



Everyone Deserves a Great Life

Atrium

MEMORY CARE COMMUNITY

April 2019

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Leadership Team

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Resident Care Manager

Linda Klein

Business Office Manager

Heather Willey

Life Enrichment Director

Terese Voll

Dining Service Manager

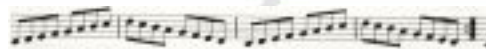
Danielle Doyle

Marketing Director

Elen Jasso

Facilities Manager

Greg Donnell



Atrium Choir

The Atrium Choir will be practicing every Monday and Thursday for the month of April. Join us for a fun concert on May 2nd at 2 pm.

Atrium April Events

April Fools' Day we will be fooling around no fooling!

April 12th 2:00 pm Janet Lieb will be sharing music and memories for the residents.

April 18th Easter Luncheon sign up sheet is in the front enter-way.

April Outings Spring Drive, Walk at Cherry-Vale Mall, Mystery outing, and Cherry Valley Drive.



Alzheimer's Can Cause Busy Hands

Seniors with Alzheimer's or dementia may show anxiety or agitation through fidgety hands. Signs include pulling or rubbing at clothes or bedding, rubbing hands together, twisting fingers, wringing hands and generally keeping hands in motion. Sensory therapy is an effective way to reduce anxieties, calm nerves, and provide comfort. Some ways to help keep hands busy are folding laundry, knitting, crocheting and sorting things.



Getting Ready for Spring!

We will soon be getting our courtyards ready for our residents to enjoy! Our patio furniture will be out in our courtyards mid April and we will start gardening with our residents.

Our Community Will Have a Fresh New Look

We are excited about the new upgrades for our building! We will be installing new carpet, paint, and flooring throughout our community. Our fresh new look will be taking place in the Spring.

Take a Deep Breath!

Deep breathing is one of the most widely endorsed exercises for calming seniors with dementia. Deep breathing can release stress hormones from the body. A good way to practice this daily, is before and after an exercise class. We practice this daily with our residents.



Bursting With Blossoms

A sure sign of spring is the beautiful blossoming of many trees. Here are a few varieties that put on a seasonal show:

Dogwood. Native to North America, the dogwood is famous for its stunning springtime display of white or pink blooms, making it a popular landscaping tree since America's earliest days. Both George Washington and Thomas Jefferson had dogwoods planted at their estates.

Japanese flowering cherry. This tree is the star of the National Cherry Blossom Festival in Washington, D.C., as well as other spring celebrations around the world. Its branches display delicate pink-white flowers that bloom for just a short time early in the season.

Magnolia. Prized for their large, fragrant flowers in shades of white, pink, red, purple and yellow, magnolias are often associated with the South, but varieties are grown in every region.

Eastern redbud. Dainty clusters of magenta blooms attract butterflies and birds to the redbud, which grows primarily in the eastern half of the U.S.

Fringe tree. This tree gets its name from the long, white petals that hang like silky fringe from its branches. The hardy plant is native to the Southeast, but can be found throughout the country.



Trivia Whiz

Right as Rain

Don't let April showers dampen your enthusiasm to learn all about rain!

Each minute, 1 billion tons of rain falls on the Earth.

Nimbostratus and cumulonimbus are the two most common types of rain clouds.

Falling at an average speed of 14 mph and from an average cloud height of 2,500 feet, a raindrop takes about two minutes to hit the ground.

Grass looks greener after a shower because rain contains nitrogen, which is a natural fertilizer.

Scientists have studied fossilized raindrop imprints in 2.7 billion-year-old rock formed from volcanic ash.

In hot, dry regions, rain sometimes evaporates before it hits the ground. The scientific term for this is virga, but it is also commonly called "phantom rain."



Military Camouflage

Blending in with the environment is an essential aspect of military operations. Camouflage uniforms were developed to help soldiers disguise themselves on the battlefield.

Prior to the 1900s, combat troops wore colorful uniforms that made them visible to generals and distinguished them from the enemy. This changed during World War I with the rise of trench and aerial warfare, which made it crucial for soldiers to remain undetected. The U.S. Army

began to employ artists to create camouflage uniforms.

Camouflage comes from the French word *camoufler*, meaning "to disguise." Made to keep military forces hidden, camouflage designs are based on the terrain where units are deployed and are usually mottled patterns in shades of green, brown, black and gray. One of the earliest patterns was called frog skin, with spots that blended in with jungle foliage. Over the years, designs resembling trees, tiger stripes and even chocolate chip cookie dough have helped hide soldiers in forest, desert and urban locations.

Military camouflage design has become more complex, with computers now generating digital patterns based on neuroscience.

RIDIAN

SENIOR LIVING

...es a Great Life



Crunchy Carrots

Famous for their crunch and their bright orange color, carrots are one of the most popular produce picks.

Wild carrots grew in Asia at least 3,000 years ago, but they weren't the vegetable we know today. In hues of purple, green, yellow and white, they were tough and bitter, and used mainly for medicinal purposes. Edible orange carrots are thought to have been developed by the Dutch in the 1600s. European settlers brought carrot seeds to Colonial America for cultivating.

Carrots are a root vegetable, and because they grow underground, they absorb nutrients from the soil. Along with fiber and vitamin C, carrots are packed with beta carotene, an antioxidant that the body converts into vitamin A, needed for healthy eyes, skin and immunity. The natural sugar content in carrots provides a subtle sweet flavor to dishes, even desserts such as carrot cake.

Although carrots come in many colors and sizes, baby-cut carrots make up nearly 70 percent of carrot sales. Developed in 1986, these snack staples are simply full-grown carrots that have been cut and peeled into 2-inch pieces.

Hit Ideas at the Ballpark

With baseball season in full swing, touch base with this look at some ballpark traditions.

Presidential pitches. It was 1892 when Benjamin Harrison became the first U.S. president to attend an MLB game. But in 1910, William H. Taft started the custom of sitting presidents throwing out a ceremonial first pitch.

Concession stands. Chicago's Wrigley Field, home of the Cubs, is the birthplace of permanent concession stands, which started in 1914 with a single kiosk that offered hot dogs, peanuts and popcorn.

Numbered uniforms. Dating back to 1916, teams had struck out with wearing small numbers on their uniform sleeves. Then in 1929, the New York Yankees had more visible 12-inch numbers sewn onto the backs of players' jerseys so fans could identify them. Other MLB teams followed their lead.

Organ music. The first chords of live organ music to be played at an MLB ballpark sounded out at Wrigley Field in April 1941.

Night games. On May 24, 1935, the lights were turned on for big league baseball's first night game, held at Crosley Field, then home of the Cincinnati Reds.

Foul balls. The owner of the Chicago Cubs, Charlie Weeghman, was the first team owner to allow fans to keep foul balls hit into the stands, starting in 1915. Most ballparks had ushers retrieve the balls so they could be put back into play.



Wit & Wisdom

"Humor is such a wonderful thing, helping you realize what a fool you are but how beautiful that is at the same time."
—Lynda Barry

"I realize that humor isn't for everyone. It's only for people who want to have fun, enjoy life, and feel alive."
—Anne Wilson Schaef

"A person without a sense of humor is like a wagon without springs. It's jolted by every pebble on the road."
—Henry Ward Beecher

"Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air, and you."
—Langston Hughes

"It is the ability to take a joke, not make one, that proves you have a sense of humor."
—Max Eastman

The Atrium

Memory Care Community

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“This Month In History”

APRIL

1912: Considered the first movie palace, the Strand Theatre opens in New York City. The lavish building could seat nearly 3,000 people.

1924: The first book of crossword puzzles is published.

1935: Congress votes to establish the Works Progress Administration. The WPA created jobs for out-of-work Americans during the Great Depression.

1947: A two-lane bowling alley built inside the White House is unveiled. It was an early birthday present for President Harry S. Truman.

1956: World heavyweight champion Rocky Marciano retires from boxing undefeated.

1969: At the 41st Academy Awards ceremony, Katharine Hepburn and Barbra Streisand tie for best actress. Hepburn won for “The Lion in Winter” and Streisand for “Funny Girl.”

1976: Barbara Walters is named the first female co-anchor of a network evening news program. She teamed with Harry Reasoner on ABC.

1983: Alice Walker wins the Pulitzer Prize for her novel “The Color Purple.”

1993: The U.S. Holocaust Memorial Museum is dedicated in Washington, D.C.

2008: Pop star Beyoncé Knowles weds rapper Jay-Z in New York City.

2011: In the largest outbreak ever recorded, more than 300 tornadoes hit 15 states in the southern and eastern U.S.

2018: Prince Louis, the third child of England’s Prince William and his wife, Catherine, is born in London.