


Word/Phrase Puzzles to test your brain ...  
(answers on the bottom of the page)

down down down down ↓	GRASS	FOOT	pigs pigs pigs
B R A N	JOB	3.14159265	ANY??
SPLOSTACE	Please	somewhere 	↗ AID AID AID
injury + insult	MAN BOARD	CCCCCCC	FACE



Earth Day - April 22

Earth Day is a day that was created to promote awareness and appreciation for the Earth's environment and occurs each year on April 22nd. The first Earth Day was in 1970 and was founded by U.S. Senator Gaylord Nelson (D-Wisconsin) as an environmental teach-in for school children.

We were soooo LUCKY to have had some fun on St. Patricks Day!



1. 4th down; 2. green grass; 3. big foot; 4. 3 little pigs; 5. scattered brain; 6. inside job; 7. apple pie; 8. any questions; 9. lost in space; 10. pretty please; 11. somewhere over the rainbow; 12. first aid; 13. add insult to injury; 14. main over board; 15. seven seas; 16. red in the face

answers:

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April Days to Note:

Good Friday  
April 2

Easter Sunday  
April 4

National Siblings Day  
April 10

National Grilled Cheese Day  
April 12

Tax Day  
April 15

Earth Day  
April 22

National Pretzel Day  
April 26



Apr 1 - Maria Sippel  
Apr 10 - Kristi Carlson  
  
Apr 14 - Kenneth Smith  
Apr 15 - Margarette Pischke

Happy Easter - April 4



The **Easter lily** is another new addition to Easter celebrations. Throughout the years, painters and sculptors used the white Madonna lily to symbolize purity and innocence, frequently referring to Mary. This lily doesn't force well, so nurseries couldn't get the flower to bloom in time Easter. In the 1880s, Mrs. Thomas Sargent brought Bermuda lily bulbs back to Philadelphia. A local nurseryman, William Harris, saw the lilies and introduced them to the trade. A more practical consideration was that they were easy to force into bloom in time for the Easter season. From there, the Bermuda lily, now the familiar Easter lily, spread throughout the country.

Easter is an important holiday, if not the most significant event in the Christian religion. May God bless you this Easter and always!

Jelly Bean Day - April 22



According to Jelly Belly, the most popular jelly bean flavors include cherry and buttered popcorn. Food historians believe that Turkish delights or lokum, a chewy candy from Turkey, inspired the creation of the jelly beans, though it is unclear who invented them.

Some sources suggest that jelly beans were popularized during the American Civil War when people were encouraged to send the candy to soldiers in the field. Jelly beans are equally loved by children and adults alike. President Ronald Reagan was known to be a big fan of this delicious chewy candy, so much so that about 3 tons of red, white, and blue jelly beans were used during his inauguration as the 40th President of the United States in 1981. It is said that his favorite flavor was licorice.



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Breakfast Recipe ...

Breakfast Oatmeal Pancakes  
(w/extra protein)!!

Ingredients:

- 2 very ripe medium bananas (about 2 cups sliced)
- 1 1/2 cups whole wheat flour
- 1/2 cup rolled oats
- 1 1/2 teaspoon baking powder
- 1 teaspoon cinnamon
- 3 eggs
- 1 cup milk (dairy or nondairy)
- 1 teaspoon vanilla extract
- 2 tablespoons butter



Instructions:

Mash the bananas until smooth.  
Add bananas to a bowl with the rest of the ingredients except the butter. Gently stir together.  
Warm a nonstick or cast iron skillet over medium heat. Add a small bit of the butter, melt, and spread it around the pan.  
Drop 1/4 cup fulls of batter onto the pan and spread out thinly to about 1/4-1/2 inch thick. Cook for about 3 minutes or until you see bubbles on the surface on the pancake. Flip and cook for an additional 2-3 minutes. Continue to cook the rest of the batter.  
Serve warm.

A word from Gloria ...

Observed in April each year, **National Donate Life Month** helps to encourage Americans to register as organ, eye and tissue donors and to honor those that have saved lives through the gift of donation.

Donate Life America will be taking an online approach for all of April's Donate Life Month observances. Please visit their Facebook page, Instagram, Twitter and Donatelifenet sites to see how they are honoring their donors, recipients, families and caregivers.

By registering your decision to be an organ, eye and tissue donor in the **National Donate Life Registry**, you are helping to save lives and give hope to the more than 100,000 people in the United States currently waiting for lifesaving organ transplants. Thousands more people are in need of tissue or corneal transplants to restore health. One donor can save and heal more than 75 lives. There are currently more than 6.5 million donor registrations in the National Donate Life Registry.

Consider the gift of donation and save the lives of those waiting for a second chance at life. How can you help? You can register in the National Donate Life Registry at **RegisterMe.org**

*AND ... I have some exciting news to share ...* I have accepted the full-time role of Registered Nurse (RN) here at Arbor View. I am so excited to continue doing what I love on a full-time basis. Please feel free to contact me at any time with questions or concerns you might have.

~ Gloria Marshall, RN



Michelle's Corner ...



Ahhh, Spring - Finally!

The birds are chirping, the grass is turning green, buds are appearing on the tree branches and the windows are starting to open. Before you know it, the patio chairs will be on the patios and we will be planting flowers, veggies and herbs in our planters outside.

This is also the time of year that we pack away the winter clothes and bring out the spring and summer apparel. Just a friendly reminder to bring that change of clothes to swap out next time you come to visit here at Arbor View. Also to our POA's, make sure you check the mailboxes for any new mail that has arrived that you might need to respond to or issues that need addressing.

~ Michelle Viol, Community Director





**SAFETY TIP**

Good way to remember to change the batteries in your Smoke Detectors and CO Monitors ... is when you change your clocks for Daylight Savings Time.

If you haven't changed your your batteries yet - here's your reminder!!!