguous United States—and touches the countries of Brazil, Peru, Colombia, Venezuela, Ecuador, Bolivia, Guyana, Suriname, and French Guiana. The Amazon represents more than half of the world's remaining rain forest, home to an estimated 390 billion individual trees. It is within this magnificent forest that we find another of nature's marvelous animals: the frog. Scientists are not sure how many frog species inhabit the Amazon, but every year they are finding more. The latest estimate stands at 1,000 different frogs, toads, and tree frogs, which give us 1,000 reasons to celebrate April as Frog Month.

Perhaps the best recognized frog of the Amazon is the poison dart frog, the brilliant celebrity of the rain forest. These amphibians get their name from the indigenous tribes of the Amazon who dip their darts in the frog's poison to kill their prey. Another poisonous frog from the Peruvian Amazon is making headlines for its healing properties. Local tribespeople burn a small part of their skin and apply the toxin so that it is quickly absorbed into the bloodstream. After a few moments of serenity, the poison causes sensations of suffering, which leads to vomiting. Practitioners claim that the experience cures everything from depression to drug addiction and high blood pressure.

Researchers continue to add more frogs to this list of amazing creatures. Nearly one year ago, scientists discovered two new clown frog species, quite a surprise considering that only two species were known to exist. Researchers also found a new transparent *yaku* frog in Ecuador, named for its transparent abdominal skin, which reveals its heart. As recently as last November, researchers came upon the jaguar-snouted tree frog in the middle of an abandoned road, a new species that may already be endangered. This is some food for thought on April 28, Save the Frogs Day.



## Music Appreciation

**April 4:** TBA

**April 11:** Laurindo Almeida; "Duets with the Spanish Guitar."

**April 18:** TBA

**April 25:** Tchaikovsky: 1812 Overture Fact or Cr\*p edition

## Opera

**April 6:** Gaetano Donizetti's "Lucrezia Borgia." Story of Rome's infamous power-mad femme fatale.

**April 13:** Giuseppe Verdi's "Nabucco." Story of the Babylonian Captivity of the Hebrews

## **A Pocketful of Poetry**

If you are unsure of how to celebrate Poetry Month in April, then just wait until April 26, Poem in Your Pocket Day. On this day, choose a poem and carry it with you all day to work, to school, out shopping, or anywhere you may go. You may choose to share it with others or keep it to yourself, but the power of the poem will be with you all day. Perhaps you will choose a celebration of life, such as Walt Whitman's *Full Of Life, Now*; a hymn to nature, such as John Clare's *All Nature Has a Feeling*; a poem about poetry like Archie MacLeish's *Ars Poetica*; or a unique take on love, such as *Heart to Heart* by Rita Dove. Perhaps you won't choose a poem at all but your favorite song lyrics, which you can sing to everyone you meet. Remember, poems, like songs, are meant to be heard, so do not shy away from the wonder of sharing your special poem with those around you.

## April Upcoming Events

**April 6<sup>th</sup>** Q&A with Debbie, Cherie and Danny – 10:30am 2<sup>nd</sup> Floor

**April 10<sup>th</sup>** Resident Association Meeting – 2:00pm Movie Theater

**April 15<sup>th</sup>** Columbia Teacher's Association Recital – 6:30pm Movie Theater

**April 18<sup>th</sup>** Catholic Mass with Father Gene – 2:30pm Parlor

**April 19<sup>th</sup>** Just Bead It – 10:30am 2<sup>nd</sup> Floor

**April 25<sup>th</sup>** Dr. Lazris Discussion – 10:00am 2<sup>nd</sup> Floor

**April 26<sup>th</sup>** Resident Trip to Pepino's – 10:30am Lobby

**April 27<sup>th</sup>** Birthday Party with Steve – 2:00pm Lobby

### Religious Services & Events:

**Tuesdays & Thursdays:** Rosary Communion Service - Located in the Parlor at 3:00pm

**Sundays:** Catholic Communion Service- Parlor at 9:00am

**4th Wednesdays:** Catholic Mass Services at 2:30- Located in the Parlor

**Sundays:** Grace Christian Church - Located on 3rd Floor at 11:00am

**2nd Sundays:** St. John's Baptist Church at 2:30pm - Located on 3rd Floor

**2nd and 4th Fridays:** Jewish Services with Rabbi Baron at 11:00am - Located in the Parlor

*On our updated website you can find the month's activity calendar, newsletter, and movie listings!*

[www.liveharmonyhall.com](http://www.liveharmonyhall.com)

### New Schedule for Trips

- **Giant Trips every Tuesday at 2pm (1 hour) and every Friday at 11am (30 minutes)**
- **Walmart/Target every Monday at 10:30am (1 hour) – at least 3 people must attend**
- **Recreational trips are subject to time changes and cancellations when deemed necessary by Transportation**
- **If you need to schedule a transportation appointment, ask the Front Desk for more information**

### Health Concerns

**For Questions regarding Audiology, Dental, Eye Care and Podiatry services – please call HEALTHDRIVE AT (888) 964-6681, Option 3. If you want to sign up for any of these services contact Claro or Gimly at ext. 4026/4032.**

**Thank You**

**Please do not hesitate to call the Recreation Office at 410-531-6000 x 4022, and we will be happy to sign you up for the events you wish to attend.**

## PB&J Day

Can you even imagine a world without peanut butter and jelly? April 2 is Peanut Butter and Jelly Day in honor of this ubiquitous sandwich staple. Before the average American finishes high school, they will have consumed 2,000 PB&Js. When did this sandwich achieve celebrity status? The first record of peanut butter and jelly on bread came in 1901, when Julia David Chandler mentioned the recipe in a book detailing the preparation of finger sandwiches for small parties. She wrote, "The combination is delicious, and, so far as I know, original." Then, in 1922, Joseph Rosefield transformed the peanut butter industry by devising a method to keep peanut butter from separating. He called his new peanut butter *Skippy*. At the same time, American manufacturing evolved to mass produce peanut butter and lower the cost, making it affordable to all. When sliced bread was invented in 1928, sandwiches became easier to make and, thanks to lobbying efforts by the peanut butter industry, the PB&J sandwich became standard fare in lunchboxes around the country. If peanut butter and jelly isn't your favorite sandwich, then just wait until April 12, Grilled Cheese Day.

## Time for a Change



Times Square is one of New York City's most famous landmarks, but many don't know where it got its name. Before it was Times Square, the intersection was known as Longacre Square, named after London's Long

Acre Square. Both places were hubs for horse carriages, brothels, and saloons. When Adolph Ochs acquired *The New York Times* newspaper in 1896, he sought a part of town far from City Hall and "Newspaper Row" for his growing news empire. He found his spot in Longacre Square, which the mayor renamed Times Square for the newspaper's offices on April 8, 1904.

## The Short-Lived Pony Express



On April 3, 1860, two horseback riders left simultaneously, one from St. Joseph, Missouri, heading west, and the other

from Sacramento, California, heading east. After 10 days of relay-team riding and 1,800 miles, riders arrived at both locations bearing mail packets. The mail had never been so speedy, and the legend of the Pony Express was born.

The Pony Express debuted before the advent of radio or telephone, when California was cut off from the rest of the country. Any mail sent from the east arrived by ship or stagecoach several months later. In this world, the arrival of a letter in 10 days' time was lightning fast. The Pony Express was conceived by three owners of a freight business: William H. Russell, William Bradford Waddell, and Alexander Majors. They, along with route superintendent Benjamin Ficklin, devised a route of over 150 relay stations set up across the frontier through Missouri, Kansas, Nebraska, Wyoming, Colorado, Utah, Nevada, and California. Riders, who carried up to 20 pounds of mail, were changed every 100 miles, with their horses switched out every 10 to 15 miles. Over 400 horses were purchased and multiple relay stations built and staffed for the endeavor. Speed was the key to the success of the Pony Express, with their fastest delivery being news of the election of President Abraham Lincoln in a record five days' time. However, as telegraph lines began to move westward, the need for the Pony Express began to dissipate.

On October 24, 1861, a mere 18 months after its historic first run, the Pony Express was discontinued as the first transcontinental telegraph line was completed. Despite its brief existence, the Pony Express has long encapsulated the romance of the Wild West: speeding horses, attacks by American Indians, and famous cowboys who worked for the Pony Express, including "Wild Bill" Hickock and "Buffalo Bill" Cody. Perhaps this is why the Pony Express remains a vivid memory in America's history.

## April Birthdays

In astrology, those born between April 1–19 are Aries' Rams. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident they can navigate any challenges. Those born between April 20–30 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks with a dogged persistence. And once the work is done, a Taurus expects to enjoy the fruits of their labor.

Marlon Brando (actor) – April 3, 1924  
Spencer Tracy (actor) – April 5, 1900  
Francis Ford Coppola (director) – April 7, 1939  
Betty Ford (first lady) – April 8, 1918  
David Letterman (TV host) – April 12, 1947  
Loretta Lynn (singer) – April 14, 1932  
Jennifer Garner (actress) – April 17, 1972  
William Shakespeare (writer) – c. April 23, 1564  
Barbra Streisand (singer) – April 24, 1942  
Ella Fitzgerald (singer) – April 25, 1917  
Carol Burnett (comedienne) – April 26, 1933  
Jerry Seinfeld (comedian) – April 29, 1954

## Of Gum and Gumption



The Wrigley Company may be the world's largest manufacturer of chewing gum, but when the company was founded on April 1, 1891, by William

Wrigley Jr., its primary business was selling soap. Wrigley journeyed from Philadelphia to Chicago with just \$32 in his pocket and an innovative idea to offer free baking soda with every purchase of his Wrigley's Scouring Soap. This model proved so successful that he later went into the baking soda business, now offering two free packages of chewing gum for every can of baking soda he sold. Once again, his giveaway proved more popular than the original product, and he ended up dedicating his company entirely to gum, a move that not only made him his fortune but made "Wrigley" a household name in Chicago and beyond.