



April 2013

Hi-Lites

NATIONAL HUMOR MONTH: LAUGHING MATTERS

Are you stressed out? Unable to relax? Feeling gloomy? Well, you might consider going for a long and exhausting walk, or engaging in a frantic game of “Are You Smarter Than a 5th Grader?” to work out those frustrations. Or, if you want more immediate results, you can just laugh it off!

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! I mean, it’s rather difficult to feel sad or angry when you’re laughing, right? :)

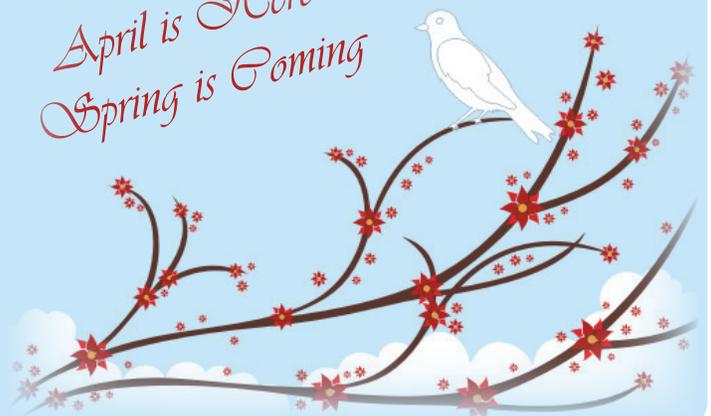
The fact is that laughter itself changes us physiologically. Like exercise or waving your arms around, it boosts the heart rate and increases blood flow, so we breathe faster and more oxygen is delivered to the body’s tissues. Our facial muscle stretch and we actually burn calories when we’re laughing. 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 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!

*April is Here
Spring is Coming*



Distribution and Assembly
Helen Genunzio, Diane Wagner,
Jann Albert

Document Production
Daniel J Lindstrom

Editors
Nikki Aderholdt, Ka Vang

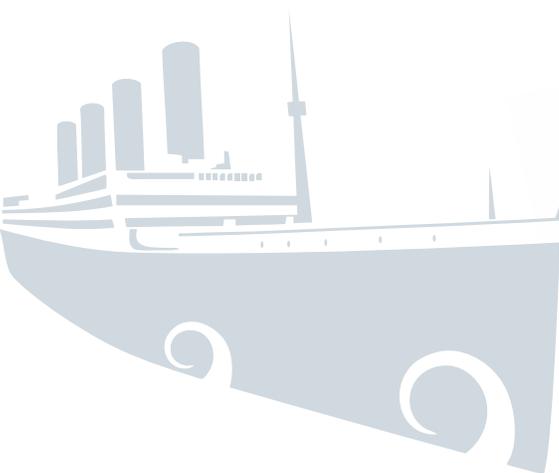
TITANIC REMEMBRANCE DAY APRIL 15

Titanic Remembrance Day is dedicated to the memory of the Titanic and over 1,500 people who died. On this day in 1912, the Titanic sank in the icy waters of the north Atlantic Ocean.

The Titanic was called “unsinkable” and the “safest ship afloat” by her builder and designer. However, on her maiden voyage from England to New York City, the cruise ship hit an iceberg in the Atlantic Ocean. On April 15, 1912, at approximately 1:40 AM, the Titanic succumbed to the massive gash in her side and gave way to the ice waters. Nearly 1,522 passengers and crew members died.

The historic sinking of the Titanic spurred numerous television documentaries, specials, and big screen movies. The most notorious of movies was Titanic, starring Leonard DiCaprio and Kate Winslet.

Did You Know? The Titanic had a sister ship, the Olympic. The ships were constructed around the same time, with the Olympic starting first. The Olympic was launched in 1910. She served as a cruise liner until pressed into service during WWI as a troop carrier. She was retired in 1935.



KROC'S MCDONALDS APRIL 15, 1955

The McDonald's restaurant concept was introduced in San Bernardino, CA by Dick and Mac McDonald of Manchester, New Hampshire. It was modified and expanded by their business partner, Ray Kroc of Oak Park, IL, who later bought out the business interests of the McDonald brothers in the concept and went on to found McDonald's Corporation.

Kroc's first McDonald's restaurant opened in Des Plaines, IL, near Chicago, on April 15, 1955, the same day the Kroc incorporated his company as McDonald's Systems, Inc. Ray Kroc's first McDonald's was then demolished after many remodels in 1984. After Kroc's initial success, McDonald's kept rolling. Find some interesting facts below:

1957

- Quality, Service, Cleanliness and Value (Q.S.C. & V.) became the company motto.

1959

- The 100th McDonald's opened in Chicago.

1963

- One billion hamburgers sold.
- The 500th restaurant opened.
- Ronald McDonald made his debut.

1964

- Filet-o-Fish sandwich introduced.

1967

- The first restaurants outside of the USA opened in Canada and Puerto Rico.

1968

- The Big Mac was introduced.
- The 1,000th restaurant opened in Des Plaines, Illinois.

1970

- McDonald's restaurant in every US state.

Spring Word Scrambles

1. Snigrp Spr
2. Chmar
3. Aiplr
4. Amy
5. Reowslf
6. Babelasl
7. Egrne
8. Sagsr
9. Snehnsui
10. Awth
11. Metl
12. Heosrws
13. Irna
14. Lulrebma
15. Retsae
16. Sdibr

Answers:
1. Spring
2. March
3. April
4. May
5. Flowers
6. Baseball
7. Green
8. Grass
9. Sunshine
10. Thaw
11. Melt
12. Showers
13. Rain
14. Umbrella
15. Easter
16. Birds

RECIPE OF THE MONTH

Spicy Chicken Stew

- 2 baking potatoes, peeled and cut into chunks
- 1 (10 oz) package frozen sweet corn
- 2 stalks celery, chopped
- 2 carrots, peeled and cut into chunks (1 cup)
- 1 onion, thickly sliced
- 2 cloves garlic, minced
- 1 (12.5 oz) jar salsa
- 2 teaspoons kosher salt
- 1 ½ teaspoons ground cumin
- 1 teaspoon chile powder
- ½ teaspoon black pepper
- 1 skinless, boneless chick breast, halved (about 1 lb)
- 4 skinless, boneless chicken thighs (about 10.5 oz)
- 2 ½ cups chicken broth
- 4 (6 inch) fresh corn tortillas, cut into strips

Place potatoes, corn, celery, carrots, onions, and garlic in slow cooker. Stir in salsa, salt, cumin, chile powder, and pepper. Distribute chicken evenly on top of vegetables and pour chicken broth over chicken. Cover slow cooker and cook stew on high for 4 hours.

Transfer chicken to a plate and shred with two forks into bite-sized chunks; return to slow cooker. Mix tortilla strips into stew. Serve warm.

Yields 6 servings

WHY USED FURNITURE IS NOT A GOOD BARGAIN

While buying used furniture is a good idea most of the time, there are certain times you should avoid buying it. The single most important thing you can do before buying used furniture is to inspect it carefully for clues whether that piece of furniture is usable and worth buying or not. Chances are you won't be able to return it, since most used furniture is sold as is and without any guarantees.

Like any piece of furniture, new or used, always measure the furniture as well as the space in your home to make sure your furniture fits. You should absolutely love a piece of furniture or know exactly what you need to do to improve it before you bring it home. Sometimes it is best to avoid buying used furniture.

When It Is Bad For Your Health

In my opinion it is best to stay away from used mattresses, especially if you don't know and trust the seller.

A lumpy, smelly or stained mattress is a definite no-no. It doesn't matter how low the price is. You may end up paying with your health as you have no idea what's made its way into it along the associated health hazards such as mold, dust mites, cockroaches, and bed bugs. You should definitely never buy a used crib mattress for an infant.

If you must buy a used mattress, look for a rebuilt one. While not the ideal solution, it is still better than a used mattress at a garage sale. After buying make sure you seal it in a plastic wrap to prevent coming in contact with whatever is inside it.

STRANGE BUT TRUE FACTS

- The King of Hearts is the only king without a moustache on a standard playing card
- The Mona Lisa has no eyebrows. It was the fashion in Renaissance Florence to shave them off!
- In Iceland, tipping at a restaurant is considered an insult
- A violin contains about 70 separate pieces of wood
- Forest fires move faster uphill than downhill!
- Over 2,500 left-handed people a year are killed from using products made for right-handed people!
- The sentence "The quick brown fox jumps over a lazy dog," uses every letter of the alphabet
- More Monopoly money is printed in a year, than real money printed throughout the world!
- There are no words in the dictionary that rhyme with: orange, purple, and month

JOKE OF THE MONTH

An Easy Enough Mistake

A man and a woman were having dinner in a fine restaurant. Their waitress, taking another order at a table a few paces away noticed that the man was slowly sliding down his chair and under the table, with the woman acting unconcerned.

The waitress watched as the man slid all the way down his chair and out of sight under the table. Still, the woman dining across from him appeared calm and unruffled, apparently unaware that her dining companion had disappeared.

After the waitress finished taking the order, she came over to the table and said to the woman, "Pardon me, ma'am, but I think your husband just slid under the table."

The woman calmly looked up at her and replied firmly, "No, he didn't. He just walked in the door."

UP COMING EVENTS

<i>Monday</i>	1, 8,15,22,29	12:00	Nurse Julie 4th Floor Nurse's Office
<i>Thursday</i>	4,11,18,25,	12:00-2:00	Nurse Julie 4th Floor Nurse's Office
<i>Friday</i>	12	12:30-3:00	Bookmobile - 2nd Floor Entrance

Entertainment

Please mark your calendars for the following entertainment offering. As always, there will be great refreshments and door prizes. Get out and enjoy some great fun!!!

- Tom's Tunes -Thursday, April 4th 6:00 PM (Community Room)

BINGO

Bingo every Tuesday night, 6:30, Cost \$1.00 first card, \$.25 for each additional card; please bring you own chips if possible.

Catholic Communion Service

Father Paul Ducharme will be in Friday, April 5 @ 6:30...and Sunday Mass is at 9:15 every Sunday in the Community Room. If you would like to receive Communion in your apartment, please contact Helen Genunzio, Apt. 314 or Bob Huiting, Apt. 606.

Foot Clinic

The Foot Care Clinic for April is Monday April 15. If you would like to sign up please do so outside of the Nurse's Office.

Hairdresser

Dona will be here, April 27, from 7:45 AM to 10:15 AM. If you are interested in a haircut, please stop in the Office to make an appointment. If you are interested in any special services (perms, color, etc.), please stop in the 3rd Floor Exercise Room when she is here to consult with her.

CELEBRATING BIRTHDAYS IN April

*Have a great
birthday!*

- 4 Jim Wery
- 5 Jeremiah Goin
- 5 Sandra Boswell
- 7 Richard Borley
- 11 Dan Stanton
- 14 Gene Corey
- 16 Joe Poczatek
- 16 Louise Jensen
- 17 Maryjo Egge
- 18 Donna Kress
- 23 Ann Caldie
- 26 Dorothy Reeder

BIRTHDAY CLUB

Mason Manor's Birthday Club for March will be on Friday, April 12 at 2:00 P.M. Everyone is welcome. You don't have to be celebrating a birthday to attend. Come enjoy friends, sweet treats, good old sing-along, games and prizes in the Community Room. Hope some of our new residents will come and enjoy the fun!

HEALTH CORNER

Vascular Dementia

Vascular dementia is defined as a clinical syndrome of intellectual decline caused by lack of blood flow to the brain tissue. Vascular dementia is the second most common form of dementia after Alzheimer's disease in older adults. The main subtypes of vascular dementia include mild cognitive impairment, multi-infarct dementia (MID), vascular dementia due to a strategic single infarct, vascular dementia due to hemorrhagic lesions, and mixed Alzheimer's dementia and vascular dementia. MID is one type of vascular dementia which occurs after multiple small strokes or sometimes after one large stroke and is preceded or followed by other small strokes. If dementia occurs after a single stroke, it is referred to as single infarct dementia.

As stated before, vascular dementia is the second most common cause of dementia in the U.S. and Europe in the elderly, but it is the most common form of dementia in Asia. Its incidence is nine times higher in individuals who have had a stroke. The prevalence of vascular dementia is higher in men than in women and increases with age. The five-year survival rate for individuals with this type of dementia is 39%.

Risk Factors

Risk factors for vascular dementia are the same as those for stroke and heart disease and include:

- Increasing age- Vascular dementia is rare before the age of 65, and the risk increases dramatically in the 80's and 90's
- History of heart attack, stroke, or mini-stroke
- Atherosclerosis- this condition occurs when deposits of cholesterol and other substances build up in the blood vessels in the brain
- High cholesterol- elevated levels of LDL (low density lipoprotein), known as "bad cholesterol," are associated with increased risk for vascular dementia
- High blood pressure- increased pressure and stress on blood vessels in the brain can increase risk of stroke and vascular dementia
- Diabetes- high blood sugar levels damage blood vessels in the brain
- Smoking- smoking damages blood vessels, thus increasing the risk of atherosclerosis and vascular dementia
- Atrial fibrillation- this abnormal heart rhythm increases the risk of stroke due to poor blood flow to the brain

Symptoms

Symptoms of vascular dementia depend on the part of the brain that is affected by the decrease in blood flow. The symptoms often overlap with other forms of dementia. Symptoms may be clear-cut, especially when they occur immediately after a stroke. Decline is usually more abrupt than with Alzheimer's disease but can also develop gradually. Vascular dementia symptoms include:

- Confusion
- Trouble paying attention and concentrating
- Reduced ability to organize thoughts or actions
- Decrease in ability to analyze a situation, develop an effective plan, and communicate a plan to others
- Difficulty deciding what to do next
- Memory difficulties
- Restlessness and agitation
- Unsteady gait
- Wandering at night

Vascular dementia is often difficult to diagnose or at least differentiate between other forms of dementia. There is no specific test to determine a diagnosis of vascular dementia; however, a review of medical history as well as symptoms can aid in the diagnosis. People with a history of stroke or other vascular risks should have a CT scan of the brain or MRI to identify vascular pathology in the brain, A carotid Doppler ultrasound may also be done. This is a high frequency sound wave test which is performed on the carotid arteries in the neck to look for signs of blood vessel narrowing due to plaque and/or atherosclerosis.

Treatment

Treatment of vascular dementia is focused on treating and controlling the underlying health conditions and risk factors. This may include prescriptions for medications to control blood pressure, reduce

Vascular Dementia - Treatment (cont)

cholesterol levels, prevent blood from clotting, and controlling blood sugar levels. There are no medications approved by the Food and Drug Administration to treat symptoms of individuals with vascular dementia specifically; however, drugs used in the treatment of Alzheimer's disease can be helpful in vascular dementia.

The main goal of the management of vascular dementia is prevention of further brain lesions. Smoking cessation is recommended, as well as weight loss if indicated, and the implementation of a healthy diet and an exercise plan. General management includes referral to community service for legal and ethical issues, as well as for family-related issues such as caregiver stress. Respite care or placement in an extended-care setting may be needed. Behavioral symptoms may also need to be addressed, as well, and are often difficult to manage.

Prognosis for vascular dementia is not as good as with the other dementias due to pre-existing medical conditions and the increased risk for a major stroke and sudden death. Vascular dementia, however, does not have the social stigma as does Alzheimer's disease, and often individuals and family find the diagnosis easier to accept.

THE IMPORTANT THINGS IN LIFE

A philosophy professor stood before his class with some items on the table in front of him. When the class began, wordlessly he picked up a very large and empty mayonnaise jar and proceeded to fill it with rocks, about 2 inches in diameter.

He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks.

He then asked the students again if the jar was full. They agreed it was.

The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

He then asked once more if the jar was full. The students responded with a unanimous "yes."

"Now," said the professor, "I want you to recognize that this jar represents your life. The rocks are the important things- your family, your partner, your health, your children- things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter- like your job, your house, your car.

The sand is everything else. The small stuff."

"If you put the sand into the jar first," he continued "there is no room for the pebbles or the rocks. The same goes for your life.

If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal.

Take care of the rocks first- the things that really matter. Set your priorities. The rest is just sand."

POSITIVE THINKING

Jerry was the kind of guy you love to hate. He was always in a good mood and always had something positive to say. When someone would ask him how he was doing, he would reply, “If I were any better, I would be twins!”

He was a unique manager because he had several waiters who had followed him around from restaurant to restaurant. The reason the waiters followed Jerry was because of his attitude. He was a natural motivator. If any employee was having a bad day, Jerry was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up to Jerry and asked him, “I don’t get it! You can’t be a positive person all of the time. How do you do it?” Jerry replied, “Each morning I wake up and say to myself, Jerry, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood. I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life.”

“Yeah, right, it’s not that easy,” I protested.

“Yes, it is,” Jerry said. “Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. You choose to be in a good mood or bad mood. The bottom line: It’s your choice how you live life.”

I reflected on what Jerry said. Soon thereafter, I left the restaurant industry to start my own business. We lost touch, but often thought about him when I made a choice about life instead of reacting to it. Several years later, I heard that Jerry did something you are never supposed to do in a restaurant business: he left the back door open one morning and was held up at gunpoint by three armed robbers. While trying to open the safe, his hand, shaking from nervousness, slipped off the combination. The robbers panicked and shot him. Luckily, Jerry was found relatively quickly and rushed

the local trauma center. After 18 hours of surgery and weeks of intensive care, Jerry was released from the hospital with fragments of bullets still in his body. I saw Jerry about six months after the accident. When I asked him how he was, he replied, “If I were any better, I’d be twins. Wanna see my scars?”

I declined to see his wounds, but did ask him what had gone through his mind as the robbery took place. “The first thing that went through my mind was that I should have locked the back door,” Jerry replied. “Then, as I lay on the floor, I remembered that I had two choices: I could choose to live, or I could choose to die. I chose to live.”

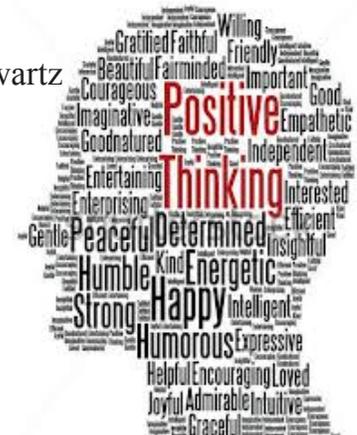
“Weren’t you scared? Did you lose consciousness?” I asked. Jerry continued, “The paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the emergency room and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read, ‘He’s a dead man.’ I knew I needed to take action.”

“What did you do?” I asked.

“Well, there was a big, burly nurse shouting questions at me,” said Jerry. “She asked if I was allergic to anything. ‘Yes,’ I replied. The doctors and nurses stopped working as they waited for my reply... I took a deep breath and yelled, ‘Bullets!’ Over their laughter, I told them, ‘I am choosing to live. Operate on me as if I am alive, not dead.’”

Jerry lived thanks to the skills of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully. Attitude, after all, is everything.

-Francie Baltazar-Schwartz



WELCOME TO MASON MANOR

Please help me in welcoming the following new tenants and friends to Mason Manor!
We are so excited to have you 😊!

Billy Pichette & Michael Delvaux Apt. 814
Barbara Giese Apt. 305

WORDS OF WISDOM

“Never do something permanently foolish just because you are temporarily upset.”

“In three words, I can sum up everything I’ve learned about life: it goes on.” –
Robert Frost

“Nobody is perfect, and nobody deserves to be perfect. Nobody has it easy; everyone has issues. You never know what people are going through, so pause before you start judging, criticizing, or mocking others. Everyone is fighting their own unique war.”

“Crying doesn’t indicate you’re weak. Since birth, it has always been a sign that you’re alive.”

SPEAKER SERIES

Join us on Friday, April 19th, at 2:00 PM, to listen to Sid Bremer illustrate accounts of the Russian Cities and Waterways from St. Peter’s Burg along Russian Canals and Rivers to Moscow. The presentation will be held in the Community Room. Hope to see you there!

STAFF DUTY

Relief Custodians for Week Nights, Weekends and Holidays

Terry Reeder

Monday, Saturday
Apt. 718
497-9011

Elridge Johnson

Tuesday, Wednesday, Thursday, Friday, Sunday
Apt. 509
71-4519

Jane Fitzpatrick

Lock Outs Only (Emergency)
Apt. 617

These relief custodians should **only be called for lockouts and/or emergencies when full-time staff is not working**. They will contact the maintenance staff person who is on call for any problems that need to be checked out or repairs needed to the building. **Jane is only to be called in an emergency when the relief custodian cannot be located.**