

# The Pebbles of Lake Phalen

The Shores of Lake Phalen\* 1870 East Shore Drive\* 651)777-7784

## 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 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 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.



## April Birthdays

Charlene L.	4/1
John S.	4/1
Bernice G.	4/3
John M.	4/5
Don N.	4/9
Elaine B	4/ 15
Ed H.	4/19
Fern L.	4/29

## Staff Birthdays!

Kashia Hughes	4/8
Denise Gulbranson	4/11
Elizabeth Howard	4/17
Lucille Merila	4/20
James Handt	4/22
Raven Cornelious	4/29

## Selfies Around the World

Even NASA is getting in



on the selfie photo craze, declaring April 22 Global Selfie Earth Day. April 22 is well known as Earth Day, a day to demonstrate support for the conservation of the planet. Global Selfie

Earth Day proposes an interesting twist. Everyone is invited to step outside, snap a selfie, and share it with the world on social media. By the end of Global Selfie Earth Day, NASA hopes to create a photo tapestry of our planet, aggregating tens of thousands of images and sculpting them into a unique image of the globe. During years past, over 50,000 images have been submitted from over 100 different countries. It's your planet, so snap a picture of yourself wherever you are on the globe and post it. You just might be included in NASA's next photo tapestry.



## **Celebrating April**

**Arab American Heritage Month**

**Poetry Month**

**Jazz Appreciation Month**

**Passover Begins**

*April 8*

**Easter**

*April 12*

**Gardening Day**

*April 14*

**Bulldogs Are Beautiful Day**

*April 21*

**Earth Day**

*April 22*

**Arbor Day**

*April 24*

**International Dance Day**

*April 29*

## **April Showers Bring May Flowers**

Well March came in like a lamb, but considering the Corona Virus, we can surely say out like a lion. Our staff and management would like to say thank you to all our residents for complying with the precautions and safety measure that we're implementing here in our community.

We will continue our precautions and safety measures until we receive the all clear. We will still implement that families are unable to visit with their loved ones however we did purchase a new iPad, so they are able to face time with their loved one.

There will be group activities of four until further notice, meanwhile we will have door to door snack carts, movie carts, and packets made with word search, cross words, trivia and coloring pages.

Religious Service will remain cancelled. We will uphold our faith and prayers by having a Devotional Readings and prayers sent via e-mail from Pastor Amy, and this will be delivered on Thursday afternoon, door to door.

## ***Spring is in the Air!***

***On a happy note, Spring is in the air, the flowers are ready to bloom, and our days are getting longer! Nice weather is ahead, and we will be able to get out and get some fresh air and enjoy the sunshine!***



## 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 any 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.

## Sybil Ludington’s Ride

Patriot and hero of the American Revolution, Paul Revere 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 his daughter to spread the alarm. Sybil Ludington hopped on her horse and rode 40 miles (several times the distance of Revere) through Connecticut and New York, 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. Some question whether her ride even took place. It took a poem by Henry Wadsworth Longfellow to immortalize Paul Revere, so perhaps all Ludington needs is a poem to solidify her place in American history.

## Before Gatsby Was Great



On April 10, 1925, F. Scott Fitzgerald published *The Great Gatsby*. Fitzgerald’s tale of love and lavishness during the Roaring Twenties is today hailed as perhaps the greatest American novel, but when it was published, it was deemed mediocre at best. By 1925, F. Scott Fitzgerald was a fading literary star. Even he believed that his best books, *This Side of Paradise* and *The Beautiful and Damned*, were behind him. The initial reviews of *The Great Gatsby* weren’t flattering. It was called “unimportant” and “painfully forced,” and sold just 21,000 copies. When Fitzgerald died in 1940, he believed the book to be a failure. A year after his death, though, the book took off, and by 1945 it was considered one of Fitzgerald’s most successful works.

## Shelter in Place Order

We are thankful for the wisdom from leaders, scientists and other health care communities that have experienced the effects of this pandemic. We all want to protect our seniors. We are watching closely as most cities and countries in the United States have implemented the “Shelter in Place” Order.

These orders apply to all residents in Assisted Living and long-term care communities. We are requesting that our residents not leave the community for any reason other than a medical emergency.

Unfortunately, failure to comply with the guidelines of these orders could result detrimental outcomes inside the community. Because of this, we are strictly enforcing that no residents leaves the community except for an emergency. Noncompliance may result in discharge from the community as outlined in the occupancy agreement.

It is our duty to protect the health and safety of your neighbor and our essential workers.

We are strictly enforcing the no visitor rule except for emergency end of life circumstances. Visitors coming in for end of life visits must go through a strict screening process before entering.

We appreciate your attention and compliance to this matter.



## Residents & Families!

**Do you miss seeing your loved one face to face? Seeing their smile or how they’re are doing and being taken care of? Well, The Shore’s has purchased an iPad so; we can make it happen to see your loves one face to face. So, residents, be sure to tell your family that you can face time one another by making an appointment with Keila or Katrina to schedule a time for you to see and say hello to your loved one.**



## Safety Precaution Updates!

Please be sure to observe the letters that are being sent out. Our management is kept informed and updated with information regarding any changes from the CDC,- regarding the Corona Virus. We will keep residents and staff informed with any new updates and precautions. Please continue to follow the safety measure and guidelines that we are following.

