

Resident April Birthdays

#8 Jacqueline Humphrey April 7th
#111 Ruth Corner April 7th
#85 Andrea Hillis April 14th
#58 Cyrus Doyle April 16th
#66 Janet Muramoto April 16th
#21 Ella Bryner April 19th
#64 Alan Lawson April 20th
#35 Brian Spell April 23rd
#67 Juanita Linderman April 23rd
#106 Claude Crownover April 27th

Staff Birthdays

Tatiana Jackson (Med Tech) April 7th

Martha Cardenas (MC Care Staff) April 18th

Kelli Hendrickson (Transportation) April 22nd

Hope Lewis (MC Care Staff) April 26th

Alexis Harris (Med Tech) April 30th

Love



April Birthdays

In astrology, those born between April 1–19 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into the most challenging situations. Those born between April 20–30 are the Bulls of Taurus. Bulls not only work hard with a determined and tireless manner but they also enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types won't finish the job until they are completely satisfied.

Washington Irving (writer) – April 3, 1783
 Maya Angelou (writer) – April 4, 1928
 Booker T. Washington (leader) – April 5, 1856
 Billie Holiday (singer) – April 7, 1915
 Joseph Pulitzer (journalist) – April 10, 1847
 Charlie Chaplin (actor) – April 16, 1889
 Charlotte Brontë (writer) – April 21, 1816
 John Muir (naturalist) – April 21, 1838
 Ella Fitzgerald (singer) – April 25, 1917
 Harper Lee (writer) – April 28, 1926
 Duke Ellington (composer) – April 29, 1899



Caremerge is an engagement platform for Senior Living. Within Caremerge you can find the activities calendar, the dining room menu, community photos, access to the Golden Pond Facebook page and much more. It is also a hub for communication between staff and family members. As we continue to explore and master Caremerge as a community feel free to ask any questions about the service and we will do our best to answer them. Make sure to accept the invite we send you via email from Caremerge.com

SPRINGTIME *at the Pond*

Golden Pond Assisted Living | 3415 Mayhew Rd. Sacramento, CA. 95827

916.369.8967
 RCFE #347000985

Celebrating April

**Arab American Heritage
Month**

Poetry Month

Jazz Appreciation Month

Passover Begins

April 8

Easter

April 12

Gardening Day

April 14

Bulldogs Are Beautiful Day

April 21

Earth Day

April 22

Arbor Day

April 24

International Dance Day

April 29

Out of the Mouths of Babes

Oodles of evidence exists demonstrating that laughter is a powerful medicine. A good laugh stimulates the heart and lungs, releases feel-good endorphins from the brain, decreases stress, strengthens the immune system, lifts the mood, and just plain makes us happier people overall. The only problem is that many adults don't laugh enough. Scientists have run the numbers, and most adults, on average, laugh 20 times per day. This may seem like a lot, but children laugh up to 300 times a day! Humor Month, which begins with the foolishness of April Fools' Day, seems the perfect time to get to the root cause of this laughter deficit. Psychologist and laughter expert Robert Provine began collecting laughter samples in the 1980s. He wanted to understand why people laughed. Interestingly, laughter did not occur most often when people heard a funny joke. Instead, people laughed most at everyday remarks made by friends.

Laughter, Provine discovered, was an incredibly important type of social glue and a healthy way to engage the world. And this may be why kids laugh so much more than adults. Children are filled with the sense of wonder that comes with constantly learning new things Kids who laugh at themselves demonstrate the ability to accept their own imperfections. This lightheartedness attracts other friends, which in turn makes them feel better about themselves, resulting in higher self-esteem. The funny thing is that all of these social benefits continue into adulthood. As we grow, we should never stop delighting in the unexpected and laughing at ourselves, for these traits will keep our friends close and keep the laughs coming – and the more we laugh, the happier and healthier we will be.

The “Unsinkable” *Titanic*



On March 31, 1911, nearly 100,000 people gathered on a dock in Belfast, Ireland, to watch the launch of the RMS *Titanic*, the largest and most luxurious ocean liner ever built, a feat of engineering and a ship that many boasted was “unsinkable.” A little over a year later, on April 14, 1912, the unthinkable happened: On its maiden voyage, the mighty *Titanic* struck an iceberg and sank to the bottom of the Atlantic.

The *Titanic* was the most technologically advanced ship ever built. She had a double-plated bottom and 16 watertight compartments in the hull with doors that could close in case any were breached by water. For many, these innovations were a guarantee that the ship would stay afloat in any conditions. It also had a state-of-the-art electrical control panel and a wireless communications system that could transmit Morse code in the event of an emergency. None of these safeguards, however, could save the *Titanic* from her fate.

A mild winter had resulted in the north Atlantic being full of icebergs in April of 1912. There were many reports of floating bergs, but the crew of the *Titanic* paid them no mind. The 46,000-ton ship could reach a speed of 30 knots, making it not only the largest but also the fastest ship in the world. Captain E.J. Smith was speeding along at 22 knots when the iceberg was spotted, and while he was able to avoid a head-on collision, the iceberg struck the starboard side, ripping a gash in the hull that opened six of the 16 watertight compartments. Unfortunately, the ship's design could withstand the flooding of only four compartments. An SOS signal was sent from the innovative new communications system, but another ship did not arrive for over three hours. By then, the *Titanic* had broken in half and sunk. Due to a shortage of lifeboats, many passengers perished in the frigid waters. Just 705 of the 2,206 on board survived, and the sinking of the *Titanic* became one of the worst lessons in overconfidence ever suffered by mankind.



Before Gatsby Was Great



On April 10, 1925, F. Scott Fitzgerald published *The Great Gatsby*. Fitzgerald's tale of love and lavishness during the Roaring Twenties is today hailed as perhaps the greatest American novel, but when it was published, it was deemed mediocre at best. By 1925, F. Scott Fitzgerald was a fading literary star. Even he believed that his best books, *This Side of Paradise* and *The Beautiful and Damned*, were behind him. The initial reviews of *The Great Gatsby* weren't flattering. It was called “unimportant” and “painfully forced,” and sold just 21,000 copies. When Fitzgerald died in 1940, he believed the book to be a failure. A year after his death, though, the book took off, and by 1945 it was considered one of Fitzgerald's most successful works.



Your Management Team

Lupe Ramirez- Executive Director

Heather Murdock- Marketing Director

Ligia Rodriquez- Care Director

Melina Dearing-Wellness Director

Bernadette Soliz- Executive Chef

Dina Masterson- Activity Director

Jessica Ramirez- Office Manager

Lorine Ricardos-Housekeeping Director

Kelli Hendrickson- Transportation

Russell Thomas- Maintenance

April Fun!!

While social distancing and staying at least 6 feet apart from each other to stay safe and healthy during this time we are not wavering from having fun! We have lots of great activities this month in addition to the activity team coming by your apartments for One-on-One in room activity visits. We will be hosting a Mobile Pub Cart each week and bringing by some cocktails and snacks! We will also be bringing back the very popular M&M Bingo! In addition to Bingo we will be hosting a “Putting For Prize's” at our putting green area. We will host Church service on Wednesday's (Pre-Recorded) and of course we will be exercising and stretching daily. Make sure to check your calendar daily and the what's happening located in the elevators and front desk as well as on the Kiosk screens located around the facility! We will continue to put activity door hangers on your door handles so make sure to fill them out and leave them on your door handle!

~ Your Activity Team

Dina, Joseph and Karen

**Did you
wash them?**



Hand washing prevents disease.