

**Reminder if you refer  
someone to move in  
and they stay for 30  
days, you get a free  
month's rent.**



Getting nails done is a  
highlight of being stuck  
inside.



Pauline Kelsey – 4<sup>th</sup>  
Bertha Liston – 8<sup>th</sup>  
Chester Boelkins – 12<sup>th</sup>  
Robert Kilburg – 16<sup>th</sup>  
Vincent Hoogheem- 21<sup>st</sup>

Trying to keep our spirits  
up and bodies moving.



# Happenings at the Hills

## 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 Fool's 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. 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 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.



## Celebrating April

### Poetry Month

### Passover Begins

*April 8*

### Easter

*April 12*

### Gardening Day

*April 14*

### Earth Day

*April 22*

### Arbor Day

*April 24*

### Staff Birthdays

Jodi Collins – 6<sup>th</sup>  
Kelly Stoller – 8<sup>th</sup>  
Todd Schmoll – 11<sup>th</sup>



## 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 they 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.



still having fun while being stuck inside



We are always and laughing and having fun



When this is over,  
May we never again take for granted  
A handshake with a stranger  
Full shelves in the store  
Conversations with neighbors  
A crowded theatre, Friday night out  
The taste of communion  
A routine checkup  
The school rush each morning  
Coffee in the morning, The stadium  
roaring  
Each deep breath, A boring Tuesday  
Life itself.

When this end,  
May we find that we have become more  
like the people we wanted to be. We  
were called to be we hoped to be and  
may we stay that way. Better for each  
other because of the worst.

**Don't forget we are still traveling from the living room. For April since we are still stuck inside, we will be visiting two states a week. If you have any thing you want to see from each state just let me know. The state we are visiting each day will be written on the calendar.**