



# first & main™

ASSISTED LIVING | MEMORY CARE

245 E Main Street • New Albany, OH 43054 • (740) 513-3044  
www.firstandmain.us

## NEW ALBANY STAFF

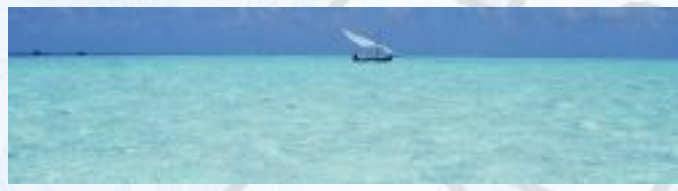
Executive Director ..... Sandra Glorioso  
Director of Resident Services ..... Jill Poole  
Director of Lifestyles ..... Rob Sampson  
Lifestyles Coordinator ..... Valerie McKee  
Associate Executive Dir. .... Michelle Sanders  
Director of Sales & Marketing ..... Tammy Owens  
Director of Maintenance ..... Jose Dugang  
Director of Dining ..... Kelly Barbosa

## MEALTIMES

7:00 AM - 9:00 AM *Breakfast*  
11:00 AM - 1:00 PM *Lunch*  
4:30 PM - 6:00 PM *Dinner*

## COMPLIMENTARY MEDICAL TRANSPORTATION TIMES

TUESDAYS & THURSDAYS  
8:00 AM - 4:00 PM



## COME ABOARD THE "VITALITY" CRUISE SHIP!

We are celebrating the beginning of our "Return to Vitality" by transforming our community into a cruise ship for the month of April. The ship will be making stops in Texas, Mexico, Hawaii and Germany. While en route to these amazing places the ship will offer exciting events and activities. Please see the calendar of events in this newsletter for times and locations. See you on the SEA!

## April 2021



## A Colorful Sight

Catching sight of a rainbow spanning the sky is a natural wonder that can often stop you in your tracks. These colorful "rainy arches," the Latin meaning of their name, appear when light reflects and refracts through water droplets. Because a rainbow is an optical phenomenon, it's unique to each person seeing it, since the angles of reflected light will be slightly different from their viewpoint.

## Activity Book Tip

It's easier to work in a puzzle book or coloring book when it's lying flat. Clipping a pants hanger to the top of the book can help the pages stay down and fuss-free.

## Licorice Bliss

Twists, laces, wheels and drops ... whatever form is your favorite, celebrate a classic confection on April 12, National Licorice Day.

## Carrots Are the Tops

Colorful, sweet, economical and good for you, carrots are a popular veggie. We've harvested a bunch of details about them.

- Carrots first cropped up about 5,000 years ago in the region around what's now Afghanistan.
- People originally grew the vegetable as medicine. The root and its green, leafy top were used to treat a variety of ailments.
- Today, the average American eats about 10 pounds of fresh carrots in a year.
- You can find carrots in a rainbow of colors: yellow, white, purple, red and, of course, orange, the most common type.
- Carrots are loaded with beta carotene, an antioxidant that gives orange carrots their color and helps our bodies maintain healthy eyesight and skin, as well as a strong immune system.
- The natural sugars in carrots give them their sweet flavor. That's why the vegetable shows up as a star ingredient in some desserts, including carrot cake.
- Cartoon character Bugs Bunny famously loves to crunch on carrots, but rabbits in the wild actually prefer to eat grass.



## Easy, Breezy Springtime Crafts

Spring has arrived, so get in the swing of things and celebrate the new season with these fun and simple crafts.

*Festive florals.* Whether fresh or faux, nothing says spring like flowers. Dress up a plain vase or a clean, empty jar to display them in. Add stripes or other geometric designs with patterned tape, or glue on a piece of colored tissue paper or a swatch of fabric.

*Rainy day welcome.* Fill a pair of brightly colored rain boots with artificial flowers or greenery, then set the display by the door to welcome in spring.

*Yarn-wrapped eggs.* Eggs are popular as a symbol of the season. Wrap strands of yarn or embroidery floss around wooden, plastic or foam eggs, then display them in a bowl or tray.

*Spring garland.* Use watercolors to paint several sheets of blank paper, letting the colors swirl together to create a marbled pattern. Once the paper dries, cut raindrop, egg or flower shapes out of the paper, then punch a hole in each shape and loop them all on a string. Hang the garland above a doorway or across a shelf.

## Technicolor Spectaculars

There was a time when posters and trailers publicizing the latest movie release boasted the fact it was shot "in glorious Technicolor!"

In the early 1900s, Hollywood entered a new era in moviemaking, shifting from black and white to color motion pictures to reflect the real world and bring storylines to life.

Co-founding the Technicolor company in 1915, American engineer Herbert Kalmus developed the groundbreaking method that produced vivid, eye-popping color on the big screen. It took his team 20 years of trial and error. The process used a special camera that recorded three reels of film, each with a filter that captured the primary colors of red, blue and yellow, which were later dyed and layered together.

Despite being expensive and troublesome, Technicolor became the standard by the late 1930s. Richly colorized classics include "The Adventures of Robin Hood," "Gone With the Wind" and "Singin' in the Rain." But the most famous film is "The Wizard of Oz," with its scenes of the yellow brick road and Dorothy's ruby slippers.





### Simple Moves To Stay Fit

Along with tried-and-true forms of low-impact physical activities, such as walking, water aerobics and chair yoga, there are quick and simple exercises you can do throughout your day to stay fit and flexible.

*Head turns.* Say yes to this easy neck stretch that just involves shaking your head no! Stand or sit up straight. Turn your head slowly to the right until you feel a slight stretch and hold it. Then turn to the left.

*Shoulder rolls.* Seated or standing, gently rotate your shoulders up toward the ceiling, then to the back, and lastly down again. Switch and roll your shoulders forward.

*Marching in place.* Boost your balance by high-stepping it! Stand up straight, lift your right knee as high as you can, lower it, then lift your left knee. Repeat 20 times.

*Toe lifts.* This move strengthens your legs and improves balance. Stand behind a chair or counter, holding on to it for support. Raise yourself up on your tiptoes, hold, then lower your heels back to the floor. Aim for 10 to 15 reps.

*Ankle rolls.* These help improve circulation while sitting in a chair. Lift your right foot off the floor and rotate your ankle to the right five times, then rotate it to the left five times. Repeat with your left foot.

### Rubber Duck Tale

A symbol of bath time fun, rubber ducks have been helping kids get squeaky-clean for more than 100 years.

The first rubber ducks splashed on the scene in the late 1880s, when manufacturers came up with different ways to use Charles Goodyear's newly invented vulcanized rubber. These duckies didn't float, and instead were designed as teething toys for toddlers.

By the 1930s, toy companies were making floating bath toys out of vinyl, although the name rubber duck still stuck. In 1949, sculptor Peter Ganine patented a design for the now-classic bright yellow duck with an orange bill.

The cheerful little ducks were marketed as soothing toys for bath time, helping youngsters overcome fears of the water and also learn about hygiene.

Rubber ducks are now available in all sizes, colors and designs, including many that resemble entertainment and sports celebrities. Also popular are duck derby races, where rubber ducks are floated down a body of water to raise money for charity.



### Wit & Wisdom

"The Earth does not belong to us. We belong to the Earth."  
—Chief Seattle

"Whether it's saving the Amazon or just being kind to those around you, we need to take care of each other and Mother Earth."  
—Olivia Newton-John

"This Earth is our only home. Together, we must protect and cherish it."  
—Ban Ki-moon

"Cherish sunsets, wild creatures and wild places. Have a love affair with the wonder and beauty of the Earth."  
—Stewart Udall

"I consider the world, this Earth, to be like a school, and our life the classrooms."  
—Oprah Winfrey

"We're all co-travelers on the spaceship Earth and must respect and help each other along the way."  
—Stan Lee

"Once you've been in space, you appreciate how small and fragile the Earth is."  
—Valentina Tereshkova

"Try to leave the Earth a better place than when you arrived."  
—Sidney Sheldon



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# April 2021

- Bistro
- Deshler
- Lobby
- Chapel
- Theater
- Courtyard

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				10:30 <span style="color: #ADD8E6;">■</span> Cruise Month Itinerary Reveal 1:30 <span style="color: #ADD8E6;">■</span> "Return to Vitality" Cruise Month Check - In 2:00 <span style="color: #008000;">■</span> Let's Set Sail Celebration w/ Michael Rose 6:00 <span style="color: #FF8C00;">■</span> Throwback Thursdays - The Love Boat	10:30 <span style="color: #C00000;">■</span> Coffee and Pastry Sampling 11:00 <span style="color: #C00000;">■</span> Ship Trivia 1:30 <span style="color: #008000;">■</span> The "Vitality" Family Feud Challenge 2:30 <span style="color: #C00000;">■</span> Wine & Cheese Tasting 3:30 <span style="color: #C00000;">■</span> Euchre Match	10:30 <span style="color: #ADD8E6;">■</span> Morning Exercise 11:00 <span style="color: #ADD8E6;">■</span> Trivia & More 2:00 <span style="color: #C00000;">■</span> BINGO 3:00 <span style="color: #C00000;">■</span> Saturday Social 6:00 <span style="color: #ADD8E6;">■</span> Table Games
4	5	6	7	8	9	10
10:30 Catholic Communion Services 10:30 <span style="color: #90EE90;">■</span> Easter Service w/ Bob 1:30 Pet Therapy w/ Scout 2:00 <span style="color: #C00000;">■</span> Easter Celebration 6:00 <span style="color: #FF8C00;">■</span> Sunday Evening Movie	10:30 <span style="color: #ADD8E6;">■</span> Shuffleboard 11:00 <span style="color: #ADD8E6;">■</span> Cruisin' Conversation 1:30 <span style="color: #C00000;">■</span> BIG Prize Bingo 3:00 <span style="color: #C00000;">■</span> CardSharks 6:00 <span style="color: #FF8C00;">■</span> Comedy Club	10:30 <span style="color: #ADD8E6;">■</span> Dear Abby Discussion Group 10:30 <span style="color: #ADD8E6;">■</span> The Grab & Go 2:00 <span style="color: #ADD8E6;">■</span> JEOPARDY Challenge 3:00 <span style="color: #C00000;">■</span> HAPPY HOUR! 6:00 <span style="color: #FF8C00;">■</span> Timeless Tuesdays - Classic Romance Movies	<b>SHORE EXCURSION - TEXAS</b> 10:30 <span style="color: #FF8C00;">■</span> Let's Travel Texas 1:30 <span style="color: #008000;">■</span> Club Foodie w/ Val - Texas Style 2:00 <span style="color: #008000;">■</span> Texas Style Hoe Down & Beer Tasting 3:00 <span style="color: #ADD8E6;">■</span> Cornhole Challenge 6:00 <span style="color: #FF8C00;">■</span> The Magnificent Seven	10:30 <span style="color: #ADD8E6;">■</span> Drumming Circle 1:30 <span style="color: #008000;">■</span> Dance Class and Demonstration w/ Captain Sandra 3:00 <span style="color: #C00000;">■</span> Meet Your Neighbor Happy Hour w/ Elvis Presley 6:00 <span style="color: #FF8C00;">■</span> Throwback Thursdays - MASH	10:30 <span style="color: #ADD8E6;">■</span> Morning Exercise 11:00 <span style="color: #ADD8E6;">■</span> Trivia Challenge 2:00 <span style="color: #C00000;">■</span> BIRTHDAY BASH 3:00 <span style="color: #333333;">■</span> Fun Friday Challenge 6:00 <span style="color: #FF8C00;">■</span> Friday Night at the Movies	10:30 <span style="color: #ADD8E6;">■</span> Morning Exercise 11:00 <span style="color: #ADD8E6;">■</span> Trivia & More 2:00 <span style="color: #C00000;">■</span> BINGO 3:00 <span style="color: #C00000;">■</span> Saturday Social 6:00 <span style="color: #ADD8E6;">■</span> Table Games
11	12	13	14	15	16	17
10:30 Catholic Communion Services 1:30 Pet Therapy w/ Scout 2:00 <span style="color: #90EE90;">■</span> Church Service w/ Frances 2:30 <span style="color: #C00000;">■</span> Card Club 6:00 <span style="color: #FF8C00;">■</span> Sunday Evening Movie	10:30 <span style="color: #ADD8E6;">■</span> Volleyball 11:00 <span style="color: #ADD8E6;">■</span> Cruisin' Conversation 1:30 <span style="color: #C00000;">■</span> BIG Prize Bingo 3:00 <span style="color: #C00000;">■</span> Euchre Challenge 6:00 <span style="color: #FF8C00;">■</span> Comedy Club	10:30 <span style="color: #ADD8E6;">■</span> The Grab & Go 1:30 <span style="color: #C00000;">■</span> CHOPPED Competition 3:00 <span style="color: #C00000;">■</span> HAPPY HOUR! 6:00 <span style="color: #FF8C00;">■</span> Timeless Tuesdays - Classic Romance Movies	<b>SHORE EXCURSION - HAWAII</b> 10:30 <span style="color: #FF8C00;">■</span> Let's Travel Hawaii 1:30 <span style="color: #008000;">■</span> Club Foodie w/ Val - Hawaiian 2:00 <span style="color: #008000;">■</span> Hawaiian LUAU 3:00 <span style="color: #C00000;">■</span> Wave Art 6:00 <span style="color: #FF8C00;">■</span> Blue Hawaii	10:30 <span style="color: #ADD8E6;">■</span> Drumming Circle 1:30 <span style="color: #C00000;">■</span> Cruisin' Craft s w/ Adrienne 3:00 <span style="color: #C00000;">■</span> Meet Your Neighbor Happy Hour w/ Marilyn Monroe 6:00 <span style="color: #FF8C00;">■</span> Throwback Thursdays - Gilligan's Island	10:30 <span style="color: #ADD8E6;">■</span> Morning Exercise 11:00 <span style="color: #ADD8E6;">■</span> Trivia Challenge 1:30 <span style="color: #008000;">■</span> Vitality Players Present - "Even in Kansas, Some Like it Hot!" 3:00 <span style="color: #333333;">■</span> Fun Friday Challenge 6:00 <span style="color: #FF8C00;">■</span> Friday Night at the Movies	10:30 <span style="color: #ADD8E6;">■</span> Morning Exercise 11:00 <span style="color: #ADD8E6;">■</span> Trivia & More 2:00 <span style="color: #C00000;">■</span> BINGO 3:00 <span style="color: #C00000;">■</span> Saturday Social 6:00 <span style="color: #ADD8E6;">■</span> Table Games
18	19	20	21	22	23	24
10:30 Catholic Communion Services 1:30 Pet Therapy w/ Scout 2:00 <span style="color: #90EE90;">■</span> Church Service w/ Frances 2:30 <span style="color: #C00000;">■</span> Card Club 6:00 <span style="color: #FF8C00;">■</span> Sunday Evening Movie	10:30 <span style="color: #ADD8E6;">■</span> Cornhole 11:00 <span style="color: #ADD8E6;">■</span> Cruisin' Conversation 1:30 <span style="color: #C00000;">■</span> BIG Prize Bingo 3:00 <span style="color: #C00000;">■</span> 21 Black Jack 6:00 <span style="color: #FF8C00;">■</span> Comedy Club	10:30 <span style="color: #ADD8E6;">■</span> The Grab & Go 1:30 <span style="color: #008000;">■</span> The GONG Show 3:00 <span style="color: #C00000;">■</span> HAPPY HOUR! 6:00 <span style="color: #FF8C00;">■</span> Timeless Tuesdays - Classic Romance Movies	<b>SHORE EXCURSION - MEXICO</b> 10:30 <span style="color: #FF8C00;">■</span> Let's Travel Mexico 11:00 Food Truck - TACO MANIA 2:00 <span style="color: #008000;">■</span> Mexican Fiesta & Tequila Sampling 3:00 <span style="color: #C00000;">■</span> Word Scramble Challenge	10:30 <span style="color: #ADD8E6;">■</span> Drumming Circle 2:00 <span style="color: #008000;">■</span> Entertainment w/ Betty 3:00 <span style="color: #008000;">■</span> Meet Your Neighbor Happy Hour w/ Shirley Temple 6:00 <span style="color: #FF8C00;">■</span> Throwback Thursdays - All in the Family	10:30 <span style="color: #ADD8E6;">■</span> Morning Exercise 11:00 <span style="color: #ADD8E6;">■</span> Trivia Challenge 2:00 <span style="color: #008000;">■</span> The Fabulous Fashion Show 3:00 <span style="color: #333333;">■</span> Fun Friday Challenge 6:00 <span style="color: #FF8C00;">■</span> Friday Night at the Movies	10:30 <span style="color: #ADD8E6;">■</span> Morning Exercise 11:00 <span style="color: #ADD8E6;">■</span> Trivia & More 2:00 <span style="color: #C00000;">■</span> BINGO 3:00 <span style="color: #C00000;">■</span> Saturday Social 6:00 <span style="color: #ADD8E6;">■</span> Table Games
25	26	27	28	29	30	
10:30 Catholic Communion Services 1:30 Pet Therapy w/ Scout 2:00 <span style="color: #90EE90;">■</span> Church Service w/ Frances 2:30 <span style="color: #C00000;">■</span> Card Club 6:00 <span style="color: #FF8C00;">■</span> Sunday Evening Movie	<b>ALL DAY CASINO PARTY!</b> 10:30 <span style="color: #008000;">■</span> 21 Black Jack, Roulette, Roll The Dice 1:30 <span style="color: #008000;">■</span> 21 Black Jack, Roulette, Roll the Dice 3:00 <span style="color: #008000;">■</span> Casino Happy Hour w/ Wayne Newton 6:00 <span style="color: #FF8C00;">■</span> Comedy Club	10:30 <span style="color: #ADD8E6;">■</span> The Grab & Go 2:00 <span style="color: #008000;">■</span> Entertainment w/ Dave 3:00 <span style="color: #C00000;">■</span> HAPPY HOUR! 6:00 <span style="color: #FF8C00;">■</span> Timeless Tuesdays - Classic Romance Movies	<b>SHORE EXCURSION - GERMANY</b> 10:30 <span style="color: #FF8C00;">■</span> Let's Travel Germany 1:30 <span style="color: #008000;">■</span> Club Foodie w/ Val - Germany 2:00 <span style="color: #008000;">■</span> OKTOBERFEST PARTY 3:00 <span style="color: #C00000;">■</span> SCHNAPSEN 6:00 <span style="color: #FF8C00;">■</span> Movie Night	10:30 <span style="color: #ADD8E6;">■</span> Drumming Circle 1:30 <span style="color: #C00000;">■</span> Cruisin' Craft s w/ Adrienne 3:00 <span style="color: #C00000;">■</span> Meet Your Neighbor Happy Hour 6:00 <span style="color: #FF8C00;">■</span> Throwback Thursdays - Dean Martin Show	10:30 <span style="color: #ADD8E6;">■</span> Morning Exercise 11:00 <span style="color: #ADD8E6;">■</span> Trivia Challenge 2:00 <span style="color: #008000;">■</span> Cruise in Review Celebration 3:00 <span style="color: #333333;">■</span> Fun Friday Challenge 6:00 <span style="color: #FF8C00;">■</span> Friday Night at the Movies	



## Pockets and Purses

Unique to each person are the everyday essentials found in their pockets or purse. Look at what you carry with you, and think back to how it's changed over the years.

- Are you the type who carries just the essentials or one who has a little bit of everything, just in case?
- Do you keep your ID, money and bank cards in a wallet or a money clip?
- Are there any photos of loved ones in your wallet or purse?
- Did you or anyone in your family carry a pocket watch as a timepiece?
- Do you always have a handkerchief, or hankie, with you? If so, does it have a special design or monogram?
- For ladies, cotton gloves, a plastic rain bonnet, and a scarf to protect one's hairdo on windy days were both fashionable and a necessity. Do you remember using these?
- A pocketknife comes to the rescue in many situations. Is that something you've carried?
- Is there a small sentimental object or good luck charm that you like to keep with you? If so, what's the story behind it?
- What are some uncommon or unexpected things you've carried with you?



## The Sweetest Bean

Chewy, sweet and colorful, jelly beans are a favorite treat.

It's believed that jelly beans originated from Turkish delight, a candy made of cornstarch and sugar that's similar to the soft, gel-like center of a jelly bean. Jordan almonds, a type of candied almond with a hard outer shell, may also have been an inspiration.

An unknown American candy maker created the first jelly

beans in the mid-1800s, and in the 1860s, they were marketed to soldiers serving in the Civil War. Their protective, nonsticky outer shell and small size made them easy to carry in pockets. Jelly beans quickly became a popular penny candy.

About 16 billion jelly beans are produced every year. Depending on the manufacturer, it can take seven to 21 days to make a jelly bean. Once the gooey center is formed, the bean undergoes a process called panning, in which colors, flavors and several layers of sugar are applied, creating the outer shell.

Cherry is the most popular jelly bean flavor.

## Make a Butterfly Garden

Watching butterflies flit from flower to flower is one of the many joys of tending a garden. By growing certain plants that attract butterflies, you can encourage these important pollinators to visit every day!

Butterflies like a variety of colors, shapes and heights, and planting different flowers in one container, as well as in pots of varying sizes, helps provide a dense, lush habitat. Typically, butterflies are drawn to bright, warm colors—think reds, oranges, pinks and purples. Plants with tubular flowers, tiny clusters of blooms, or blossoms with large, flat petals are favorites of the insects. Some

of the best choices are zinnias, petunias, marigolds and lantana.

To attract even more butterflies, grow host plants such as milkweed, parsley, fennel and dill. The insects will seek out these species and lay their eggs on them, which then provide food for their caterpillars as they prepare to transform into butterflies.





### Twinkie Talk

Much more than a sweet snack cake, the Twinkie is an American icon.

Like so many other innovations of the time, Twinkies were born out of necessity during the Great Depression. James Dewar, a manager at the Continental Baking Company just outside of Chicago, wanted a way to use shortcake baking pans after strawberry season had passed. His solution was a golden spongecake with a banana-flavored cream filling. He called the cakes Twinkies, after seeing a billboard advertising Twinkle Toe Shoes.

When World War II rationing limited the company's banana supply, it began filling Twinkies with vanilla cream, which became a top seller. Under the company's Hostess brand, Twinkies grew in popularity, especially with kids after commercials for the cakes aired on the TV show "Howdy Doody." In the following decades, Twinkies made appearances in comic books, as well as in blockbuster movies such as "Ghostbusters."

### The Vinyl Revival

After decades of playing second fiddle to cassettes, CDs and music streaming services, vinyl records are once again climbing the charts to the top. Vinyl sales recently beat CD sales for the first time in nearly 40 years.

Streaming platforms are still the No. 1 way most of us listen to music. But more and more people are getting into the groove of vinyl for a truly special, immersive listening experience. It's the reason why current artists now release new albums as well as their early work on vinyl, and why acclaimed albums from classic bands and singers continue to be bestsellers.

Many music fans say vinyl records have a fuller, warmer sound than songs that have been compressed into a digital file. And often, playing a record feels like a beloved ritual that encourages mindful, attentive listening. Buying a record is also part of the experience, from searching store bins for a hidden gem to admiring an album's artwork and reading the liner notes.



### Remember Me?

Entertainer Debbie Reynolds will forever be famous for "Singin' in the Rain" and having an "unsinkable" personality.

- Nicknamed America's sweetheart, she was born Mary Frances Reynolds on April 1, 1932, in Texas.
- She grew up in California, and at age 16, won the Miss Burbank beauty pageant and caught the attention of talent scouts.
- Reynolds began her career working for Warner Bros., and the movie studio renamed her Debbie.
- Although she wasn't a trained dancer, in 1952 she was cast as the romantic lead in the classic "Singin' in the Rain," hoofing it alongside Gene Kelly and Donald O'Connor.
- She exuded that same charm and energy in films throughout the 1950s and became a box office star.
- Another memorable role came in 1964, when she starred in the musical biopic "The Unsinkable Molly Brown," earning a best actress Oscar nomination.
- Her 60-year career also included acclaimed parts on TV and Broadway.
- Reynolds had a passion for movie memorabilia and owned a huge collection of historic costumes and props.





ASSISTED LIVING | MEMORY CARE

245 E Main Street  
New Albany, OH 43054

## "This Month In History"

### APRIL

**1934:** At 231 mph, the strongest wind ever recorded in the U.S. blows over Mount Washington, N.H. The record is commemorated every April 12, Big Wind Day.

**1952:** Mr. Potato Head becomes the first toy advertised on television. Its commercials were specifically aimed at children, rather than adults.

**1968:** Martin Luther King Jr. delivers his "I've Been to the Mountaintop" speech in Memphis, Tenn.

**1970:** Earth Day is celebrated for the first time. Today, more than 1 billion people in nearly 200 countries take part in the observance.

**1991:** Billed as "The Battle of the Ages," 28-year-old Evander Holyfield beats 42-year-old George Foreman in a boxing match in Atlantic City, N.J., defending his heavyweight champion title.

**2001:** As the first paying space tourist, American businessman Dennis Tito reportedly spends \$20 million to ride along on a Russian mission to the International Space Station.

**2018:** Online streaming music services overtake the sales of CDs and vinyl albums for the first time.