



The Messenger

April 2018

Things to celebrate in April: National Humor Month, Keep America Beautiful Month, April Fool's Day, Easter, Caramel Popcorn Day, World Health Day, National Siblings Day, Grilled Cheese Sandwich Day, Friday 13th, Scrabble Day, World Art Day, Patriot's Day, Earth Day, National Jelly Bean Day, National Pretzel Day, Great Poetry Reading Day

Family Council will be held on April 17 at 6:00 pm in the first floor Conference room.

April is National Humor Month, so this is the perfect time to add a little humor into your daily routine. Founded in 1976 by author and humorist Larry Wilde, the original idea was to heighten public awareness of the therapeutic and restorative values of joy and laughter. After all, many studies have shown that laughter can actually improve our health. And laughter is fun! After all, you can't feel sad or angry when you're laughing, right?

The fact is that laughter itself changes us physiologically. Like exercise or waving your arms around, it boosts the heart rate and increases blood flow, so we breathe faster and more oxygen is delivered to the body's tissues. Our facial muscles stretch and we actually burn calories when we're laughing. In fact, the mere act of smiling can alter your mood almost immediately.

Of course, there are always skeptics out there, like that cranky co-worker across the way or that grumpy relative you try to avoid at the holidays. But here are a few fun facts that you might want to mention to them:

Laughter Reduces Stress: When stressed, we produce a hormone called cortisol. Laughter can significantly reduce cortisol levels.

Laughter Can Reduce Pain: Laughter causes us to produce endorphins, which are natural, pain-killing hormones.

Laughter Strengthens the Immune System: A hearty laugh decreases stress hormones and increases production of T-cells, immune proteins and infection-fighting antibodies.

Laughter Helps the Heart: When we laugh we increase blood flow and the function of blood vessels, which can help prevent cardiovascular problems.

Laughter Relaxes the Whole Body: One good belly laugh can relieve physical tension and relax your muscles for up to 45 minutes.

Laughter Helps You Recharge: By reducing stress levels and increasing your energy, laughter can help you focus and achieve more.

So, not only is a great giggle a lot of fun, it's good for you! And like yawning, laughter can also be contagious. So by opening yourself up to more humor in your daily life, you may also have a positive effect on those around you. And the great thing about humor is that there is a bottomless supply out there. You don't need to sign up for anything. It doesn't cost a thing. It's fat-free and you can have as much of it as you like.

https://www.huffingtonpost.com/2012/04/25/national-humor-month-laug_n_1441488.html

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- Machelle West, RN
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- Kenneth Howard, LPN
2nd Floor Unit Supervisor
- Karen Gabriel, *Unit Secretary*
- Joe Burnside, LPN
Weekend & Evening Nursing Supervisor
- Cathy Jones, RN,
Weekend & Evening Nursing Supervisor
- Erica Nelson, RN, *MDS Coordinator*
- Tracy Carroll, *Lorien at Home*
- Lesley Hubbard, RN
Lorien at Home Nurse
- Jennifer Shoemaker, *Activities Director*
- Lori Weller, *Dietician*
- Sue Grandizio, *Dietician*
- Michael Johnson, *Maintenance Director*
- Tomeka Teagle, *EVS Supervisor*
- Tiffany Phillips, *Medical Records*
- Dara Alicando, *Rehab Director*
- Angela Soul
Lorien at Home Care Manager
, Social Services Dir.
- Amber Richardson, *Social Services Asst.*
- Vickie Tinsman, *Staffing Coordinator*
- Charmaine Sumpter, *Business Office Manager*
- Walida Howard, *Admissions/Bus. Off. Assist.*
- Kathleen McCormac, *Human Resources Director*
- Tamara Jenkins, *Recruiter*



April Fool's Day Facts:

April Fools' Day is no joke — it's an international celebration of silliness. Every year on April 1, people around the world pull pranks on each other as spring gets under way. But why?

The origins of April Fools' Day are nebulous, although one legend traces it to France. In the late 1500s, the French began using the Gregorian calendar, but not everybody was aware the new year date had moved. Some people kept celebrating around the vernal equinox, though, and their peers began to tease them. Thus, April Fools' Day was born, [according to the History Channel](#).

Traditions soon started. In France, where April Fools' Day is called Poisson d'Avril, children first cut out fish figures on paper and stick them on the backs of other people, then run away, [according to French Moments](#). In Portugal, revelers traditionally throw flour on each other, and in Scotland, they dispatch friends on pointless errands, as [Time reported](#).

Following are a few other facts about April Fools' Day, collected from [CNN](#) and [the Hoax Museum](#):

- In the Ukrainian city of Odessa, people hold [Humorina](#), a festival centered on April Fools' Day. The celebration includes concerts, raffles and a parade.
- In 1983, the Associated Press published a story on the origins of April Fools' Day. Citing [Joseph Boskin](#), a professor emeritus of history at Boston University, AP wrote about how the celebration began during the Roman Empire when Constantine let a jester named Kugel take over for a day. Of course, Boskin was pranking the reporter, and AP now [writes](#) on its website that “false material — however intended — undermines our mission ... we would not consider someone who attempts to perpetrate an April Fools' hoax to be a reliable source for anything in the future, April Fools' Day or not.”
- Scotland reputedly created the popular “Kick Me” sign gag.
- In 2008, the BBC aired a news clip of penguins flying as its April Fools' Day prank. The BBC was also behind another [legendary joke](#) when, in 1957, it showed a video about spaghetti that grew on trees.
- There's an organization that gives out [Ig Nobel Prizes](#) for research that's humorous — and true. “The real stuff is funnier, simply because it is real,” creator Marc Abrahams [told National Geographic](#). “In that sense, the things that are real and funny are a superior form of April Fools' joke, because you can tell them and people will think you are making it up.”
- Geoffrey Chaucer may have written the first-ever reference to April Fools' Day in a 1392 poem called “The Nun's Priest's Tale.”
- In 1996, Taco Bell pranked newspaper readers with an advertisement indicated it had purchased the historic Liberty Bell — and planned to rename it the “Taco Liberty Bell.”
- New York advertises a fake April Fools' Day parade on its website every year. This year's advertisement [reads](#), in part: “The Grand Marshall will be North Korean President Kim Jong Un dressed as the Pied Piper straddling his Ballistic Missile Float. He will be leading his faithful comrades, who will be goose-stepping and singing Ray Whitley and The Tams' 1963 hit ‘What Kind of Fool Do You Think I Am?’ Color commentary will be provided by Kanye West, who will be live-tweeting the parade from his Infinity Mirror Float.”

<http://www.ibtimes.com/april-fools-day-2016-facts-history-trivia-about-why-we-celebrate-pranks-jokes-day-2345701>

NATIONAL SIBLINGS DAY

National Siblings Day (also referred to as Sibling Day) is observed on April 10. It is a day created to honor our brothers and our sisters.

HOW TO OBSERVE

Spend some time with your sibling(s). Enjoy looking at photos and videos of time spent with your sibling(s). Use #NationalSiblingsDay to post on social media.

HISTORY

National Siblings Day was founded by native New Yorker, Claudia Evart in 1995 to honor and celebrate siblings. After losing her two siblings early in life in separate accidents, she knew how important siblings could be in our lives.

Claudia created the Siblings Day Foundation (SDF), a tax-exempt organization, whose goals included the establishment of National Siblings Day. Claudia selected April 10 in honor of her late sister, Lisette's birthday. Visit the website for more National Siblings Day information at <http://www.siblingsday.org/>.

There are over 1,200 national days. Don't miss a single one. Celebrate Every Day™ with [National Day Calendar!](#)

<https://nationaldaycalendar.com/days-2/national-siblings-day-april-10/>



Friday the 13th History and Facts!

Fear of Friday the 13th, also known as friggatriskaidekaphobia, plagues our society. The diagnosis brings together "Frigg," a Norse goddess and Friday's namesake, and "triskaidekaphobia," fear of the number 13 in general.

Every year, the world loses [\\$700 to \\$800 million](#) on Friday the 13th because people won't conduct business as usual. Many especially refuse to fly.

On top of that, [almost 80% of high rise buildings skip](#) the 13th floor. Many airports exclude gate 13, and hospitals regularly avoid room 13.

So where does this superstition originate? The roots link back to religion — of all denominations and time periods.

History of a superstition

First and foremost, the Last Supper's 13th guest (and last apostle), Judas [betrayed Jesus](#), according to the Bible. Then, His Crucifixion occurred on a Friday. Some scholars also believe Eve tempted Adam on a Friday.

Also, Babylon's ancient [Code of Hammurabi skips number 13](#) when listing laws. Egyptians considered the afterlife the 13th phase of life.

But the number thirteen's cursed beginnings fall outside the rise of Christianity, too. A similar story occurs in Norse mythology. The 11 closest friends of Odin, the father of all gods, chose to dine together when Loki, the god of evil and chaos, [crashed the party](#). One of the gods, Balder, the god of joy and happiness, died that evening. Much later, King Philip IV of France certainly didn't help by ordering the [persecution of the Knights Templar](#) on Friday, October 13, 1307. In the following years, several thousand faced torture and execution.

If those tales don't convince you, math also has a stake in why people get bad vibes from the number thirteen. First, 12 appears a lot in our culture — 12 months in a year, 12 hours on a clock, 12 signs of the zodiac, 12 apostles of Jesus. We love 12.

12 is a "pseudoperfect" number, according to [Wolfram](#). The sum of some of its divisors equals the whole number. For example, 1, 2, 3, 4, and 6 go into 12. Both 2+4+6 and 1+2+3+6 equal 12.

On December 12, 2012, a [boy in Alabama turned 12 at 12:12 p.m.](#) People started calling him everything from "the chosen one" to a sign of the impending apocalypse.

Thirteen has a tough act to follow.

Regardless of where, when, or how this superstition started, we've perpetuated our own fear. "If nobody bothered to teach us about these negative taboo superstitions like Friday the 13th, we might in fact all be better off," [Stuart Vyse](#), psychology professor at Connecticut College in New London, told [National Geographic](#).

<http://www.businessinsider.com/history-of-friday-the-13th-2013-9>

April is Poetry Month

Interesting Poetry Facts

- The most popular poetry form in the world is the Haiku
- The longest poem in the world is the Indian epic Mahabharata
- The shortest poem is 'The Shortest and Sweetest of Songs' by George MacDonald. It has just two words — "Come Home."
- The oldest poem is the Babylonian Epic of Gilgamesh
- Poetry can increase your vocabulary
- World Poetry Day is March 21st

National Poetry Month Customs & Traditions

The purpose of National Poetry Month hinges on 6 key areas: 1) to highlight the achievements and legacy of American poets, 2) to encourage poetry reading, 3) to help teachers introduce poetry into the classroom, 4) to increase media coverage of poetry and poets, 5) increase publication of poetry books and 6) to increase support for poetry and the poets who produce it.

The first presidential proclamation of National Poetry Month was done in April of 1996 by President William Clinton. Since then, similar proclamations have been done by mayors and other government officials all across the United States. Also, many bookstores and classrooms all over the country, will hang up National Poetry Month posters they obtained from poets.org.

National Poetry Day is also celebrated through book fairs, conventions and other activities. However, festivities don't have to be grandiose. People can also celebrate the day by curling up with their favorite book of poetry and letting it sweep them away.

<http://www.holidayscalendar.com/event/national-poetry-month/>

Fun facts about April:

1. The birthstone for April is the diamond.
2. The zodiac signs for April are Aries (March 21 - April 19) and Taurus (April 20 - May 20).
3. The birth flower of April is typically the Sweet Pea or the Daisy.
4. Global Child Nutrition Month
5. Humor Month
6. Mathematics Awareness Month
7. The Revolutionary War in America began on April 19, 1775.
8. April 23rd is known as the Feast day of the Patron Saint of England.
9. On April 30, 1975, General Duong Vanh Minh surrendered and the Communist forces captured Saigon which led to the end of the Vietnam War.
10. On April 4, 1818, a flag that contained 1 star for each state and 13 stripes was adopted by Congress.
11. In Fayette, N.Y. on April 6, 1830, the Church of Jesus Christ of Latter-day Saints was founded by Joseph Smith.
12. On April 6, 1917 the United States declared war on Germany in World War I.
13. On April 4, 1949, the North Atlantic Treaty was signed.
14. On April 11, 1814, Napoleon Bonaparte was exiled to the island of Elba and he was abdicated as Emperor of the French.
15. Good Friday - Friday before Easter Sunday
16. April 1 - April Fools' Day
17. April 5 - Arbor Day
18. April 22 - Earth Day
19. Thai New Year in Thailand
20. Khmer New Year in Cambodia

<https://www.famousbirthdays.com/facts/facts-about-april.html>

A Calendar Of Sonnets: April - Poem by Helen Hunt Jackson

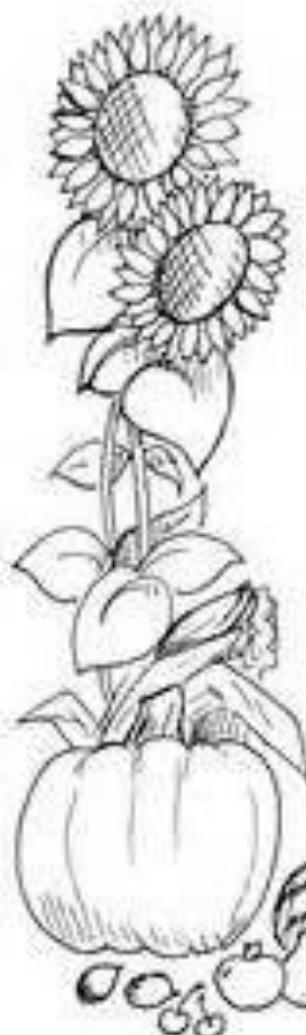
No days such honored days as these! While yet
Fair Aphrodite reigned, men seeking wide
For some fair thing which should forever bide
On earth, her beauteous memory to set
In fitting frame that no age could forget,
Her name in lovely April's name did hide,
And leave it there, eternally allied
To all the fairest flowers Spring did beget.
And when fair Aphrodite passed from earth,
Her shrines forgotten and her feasts of mirth,
A holier symbol still in seal and sign,
Sweet April took, of kingdom most divine,
When Christ ascended, in the time of birth
Of spring anemones, in Palestine.

April Rain Song - Poem by Langston Hughes

Let the rain kiss you
Let the rain beat upon your head with silver liquid drops
Let the rain sing you a lullaby
The rain makes still pools on the sidewalk
The rain makes running pools in the gutter
The rain plays a little sleep song on our roof at night
And I love the rain.



Garden Word Search



W T R A L S T B J S I E M S H L V E O S
 H E Y O D E R H U P F G A H N S E R R E
 E K O E S A T G Y L P G N E J A E A C Z
 E C B I B E A T O M P P U D Z G C N F O
 L U R U Q R M W U P E L R L A D E E B T
 B B H F A B E A E C O A E N Y F L K P A
 A R T P Y R T O R Q E N O R O N I O N M
 R K S E S M R O W Y D T H E G L O U M O
 R A J A L A P E N O B A N W V N S U N T
 O S T E M B M G D E R B G O O B L E H S
 W T P U T H A Q U V A R B L S C I Q E O
 G N I D E E W T E B E U O F H H U H R P
 C A B B A G E S E E Y T N N S A O S B M
 P E P P E R T L N G A D P U P B Q V S O
 T O R R A C T H E T E E A S I S E N E C
 S G U H O I O F O W A V N L N B T G D L
 D A Q R U U F P U R O U M L A T E O A D
 E T N R S N E D R A G R Y W C I A A O S
 E E F E A P P L E T F E T X H W T I N R
 S J Y R R E B W A R T S A E P Y K X Q S

Apple
 Asparagus
 Beans
 Beds
 Bucket
 Cabbage
 Carrot
 Compost
 Corn
 Eggplant
 Fence
 Flower
 Fruit

Garden
 Gate
 Greenhouse
 Harvest
 Herbs
 Jalapeno
 Ladybug
 Leaf
 Lettuce
 Manure
 Mulch
 Onion
 Oregano

Pear
 Peas
 Pecans
 Pepper
 Potato
 Rhubarb
 Roots
 Rosemary
 Sage
 Seeds
 Shed
 Shovel
 Soil

Spinach
 Stem
 Strawberry
 Sunflower
 Thyme
 Tomato
 Trowel
 Vegetable
 Weeding
 Wheelbarrow
 Worms

Easter

Word Search

M U Q O E U A P E I C P
X H Y W E O E E G S A U
G I P S P R I N G M C J
C H O C O L A T E C B B
P C Y U G E Z O B H A C
E S P A R R C N U I S F
E K I U A H O O N C K A
P H E A S T E R N K E M
S E U Y S G O G Y S T I
Y S B N F L O W E R S L
F M R S T E R V O I D Y

GRASS
EASTER
HUNT

CHICKS
BASKETS
BUNNY

FAMILY
SPRING
EGGS

FLOWERS
CHOCOLATE
PEEPS

