



Lakes

Celebrating April

Jazz Appreciation Month

Humor Month

Kite Month

April Fools' Day
April 1

World Party Day
April 3

Passover
April 5-13

Easter
April 9

Scrabble Day
April 13

International Day
England
April 20

Earth Day
April 22

Sky Awareness Week
April 23-29

Gathering of Nations
Pow Wow
April 27-29

Arbor Day
April 28

April Birthdays

In astrology, those born from April 1-19 are Aries' Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries' charisma and confidence make them effective leaders. Those born from April 20-30 are Taurus' Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love little indulgences.

Marvin Gaye (singer) – April 2, 1939
Eddie Murphy (comedian) – April 3, 1961
Maya Angelou (poet) – April 4, 1928
Billie Holiday (singer) – April 7, 1915
Omar Sharif (actor) – April 10, 1932
Al Green (singer) – April 13, 1946
Kareem Abdul-Jabbar (athlete) – April 16, 1947
Rick Moranis (actor) – April 18, 1953
Jack Nicholson (actor) – April 22, 1937
Ella Fitzgerald (singer) – April 25, 1917
Carol Burnett (comedienne) – April 26, 1933
Duke Ellington (composer) – April 29, 1899

Birthdays and Anniversaries

Resident Birthdays:

Bonnie 4/6

Jim 4/12

Nancy 4/22



Management Team

Administrator
Amy Snyder

Director of Nursing
Trudy Abraham

Staffing Director
Stacey Scharphorn

Food Service Director
Penny Langlois

Maintenance Director
Jason Casemier

Office Manager
Rebecca Summerville

House Managers
Sue Modderman
Sara Strait
Shane Tenbrink
Natalie Grabman

Evolution of Dance

April 29 is International Dancing Day, a day that will be greeted with enthusiasm by those who love to dance and perhaps with dread by those with two left feet. The date commemorates the birthday of Jean-Georges Noverre, the French dancer who is credited with creating ballet during the 18th century. While ballet might be considered the ultimate expression of modern dance, dancing has been a part of humanity since the prehistoric era.

Dancing is a pastime of every human society on Earth. Its ubiquity has led scientists to ask whether dancing is more than just an entertaining diversion. Does dancing play a role in our survival as a species? Neuroscientists have mapped the regions of the brain that are activated when we dance. Unsurprisingly, various parts of our brains associated with locomotion and coordination are involved. Perhaps more surprisingly, dance activates areas associated with emotions, memory, and social interaction. This has led evolutionary scientists to suggest that dancing has long played a vital role in social cohesion and group dynamics.

In the 1800s, sociologist Émile Durkheim coined the term "collective effervescence," the feeling that an individual is a part of something larger than themselves. Amongst our prehistoric ancestors, dancing may very well have been a source of collective effervescence. Anthropologists assert that groups that danced well together formed lasting bonds and alliances. Dancing could even have been a show of power or influence. Group dancing also imparts psychological benefits. When we dance, our brains release endorphins. These feel-good chemicals boost our moods and create a stronger sense of social bonding. A society that dances together is quite likely to be considered stronger than one that does not dance. In this way, dancing could have been advantageous to a society's survival. The next time you hit the dance floor, your survival may not depend on it, but you are participating in a ritual that has been performed by humans since the dawn of civilization.

John 3:13: For God so loved the world that He gave his one and only Son, that whoever believes in him shall not perish but have Eternal life.

We are beginning the time of Holy Week for most Christians starting April 2; the time from Palm Sunday through Easter. It is the time we re-live the events of Jesus going into Jerusalem with people celebrating his arrival, and then his arrest and trial, his death, and ultimately his resurrection. It is a week in which Jesus, through his words and actions, reminds us of God's great love for us and all creation. That God wants to be connected with us, in relationship with us now and always. That God saves not only our souls but our daily life as well.

Recently I spent some time with followers of Jesus who begin every worship with: "O God, come to my assistance; O Lord make haste to save me!" And yesterday a friend and I read Psalm 18 that is all about times of struggle and fighting, war and violence. Then in verses 16 through 19, that all changes as God brings his beloved out of all that chaos. My friend's version was the Message.

So, this week, as we head into Easter, I invite you to do the following. Simply read, several times each day, these words from Psalm 18. Listen to how God is speaking to you about you, your relationship with God, and how God desires to be present in our life.

Psalm 18: 16-19; The Message-
But me he (God) caught---reached all the way from sky to sea; he pulled me out of that ocean of hate, that enemy chaos, the void in which I was drowning. They hit me when I was down, but God stuck by me. He stood me up on a wide-open field

I stood there saved – surprised to be loved!

May you experience God's love for you this month in new and restoring ways.

Chaplain Karen

Poetic License

Haiku is a form of traditional Japanese poetry that consists of three unrhyming lines of five, seven, and five syllables. The short poems are often void of any figurative language, instead imparting feeling and thoughtfulness with plain concrete language and imagery. Try your hand at penning one of these poems on April 17, International Haiku Day.

Haiku began in 13th-century Japan, not as their own poems, but as *hokku*, which are the opening lines of *renga*, expansive oral poems spoken by multiple poets. It wasn't until the 16th century that *hokku* became a form all its own, and not until 100 years later the poet Matsuo Basho elevated it as an art form. It was Masaoka Shiki, poet of the late 19th century, who first called the poems *haiku*. Perhaps the most famous haiku was written by Basho:

old pond
frog leaps in
water's sound

From Trash to Treasure



It has become fashionable on Earth Day, April 22, to hold "Trashion" shows—fashion shows where all the clothing is made from recycled trash, such as plastic bags, old mattresses, curtains, cables, wires, CDs, old magazines, and even paper bags. The trend is especially prevalent on college campuses, where students in environmental science or fashion design programs are encouraged to develop sustainable designs. Trashion fashion shows often highlight the massive amount of unrecyclable and uncompostable waste generated by society. Each year, the fashion industry alone creates 92 million tons of textile waste. The "fast fashion" industry, which focuses on rapidly manufacturing massive volumes of cheap clothing, often relies on sweatshop labor and results in harmful environmental degradation.

The Last Laugh

Remember to laugh out loud on April 14, International Moment of Laughter Day. Is laughing always the best medicine?



Research shows that laughter does impart several health benefits. When we laugh, we inhale more air and oxygen, stimulating the heart, lungs, muscles, and brain. A good laugh also stimulates the body's stress response and then deactivates it, causing heart rates to rise and fall, leaving us with satisfied, relaxed feelings. Laughter not only improves mood, but it encourages the positive thoughts that release *neuropeptides*, chemicals that fight stress and boost our immune systems. Laughter also stimulates chemicals that act as natural painkillers for our bodies. With laughter providing so many health benefits, communities are starting to form various laughter clubs in an effort to laugh more regularly.

While you are probably familiar with yoga, the ancient Indian practice of stretching, breathing, and meditation, are you familiar with laughter yoga? Laughter yoga draws upon many of yoga's foundational principles, such as its deep diaphragmatic breathing. Laughing produces full inhales and exhales. While the laughter is simulated at first, the giggles soon become contagious and real. And we shouldn't overlook the human connections forged by sharing laughter. After a laughing yoga session, participants report feeling their spirits lifted and a greater sense of community.

But fake laughter? Research shows that even fake laughs and forced smiling are enough to boost our moods. While our brains know that we're faking it, our bodies do not. Once the brain sends the signal to the body to laugh, all of the associated physiological actions follow: the relaxation, the mood boost, and the increased energy. Perhaps this is the lesson of the old Chinese proverb: "A hearty laugh makes you ten years younger." Even if you're faking it.

Walk on the Wild Side

The first Saturday in April, which this year coincides with April Fools' Day, is International Firewalk Day. Is walking on burning embers for real or an April Fools' trick? Firewalking, the test of walking over embers barefoot, is a religious ritual that dates back to 1200 BC. Its practice was first recorded in India, where two Brahmin priests challenged each other to walk over fire, with the one who walked the farthest winning the competition. Firewalking is not limited to India, however. It is practiced in cultures of Japan, China, Polynesia, amongst Native American tribes, and the !Kung people of the Kalahari. It caught on in America after an article detailing the ritual was published in *Scientific American* magazine in the 1970s. The Firewalk Institute of Research and Education (FIRE) exists today to train instructors in the practice. But the question remains: Is firewalking safe? Research suggests that it is possible to walk safely over hot embers because they are cool enough to not instantly burn the soles of the feet. In addition, firewalkers move rapidly enough to prevent serious burns.

Keeping Busy



April 7 brings International Beaver Day, a day to appreciate this industrious aquatic mammal. Millions of beavers once resided in every stream in North America. After American colonization, the demand for their pelts resulted in hunting and trapping that pushed the beaver to the brink of extinction. Today, the animals are making a comeback, and scientists are learning that their value to ecosystems is unequalled in nature. Beavers, by nature, cut trees, build dams, carve canals, and flood rivers. This process creates invaluable wetland habitat that boosts biodiversity. The land stores more water, which decreases flooding, restores habitats, and filters and cleans water. Beavers are truly nature's best environmental engineers.