

Transitions Times

Transitions Health Care LLC, 8850 Barnes Lake Rd. North Huntingdon, PA 724-864-7190



Celebrating April

Car Care Month

Jazz Appreciation Month

Physical Wellness Month

Easter

April 1

Barbershop Quartet Day

April 11

National Volunteer Week

April 15–21

Earth Day

April 22

Arbor Day

April 27

Spring Vendors Show

April 28

Frogs of the Amazon

Most people know that the Amazon is the world's largest rain forest. It covers 2.72 million square miles—almost the size of the 48 contiguous United States—and touches the countries of Brazil, Peru, Colombia, Venezuela, Ecuador, Bolivia, Guyana, Suriname, and French Guiana. The Amazon represents more than half of the world's remaining rain forest, home to an estimated 390 billion individual trees. It is within this magnificent forest that we find another of nature's marvelous animals: the frog. Scientists are not sure how many frog species inhabit the Amazon, but every year they are finding more. The latest estimate stands at 1,000 different frogs, toads, and tree frogs, which give us 1,000 reasons to celebrate April as Frog Month.

Perhaps the best recognized frog of the Amazon is the poison dart frog, the brilliant celebrity of the rain forest. These amphibians get their name from the indigenous tribes of the Amazon who dip their darts in the frog's poison to kill their prey. Another poisonous frog from the Peruvian Amazon is making headlines for its healing properties. Local tribespeople burn a small part of their skin and apply the toxin so that it is quickly absorbed into the bloodstream. After a few moments of serenity, the poison causes sensations of suffering, which leads to vomiting. Practitioners claim that the experience cures everything from depression to drug addiction and high blood pressure.

Researchers continue to add more frogs to this list of amazing creatures. Nearly one year ago, scientists discovered two new clown frog species, quite a surprise considering that only two species were known to exist. Researchers also found a new transparent *yaku* frog in Ecuador, named for its transparent abdominal skin, which reveals its heart. As recently as last November, researchers came upon the jaguar-snouted tree frog in the middle of an abandoned road, a new species that may already be endangered. This is some food for thought on April 28, Save the Frogs Day.

RECIPE OF THE MONTH:

Mini Pineapple Upside-Down Cakes

Ingredients:

- 2 (20-ounce) cans pineapple slices, drained, juice reserved
- Cooking spray
- 1/3 cup butter, melted
- 2/3 cup brown sugar
- 9 maraschino cherries, halved
- 1 (15.25-ounce) package yellow cake mix, prepared according to the directions on the box, replacing water with reserved pineapple juice

Directions

1. Preheat oven to 350°F. Spray a standard-sized muffin pan with cooking spray.
2. Combine butter and brown sugar in a medium bowl. Divide mixture equally into 18 muffin cups.
3. Place one pineapple slice in each muffin cup. Place one cherry half, sliced side up, into the center of each pineapple slice.
4. Pour equal amounts of cake batter into each muffin cup.
5. Bake 20–25 minutes.
6. Allow to cool 5 minutes. Invert cakes onto a serving platter.

Makes 18 servings



A Pocketful of Poetry

If you are unsure of how to celebrate Poetry Month in April, then just wait until April 26, Poem in Your Pocket Day. On this day, choose a poem and carry it with you all day to work, to school, out shopping, or anywhere you may go. You may choose to share it with others or keep it to yourself, but the power of the poem will be with you all day. Perhaps you will choose a celebration of life, such as Walt Whitman's *Full Of Life, Now*; a hymn to nature, such as John Clare's *All Nature Has a Feeling*; a poem about poetry like Archie MacLeish's *Ars Poetica*; or a unique take on love, such as *Heart to Heart* by Rita Dove. Perhaps you won't choose a poem at all but your favorite song lyrics, which you can sing to everyone you meet. Remember, poems, like songs, are meant to be heard, so do not shy away from the wonder of sharing your special poem with those around you.

Pampered and Purposeful



April 27 is Little Pampered Dog Day, but before you poo-poo the notion of honoring little lap dogs, bear in mind that humans lived with lap-sized canines 15,000 years ago. Scientists have traced our history with small dogs to France, where our cave-dwelling ancestors may have used the dogs to both keep them warm and assist them in the hunt. Wild canines called *dholes* grew to less than 17 inches tall, about the size of a beagle or cocker spaniel. Many small dog breeds today bear similarities to these ancient companions: they are tenacious hunters of small ground-dwelling prey animals, they are alert watchdogs that let out loud warnings when intruders are near, and yes, during the Renaissance, miniature poodles were used by nobility as handwarmers. The small dogs were put inside sleeves of shirts, becoming known as "sleeve dogs." Others were used to warm laps in damp castles or on chilly carriage rides. All of these are good reasons to pamper the little dog in your life.

**DON'T MISS OUR
 SPRING VENDORS SHOW
 SATURDAY April 28, 2018
 11:00 AM TO 3:00 PM
 IN OUR
 DINING ROOM
 EVENTS WILL INCLUDE:
 CHINESE BASKET AUCTION
 BAKE SALE
 LUNCH FOR SALE**

Joke of the Month

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."

**RESIDENT FAMILY COUNCIL
 MEETING
 Thursday April 26, 2018
 @ 6:00 pm
 In the
 RESIDENT LOUNGE**

PB&J Day

Can you even imagine a world without peanut butter and jelly? April 2 is Peanut Butter and Jelly Day in honor of this ubiquitous sandwich staple. Before the average American finishes high school, they will have consumed 2,000 PB&Js. When did this sandwich achieve celebrity status? The first record of peanut butter and jelly on bread came in 1901, when Julia David Chandler mentioned the recipe in a book detailing the preparation of finger sandwiches for small parties. She wrote, "The combination is delicious, and, so far as I know, original." Then, in 1922, Joseph Rosefield transformed the peanut butter industry by devising a method to keep peanut butter from separating. He called his new peanut butter *Skippy*. At the same time, American manufacturing evolved to mass produce peanut butter and lower the cost, making it affordable to all. When sliced bread was invented in 1928, sandwiches became easier to make and, thanks to lobbying efforts by the peanut butter industry, the PB&J sandwich became standard fare in lunchboxes around the country. If peanut butter and jelly isn't your favorite sandwich, then just wait until April 12, Grilled Cheese Day.

APRIL SPECIAL EVENTS:

**April 1...Easter Service
 April 3...Food Committee Meeting
 April 6...Shopping at Gabe's
 April 9...Rain Forest Bingo
 April 12...Big Bucks Bingo
 April 18...Ida's 100th birthday party & entertainment by Gary Stewart
 April 20...Country van ride & ice cream
 April 20...Resident Council meeting
 April 25...Marilyn & Walter's 60th wedding anniversary & vow renewal
 April 27...Resident birthday party & entertainment by Rob Stewart
 April 28...Spring Vendors Show
 April 30...Funny Money auction**

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CONGRATULATIONS!
Transitions Resident Council
Recognizes
Larry Lichtenfels, Maintenance
As an outstanding employee for
APRIL 2018

Walt Kingera, Administrator
Tammy Stollar, Director of Nursing
Leslie King, Asst. Director of Nursing
Pat Wagner, Admissions Director
Rob Kalas, Social Service Director
Mark Wargo, Maintenance Director
Sandy Bertani, Business Office Mgr.
Kim Bartos, Environmental Services
Jackie Austin, Dietary Manager
Marsha Kirker-Bozich, Life Enrichment Director

April Birthdays

In astrology, those born between April 1–19 are Aries' Rams. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident they can navigate any challenges. Those born between April 20–30 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks with a dogged persistence. And once the work is done, a Taurus expects to enjoy the fruits of their labor.

- George W. April 1
- James G. April 2
- Emma M. April 10
- Harry W. April 11
- Louis S. April 14
- Betty Ann B. April 15
- Susan P. April 16
- Ida S. **100th BIRTHDAY!** April 18
- Betty B. April 18
- Theresa H. April 21
- Margaret M. April 23
- Jean G. April 27

NEW....DAILY BINGO

Beginning April 1st
Single bingo cards will be passed out at the end of March. One number will be announced daily and posted on calendars on the lounge door and activity office door. Three games will be played on the same card as follows:
SINGLE BINGO...pays \$2
DOUBLE BINGO ...PAYS \$3
COVERALL...pays \$5

