

April 2023

Your Home Away From Home



Mrs. Bush's Personal Care Homes | 610-381-3713 | www.mrsbushcares.com

BIRTHDAYS

*Here's to
celebrating YOU!*

April 11- Ella W.

April 12- Tootie W.

April 22- Dick P.

*Happy Birthday to each
of you!*

Celebrating April

April Fools' Day *April 1*

Easter *April 9*

Scrabble Day *April 13*

Earth Day *April 22*

Arbor Day *April 28*

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.

SIGN UPS

Sign up for the following events in the West Annex Community Room. All costs go on incidental bills, unless indicated.

April 11th: Pizza during Bingo Marathon- If you are interested in playing bingo during lunch, sign up!

April 12th: *Travelogue Luncheon*- "Spain" - \$15 Paella - Chicken & Chorizo and Seafood with 2 different aioli sauces

Appetizer - Tortilla de patatas w/ chorizo

Dessert - Sopapilla Cheesecake Bars

Drink-Tinto de Verano

April 18th: In House Diner's Club – *Chinese Take Out from Hunan House:* Lunch Specials \$8.50- \$10

April 20th: Diner's Club Outing- *Snydersville Diner*- Burgers, sandwiches, soups, diner meals, pies, etc... Cost is determined by what you order, tax, tip and bus fare.

April 24th: Dollar Tree Outing- Must be able to shop independently in store and have own money to purchase items. - \$5 bus fee



ART AND CRAFT CORNER

April 4th at 1:30pm: Easter Bunny Rag Wreath

April 6th at 1:30pm: Easter Bunny Floral Arrangement Craft

Purls of Wisdom- Yarn Club All those who knit or crochet are invited to join the group every Tuesday and Saturday at 9:30am in the West Annex dinette. The group makes items for charity, currently making lap blankets. We have everything you need!

THIS MONTH'S ENTERTAINMENT

April 13th at 2pm: Entertainment with Lorri Woodward

April 22nd at 2pm: Enjoy some polkas and accordion playing by Volunteer Maxine

April 28th at 2pm: Live Entertainment with Volunteer Bob Hinkle

2nd ANNUAL BINGO MARATHON

April 11, 2023

Bingo 9am-4pm!

Play all day or play for just an hour. Different themes and special guest bingo callers every 30 minutes.

Play over lunch and enjoy pizza (must sign up to have pizza to play over lunch.)

Refreshments and Door Prizes!



CHILDREN'S EASTER EGG HUNT

Saturday April 8th at 2pm.

All children are invited to SIGN UP for our outdoor Easter Egg Hunt. We invite the residents to join us outside to encourage and visit the children during this fun past time event!

Bookmarks for Students!

We are more than half way to our goal for making bookmarks for the students at Pleasant Valley Elementary School. If you would like to color some bookmarks to give to the students, see an activity staff member or stop by the West Annex Community Room.

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.

RELIGIOUS SERVICES

Protestant Services: We continue to look for churches to come in and provide services, if you have a connection with a local church that may be interested in providing a service, please see Carrie.

1st Wednesday of each month at 2:30pm- St. Matthew's UCC

3rd Wednesday of each month at 2:30pm- Middlecreek Christian Church

5th Wednesday of the month at 2:30pm- Jerusalem UCC

Catholic Services:

Every Sunday at 9:30am: Communion

Every Wednesday at 1:30pm: Rosary (in private dining room)

April 20th and May 18th at 10am: Mass

Bible Study:

1st and 3rd Wednesday at 10:30am: led by Pete and Jean DeSanto

2nd Wednesday at 10:30am: led by Loida

Essential, Phenomenal, Inspiring, Courageous

Shirley Vogel has been a part of the Mrs. Bush's team for 28 year; she joined the team in 1995! In the morning you can find Shirley assisting in the dining room and during the day she is busy in housekeeping. Shirley is always making everyone laugh with her sense of humor and holiday attire. She has 7 kids (one of them works in our kitchen, Mickey). Shirley enjoys baking and her coworkers enjoy her delicious food (especially her famous brownies!!). In fact, one of Shirley's hobbies used to be decorating wedding cakes. Her other hobbies include enjoying time at the casino and scratching lottery tickets. We are sure lucky to have her!

Congratulations Shirley on being this month's EPIC employee!!

CABLE TV

We wish to inform you that our Cable Service Provider, Blue Ridge Cable TV, will be changing in the very near future. Unfortunately due to changing times they will be exiting the commercial side of cable TV. Thanks to them for many, many years of reliable and affordable service.

Our new provider will be installing a Satellite based system via the DISH Network. This will mean new boxes, new remotes, new and old channels, and new exciting features. We will all work together to make this transition as smooth as possible.

Exciting new features:

****Everyone will receive High Definition TV signal. There will no longer be an upcharge for those that upgraded to HD boxes.**

****DVR's (Digital Video Recorders) allow you to easily record channels and build your own personal library of TV programs so you can watch them anytime. For a low monthly cost of \$15/month we will upgrade your box with a built in DVR. Residents that would like help setting one up please inquire to Curt or Carrie.**

****Programming will include both YES Network and SNY Network for both Yankees and Mets fans.**

****We are working on providing a house channel to display our digital bulletin board that shows the daily menu, daily activities, announcements, and other interesting events.**

The installation date should be in the upcoming next few weeks. We will be in rooms to change equipment, cables, and remote controls. Just a reminder that basic cable is included in the monthly room rates and we will only charge a small fee for those that order a DVR(Digital Video Recorder).

Mrs. Bush's Country Store News

****LAST CALL for Girl Scout Cookies. \$5 a box support local Girl Scouts****

****Beef Stick Snacks are now available to support the Boy Scouts. \$1.50****

****AVON CALLING! AVON is available for purchase in the store or grab a catalog to place an order.**

****GREETING CARD SALE- All cards 10 for \$2.00****

****New Crafts by Angelic Inspirations! ****

****We are fully stocked Full of Love Body Care items. Locally made with natural ingredients. ****

The store is now the supplier for tissues, soaps, cough drops, etc...The nursing dept will no longer have these items.

All items in store may be purchased with cash or it may be placed on your incidental bill.

STORE HOURS: 9am-4pm Monday-Saturday and every other Sunday (4/23) We appreciate your kindness when activity programming is going on, as the store may need to close for a brief period.

LOOK A LIKE DAY- APRIL 20TH

In honor of national Look A Like Day, we are challenging residents and staff to LOOK A LIKE with a LOOK A LIKE CONTEST! Staff are encouraged to find a resident to pair up with to win the look a like challenge on April 20th.

Each pair will be encouraged to look a like on 4/20. Their picture will be taken that day. Pictures will be displayed on 4/21 for residents to vote and on Facebook for family, staff and friends to vote!