



Notable Quotable

"It don't mean a thing if it ain't got that swing."

~ Duke Ellington, composer and band leader



April Horoscopes and 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 and passionate, 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.



Sybil Ludington's Ride

Paul Revere, patriot and hero of the American Revolution, gets all the credit for his famous midnight ride in which he warned that "the British are coming!" How quickly history has forgotten about Sybil Ludington, the 16-year-old daughter of Colonel Henry Ludington. On April 25, 1777, British troops landed at Compo Beach in Connecticut with the aim of storming a military depot in nearby Danbury. Word of the soldiers marching through the night reached American ears, and Colonel Ludington asked

Buddy Ebsen – April 2, 1908
Washington Irving – April 3, 1783
Maya Angelou – April 4, 1928
Booker T. Washington – April 5, 1856
Billie Holiday – April 7, 1915
Joseph Pulitzer – April 10, 1847
Charlie Chaplin – April 16, 1889
Charlotte Brontë – April 21, 1816
John Muir – April 21, 1838
Shirley Temple – April 23, 1928
Ella Fitzgerald – April 25, 1917
Harper Lee – April 28, 1926
Duke Ellington – April 29, 1899

Nina Cribbs 04/08
Ida Brugman 04/15
Betty Frei 04/24
Hannah Scruggs 04/27

his daughter to spread the alarm. Sybil Ludington rode 40 miles (several times the distance of Revere), rallying the Americans to arms. By the next morning, the American regiment was on the march to meet the British at Danbury. Statues of Sybil Ludington are erected in both New York and Connecticut, yet her daring ride has largely been lost in history. It took a poem by Henry Wadsworth Longfellow to immortalize Paul Revere. Perhaps Ludington needs a poem to solidify her place in American history.

Arbor Hills Grapevine

April 2020



Arbor Hills Independent Living
Residence
4145 Lakeland Hills Blvd
Lakeland, FL 33805
863.689.7811

Resources

Mary Gaudet
Executive Director

Robin Moran
Community Director

Mark Robison
Food Service
Director

Ramon Miranda
Maintenance
Director

Kaitlyn Askey
Activity Director

Lori Merrill
Resident Relations

Physician
Transport with Paul
Monday (south
side), Wednesday
and Friday

Beauty/Barber with
Courtney Tuesday
and Friday
9:00am-1:30pm

(Please schedule all
appointments with
receptionist)

From the Community Director

Happy Easter!! In these times of uncertainty, it sure does feel good to remember what this time mean for us! For many, it is all about the Easter basket, Easter bunny or hiding Easter eggs for the kiddos. For me, it is a celebration of so much more than that. It means that our Lord and Savior made the ultimate sacrifice for us so we could have everlasting life. It means that He has risen and now sits with our Father in Heaven. It means that if we believe, we are forgiven for our shortcomings and will be accepted into His kingdom. I am so thankful for this, now more than ever. We are so blessed that He loved us that much.

I would like to take a moment to thank everyone for their cooperation with the policies put in place due to COVID-19. I know this has not been easy and believe me, it is a challenge for us as well. Please know that we have your best interest in mind with the procedures we have put in place and having to temporarily cancel activities. Our staff is doing their best during this

uncertain time. Remember to be kind. They don't have to be here but they choose to be for you! I promise we will have meals in the dining room and activities again the minute we have been given the green light! Thank you in again for your cooperation and understanding while we are taking every precaution to protect you, our valued and respected residents.

PLEASE REMEMBER

Wash your hands often

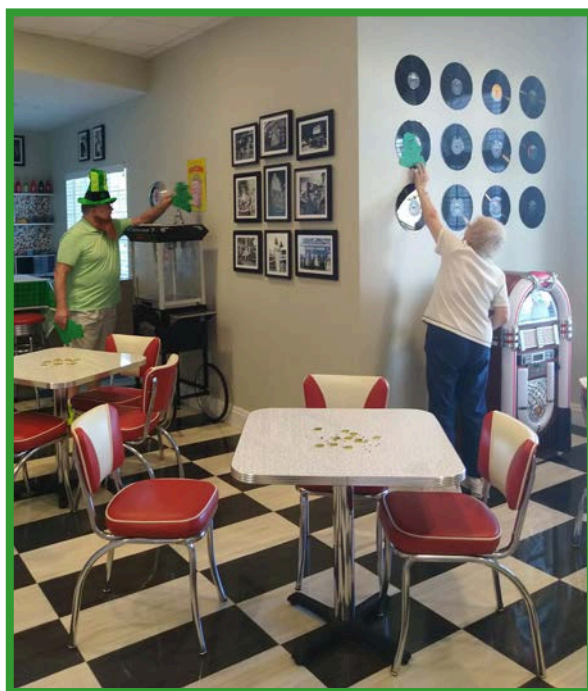
Social Distance (6 feet away)

If you are sick, stay in your apartment

If you have any symptoms (sore throat, cough, fever, difficulty breathing) call your doctor

Stay healthy and have a great month!

St Paddy's Day Leprechaun Scavenger Hunt!



Nichols flew every possible type of aircraft: dirigible, glider, landplane, seaplane, biplane, triplane, twin engine, supersonic, and more.

The Flying Debutante

Ruth Rowland Nichols was a pioneer of aviation during the 1920s and '30s, setting world records for speed, altitude, and distance. She received her pilot's license in 1924 after graduating from Wellesley College, becoming the first woman to receive such a license in the state of New York. It was on April 13, 1931, that Nichols established her most

daring record of all. Flying a state-of-the-art 1928 Lockheed Model 5 Vega Special at a three-kilometer course in Carlton, Minnesota, she recorded a speed of 210.64 mph, a new world record. Nichols became known as "The Flying Debutante." Her Lockheed Vega is on display at the Smithsonian's Air and Space Museum.

The "Surgeon's Photograph"

On April 21, 1934, *The Daily Mail* newspaper published the "Surgeon's Photograph," a black-and-white photo snapped by London surgeon Kenneth Wilson that shows the enormous neck and head of the Loch Ness monster plying the waters of the Scottish lake. Thanks to Wilson's photo, the world became gripped with "Nessie" fever.



Throughout Scottish history, there have been at least a dozen references to a mysterious creature inhabiting Loch Ness.

Although it was the most popular and exciting "evidence" of the Loch Ness monster, the Surgeon's Photo was not the first historical mention of such a beast. A seventh-century biography of Saint Columba, an Irish missionary who brought Christianity to Scotland, tells of how St. Columba faced off with a monster at the Ness River that flows into Loch Ness. Columba, seeing the monster's attempts to eat a man in the river, invoked the name of God, and the creature fled, never to be seen again. That is, until April of 1933 when a couple was traveling on a new road

that had been paved alongside Loch Ness. From the roadway, the couple witnessed "an enormous animal plunging and rolling on the surface" of the loch. Their story hit the newspapers, and news of the monster spread. The Surgeon's Photograph was published a year later, heightening the rumors of a creature lurking the depths of the lake.

In 1994, after 60 years and countless expeditions to Loch Ness, the photo was revealed to be a hoax. The photo depicted a toy submarine affixed with a plastic sea serpent's head. Of course, revelations of the hoax have not dimmed the enthusiasm of Nessie's believers. As recently as September of 2019, scientists were still searching for evidence of Nessie. DNA was collected from Loch Ness, and although 3,000 different types of species were identified—including fish, pigs, and humans—no DNA matching a mythical beast was found.

HAPPY EASTER

Jumping for Jelly Beans

(solution)

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

Out of the Mouths of Babes



Jokes to Share!

Q: What is a tree's favorite soda?
A: Root Beer.

Q: What kind of shoes does a lazy person wear?
A: Loafers.

I went to a smoke shop to discover that it has been replaced by an apparel store. Clothes, but no cigar.

Tip-jar humor in our local coffee shop: "Afraid of Change? Leave It Here."

Q: What weighs more, a gallon of water or a gallon of butane?
A: The water. Butane is lighter fluid.

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. Not only is laughter a normal response to a delightful and unexpected outcome but a sense of humor is critical to developing self-esteem, practicing social skills, and learning to solve problems. Kids who laugh at themselves demonstrate the ability to accept their own imperfections. This lightheartedness attracts other friends, which in turn makes children 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 for many years to come.



The “Unsinkable” *Titanic*



The Titanic had four smokestacks but only three worked. The fourth was added to make the ship look more impressive.

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 magnificent ship was “unsinkable.” 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 on April 14, 1912.

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.

On All Fours



The first Jeeps for civilian use were marketed to farmers and construction workers.

April 4, or 4/4, is the perfect day to commemorate the famous Jeep 4x4, a car beloved by so many. The history of the Jeep began in 1941, when Willys-Overland Motors of Toledo, Ohio, was contracted by the U.S. military to build tough off-road vehicles for wartime. Known as the Willys MB, the first jeeps were light enough to be pulled from the mud yet strong enough to haul military weaponry. The cars could ford rivers and climb hills. They

were even used as battlefield ambulances. No one knows for certain the origin of the name “Jeep.” Some think it was shorthand for “general purpose,” or GP, vehicles. Others say it came from the popular Eugene the Jeep character from the *Popeye* comic strip. Jeeps had a rocky transition to civilian life, yet they have always retained their fan base and sales remain strong. The Jeep proves as resilient in the suburbs as it once did on the battlefield.

Jumping for Jelly Beans

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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

- | | | |
|--------------|-------------|---------------|
| BUBBLE GUM | GREEN APPLE | PEANUT BUTTER |
| CANTALOUPE | LEMON | PIÑA COLADA |
| CINNAMON | LICORICE | SOUR CHERRY |
| COCONUT | LIME | STRAWBERRY |
| COTTON CANDY | ORANGE | VANILLA |
| GRAPE | PEACH | WATERMELON |