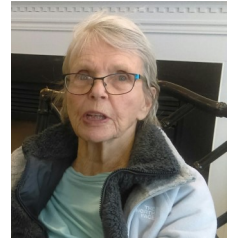


DOOR DOOR

The Arbors at Amherst

APRIL 2019



“We do not inherit the Earth from our ancestors, we borrow it from our children”
-Native American Proverb.

EARTH DAY is a worldwide event now celebrated in more than 193 countries. Its beginnings date back to April 22, 1970, when some 20 million people (many of them college students) across the U.S. took to the streets to bring attention to the effects of pollution on the Earth. Since then, this day has been designated as a day to show support for environmental protection - a time to commit ourselves to taking the needed measures to ensure clean air, land, and water now, and for generations to come. ** Earth Day has its own flag, which was designed by John McConnell. It is a picture of the Earth taken by NASA on a background of blue. ** The Earth Day Network planted 28 million trees in Afghanistan on Earth Day in 2011. ** More than 100,000 people rode bicycles in China on Earth Day 2012 to reduce the CO2 emissions and save fuel. ** The energy saved from recycling one glass bottle will operate a 100 watt lightbulb for four hours. Recycling one aluminum can, can save enough energy to watch TV for three hours. The energy saved by recycling one plastic bottle can power a computer for 25 minutes. ** Preventing one ton of paper waste saves between 15 and 17 mature trees. A single tree can absorb 48 pounds of carbon dioxide in a year. That number increases as the tree matures. ** Our utility company works closely with us on conserving energy in our building. You may of course turn down heat and lights when you're not home, and shut water off during teeth brushing. However, your personal safety and comfort are our top priority!

TELL ME SOMETHING GOOD...

“ We have so much to do, and it's all good stuff” -FF

“ I'm going to get outside and enjoy this day, it's a good one; too good to waste” -MZ

“ I just love the exercise class. If I don't get to do it, my day doesn't start out right” -HB

To a friend on the phone...”Let me talk to you later, I really want to go to this drawing class” -KS

“ It is very nice to share a good meal with such nice ladies” -BB

“I'm looking forward to this” -JD

After a music performance...”He was truly amazing, fantastic!” -TP

“I missed you. I love you” -RZ

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THAT'S A FACT JACK! Did you know....

** Every 20 minutes, the world's human population increases by 3,500. In the same time, one or more species of animal or plant life is wiped out - roughly 27,000 species per year.

** Dr. Seuss wrote 'Green Eggs and Ham' after his editor challenged him to produce a book using fewer than 50 different words.

** The Bible is the most shoplifted book in the world.

CHANGE OF SEASONS...

Spring is in the air, and winter is almost behind us. We are approaching that time of year when some days will be warm but the evenings still cool. Air-conditioning will not be available until it is much warmer. Please ask for your windows to be opened, and closed, or consider propping your door open for more ventilation. Do not attempt to open windows yourself, they are extremely heavy.



Happy Spring



Happy Passover



Happy Easter



Above and Right: Taking in a little culture during our trip to the Mount Holyoke Art Museum. We all found something interesting that caught our attention.

Below and Left: Taking in the sights and smells of spring at the Mount Holyoke College bulb show. Nature in all her splendor, right there in one room!



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APRIL 2019

UNSCRAMBLERS:

LAPRI OFLSO
DOGO RAYFID
VAPORES
STEARE DAUNSY
HEART ADY
BARRO YAD



YAHITZEE CHALLENGE!!



Above: When a group of individuals, from surrounding communities, come together in song... we have the "Caravan Chorus". Joining us for an afternoon of familiar, lively, and beautiful music (that many sang along to, tapped their feet to, and clapped along to) that pulled up some wonderful memories, and brought many a smile.

TRIVIALITIES FOR APRIL... ** The word April is rooted in the Roman word aprilis, meaning "to open". ** More tornados touch down in April than in any other month. ** The Civil War began and ended in April (4/12/1861 - 4/12/1865). ** The Titanic sank on April 14, 1912.

DOOR DOOR

April Is...

National Parkinson's Awareness Month, National Poetry Month, Dog Appreciation Month, Defeat Diabetes Month, National Autism Awareness Month, Keep America Beautiful Month, and Holocaust Remembrance Month!

Welcome Home New Residents

Hollis "Holly" W. (Apt. 213)

Jim & Laura F. (Apt. 119)

Mary M. (Apt. 115)

Diane R. (Apt. 107)

Katherine S. (Apt. 108)

Birthstone - Diamond

(Innocence)

Flower - Sweet Pea (or Daisy)

Happy Birthday !

4/16 John V.

4/19 Margaret A.

4/29 Joanne 'Jenny' M.

UNSCRAMBLER SOLUTIONS:

APRIL FOOLS

GOOD FRIDAY

PASSOVER

EASTER SUNDAY

EARTH DAY

ARBOR DAY



THE **Arbors**[™]
Assisted Living Residential Communities

Hairdresser
Tuesdays

Foot Clinic
4/4

To Your Health...

Gentle, low-impact exercise that's easy, free and available to everyone. * reasons why walking is great for your health.

1. **Walking strengthens your heart.** Reduce your risk of heart disease and stroke by walking regularly. It's great cardio exercise, lowers levels of LDL (bad) cholesterol while increasing levels of HDL (good) cholesterol. The Stroke Association says that a brisk, 30 minute, walk every day helps to prevent and control high blood pressure, reducing the risk of stroke by up to 27 percent.
2. **Walking lowers disease risk.** A regular walking habit slashes the risk of Type 2 diabetes by around 60 percent, and you're 20 percent less likely to develop cancer of the colon, breast, or womb with an active hobby such as walking.
3. **Walking helps you lose weight.** You will burn 75 calories simply by walking 2mph for 30 minutes. Work that short walk into your daily routine and you will shed pounds in no time.
4. **Walking prevents dementia.** Older people who walk six miles or more per week are more likely to avoid brain shrinkage and preserve memory as the years pass. I hear that 11 times around the first floor of the Arbors is equal to one mile!
5. **Walking tones up your body.** Give definition to calves, quads and hamstrings while lifting your glute (bum muscles) with a good regular walk. Pay attention to your posture and you'll also tone your abs and waist.
6. **Walking boosts Vitamin D.** We all need to get outside more. Many people are Vitamin D deficient, affecting important things like bone health and our immune systems. Walking is the perfect way to enjoy the outdoors while getting your Vitamin D fix.
7. **Walking gives you energy.** You will feel more productive with more energy, and a brisk walk is one of the best natural energizers around. It boosts circulation and increases oxygen supply to every cell in your body, helping you feel more alert and alive.
8. **Walking makes you happy.** It's true - exercise boosts your mood. Studies show that a brisk walk is just as affective as antidepressants in mild to moderate cases of depression, releasing feel-good endorphins while reducing stress and anxiety. So for positive mental health, walking is an absolute must.

With SO much to gain...grab a friend and TAKE A WALK!!