

# *Lorien Bel Air*



*April 2019*

*Daniel Xiao*



# Are You an April Fool?

The first day in April is the day most commonly called "April Fool's Day". Practical jokes, silliness, and foolishness are a big part of the day. Nobody is exactly sure where the tradition started, though many people think it can be traced back to a change in the calendar in 16th century France.

When King Charles IX introduced the Gregorian calendar in 1582, it changed the first day of the new year to January first. Before that, it was celebrated during the week of March 25 - April 1. Those that refused to acknowledge the change

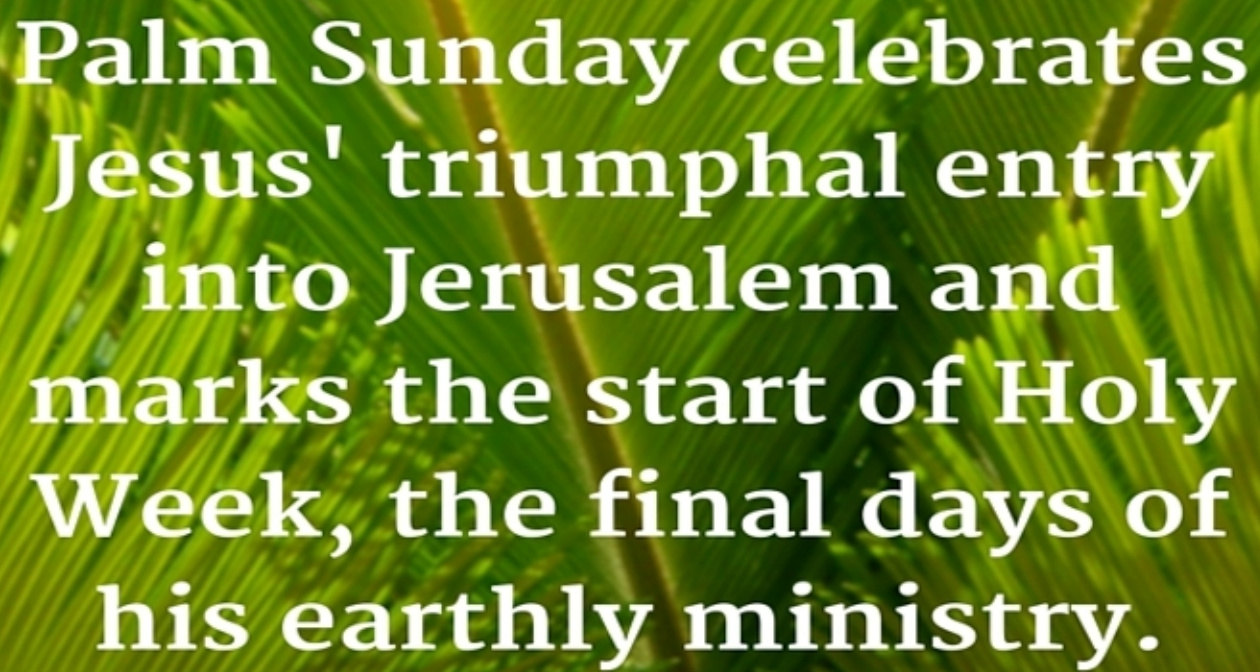
continued to celebrate on April first and were considered "fools" for not changing. It became commonplace to play jokes on these people.

Now, people all over the world use April Fool's Day as an excuse to play practical jokes on friends. These are not mean-spirited tricks, just silly jokes. Many newspapers, radio personalities, television shows, and Internet web sites participate in the celebration.

One of the most famous April Fool's Day hoaxes was carried out in 1957. The BBC television news show, Panorama, announced that Swiss farmers had grown a wonderful "spaghetti crop" and showed a video of them picking spaghetti from trees! In 1998, Burger King advertised its new Left-Handed Whopper on April Fool's Day, saying that all of the condiments were placed especially for the left-handed eater. Both of these practical jokes fooled tons of people!



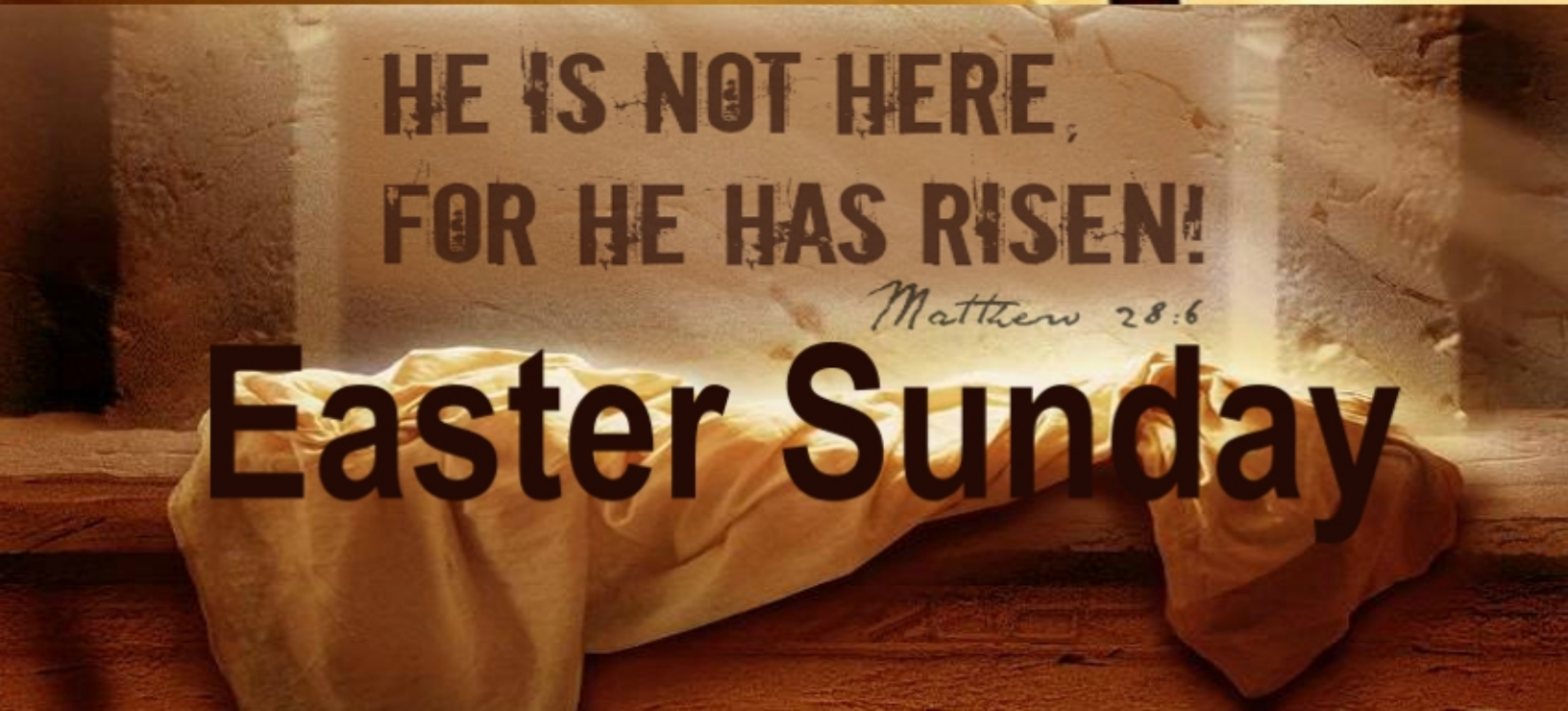


A close-up photograph of green palm fronds, with the long, pointed leaves creating a textured, layered background.

**Palm Sunday celebrates  
Jesus' triumphal entry  
into Jerusalem and  
marks the start of Holy  
Week, the final days of  
his earthly ministry.**

A silhouette of a wooden cross stands against a dramatic, golden sunset sky with soft, glowing clouds.

**On this Good Friday  
may we never forget the  
true meaning of Easter -  
For when He was on the  
cross, I was on His  
mind.**

A photograph of the entrance to a tomb. A large, rough-hewn stone has been rolled away from the opening, lying on the ground in front of the tomb. The interior of the tomb is visible in the background.

**HE IS NOT HERE,  
FOR HE HAS RISEN!**

*Matthew 28:6*

**Easter Sunday**





**27,000**

TREES ARE CUT  
DOWN EACH DAY  
FOR TOILET PAPER



**7**  
to  
**23**



inches rise in  
sea level by end  
of century



More than a  
million  
species face  
extinction



There is an underwater trash heap called the  
**Great Pacific Garbage Patch**  
that is 2x the size of the USA



**100 million**

Americans live in urban  
areas where the air is  
unsafe according to the  
EPA



**25,000,000**

plastic bottles that could be recycled are  
thrown away every hour in the US



By

**2040**

the Arctic region  
might have its 1st ice-  
free summer





# SURVIVING SPRING



# Allergies

**1 in 4**

people suffer  
from  
allergies



## Common Symptoms



Runny nose



Nasal  
congestion



Coughing



Sneezing



Watery eyes



Itchy nose  
and eyes



Worsened  
asthma symptoms  
(for asthmatics)



Decreased  
quality  
of sleep



## Triggers

Spring allergies are most commonly related to tree pollens:

- Birch
- Elm
- Maple
- White Ash
- Walnut



## Remedies

- Nasal saline rinses
- Nasal steroid sprays
- Antihistamines (*oral or prescription nasal spray*)
- Immunotherapy (*allergy shots*)



## Prevention

- Overall avoidance
- Check pollen counts daily and stay inside on high pollen days
- HEPA filter air cleaners in your home
- Wash bedding and clothing often in hot water
- Shower and change clothes after you've been outside on high pollen day



## Allergy Testing

Testing can be done with a skin test or a blood test.



**Massachusetts  
Eye and Ear**

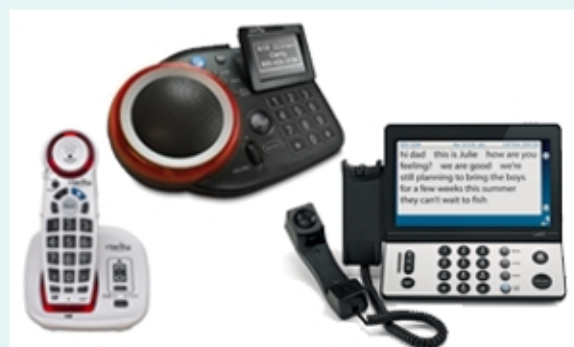


# Highlights

## Special Days in April

4/1 April Fool's Day  
4/2 PB&J Day  
4/3 Volunteer Dinner  
4/5 Spa Creek Dental Info  
4/13 Scrabble Day  
4/14 Palm Sunday  
4/16 Library Day  
4/18 Fitness Test  
4/19 Good Friday  
4/20 Pineapple Cake  
4/21 Easter  
4/22 Family Council  
4/24 Shakespeare Day  
4/26 Pretzel Day  
4/27 Sense of Smell Day  
4/30 Hairstylist Day

## Family Council with



Monday, April 22 at 10am  
Phone options for everyone



**SPACREEK  
DENTAL**

**Learn about the services  
that they can provide for  
Assisted Living Residents  
on Friday, April 5th  
at 10:30am.**

**HOW  
FIT  
ARE YOU?**

**Fitness Test on  
Thursday, April 18th at  
1pm in the second floor  
activity room.**



**EASTER  
DINNER**



**If you would like to eat Easter  
Dinner with your loved one, please  
make reservations at the front  
desk in advance. Dinner will be  
serviced on Sunday, April 21st at  
noon.**





# Garfield

BY JIM DAVIS



WHAP

JIM DAVIS 3-17

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SIGH



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## Find 12 differences







# Spring Word Search



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

SPRING

MAY

GREEN

WARM

UMBRELLA



MARCH

FLOWERS

GRASS

SHOWERS

EASTER



APRIL

BASEBALL

SUNSHINE

RAIN

BIRDS







# April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				