

## **Eat Eggs to Feed Your Brain**

Experts say including eggs in your diet may help enhance brain function by providing your body with key building blocks. Along with vitamins B-12 and D, egg yolks are a rich source of choline, an essential nutrient needed to produce neurotransmitters, which are chemicals that brain cells use to communicate with each other.

## **Easy Reading**

To get the best light while you're reading, table lamps should project their glow just over your shoulder. Choose a lamp no shorter than 35 inches, or place a shorter lamp on a decorative box to increase its height.

## **Remember When: Clotheslines**

Before many homes had clothes dryers, laundry often dried in the breeze on backyard clotheslines. After garments were washed, they were hauled in baskets to the line and hung with wooden clothespins to dry. Fresh air and sunshine created a distinctive scent that lingered on the clothes long after they were taken down. Clotheslines were also meeting spots for neighborhood women to chat, give advice and share news.

## **Organ Origins**

Organ music and baseball games go together like peanuts and Cracker Jack. The Chicago Cubs were the first MLB team to use an organist to play songs during a game at Wrigley Field on April 26, 1941.

## **Apr/May/June 2017**



## **EASTER BRUNCH APRIL 16TH 11 a.m. and 1 p.m.**

Carved Prime rib  
Chilled Salmon Platter  
Roasted Leg of Lamb  
Waffle & Omelet Station  
Eggs Benedict and Florentine  
Cheesy Scramble  
Cheese Blintzes with Berry Compote  
Cheese Tortellini with Pesto  
Turkey and Vegetarian Bacon  
Turkey and Vegetarian Sausage  
Glazed Carrots and Roasted Fingerling Potatoes  
Quinoa, Greek, Pasta and Mixed Green Salads  
Fresh Fruit  
Assorted Pastries Desserts & Sugar Free Desserts  
Reservations required by April 12th at  
Village Square Desk



## MOTHER'S DAY BRUNCH SUNDAY, MAY 14TH

11am & 1pm

Carving Station PRIME RIB  
Brunch Entrees \*Chilled  
Salmon Platter \*Sesame Orange  
Chicken \*Cheese Blintz with  
Berry Compote \*Cheesy  
Scramble \* Eggs Benedict  
\*Turkey & Vegetarian Bacon \*  
Waffle & Omelet Station \*Wild  
Rice Pilaf \* Dill Baby Carrots  
Salads \* Garbanzo Bean Salad  
\*Couscous Salad \*Yakisoba  
Noodle Salad  
Desserts \* Fresh Fruit Tray  
\*Assorted Pastries \*Assorted  
Desserts

Adults \$17.00 Children 6-12  
\$10.00 Children under 6 Free  
Make reservations at Village  
Square Front Desk by  
Wednesday, May 10th



## ADVENTIST HEALTH HOME SERVICES

Adventist Health Home Care Services has been blessed to have partnered with CherryWood Village for the past 17 years, and are thankful for the continued patronage. While "Adventist Health" may bring thoughts of the hospital or health clinic, home health or hospice we also offer Personal Care Services for those that need extra help around the house.

We can structure a personal care plan for you ranging from 15 to 85 minutes per day that can include many of the following options:

Daily visits for safety, medication reminders or administration; assist with bathing, dressing, grooming and hygiene; escort to and from the dining room and activities; daily vital signs checks and glucose monitoring; assistance with calling doctors to obtain medication order updates; meal preparation, light housekeeping, laundry, general household chores and accompanying or transporting to appointments

Getting started with your personal care is simple, just call 503-251-6303 to schedule a time for one of our personal care team members to come do a free needs assessment.

So next time you hear "Adventist Health" think home care, Adventist Health Home Care Services.

## Write Away

From composing thank-you notes to keeping a journal, the physical act of writing by hand is a great boost to the brain. Take notes on these advantages of putting pen to paper.

*Activates the brain.* Visual input, motor skills and memory are all in action when we form letters and words. One of the main reasons handwriting benefits the brain is because we're using so much of it. These linked regions are not activated when typing or texting.

*Improves memory.* Studies show that jotting down words, such as taking notes when learning a new skill or listening to instructions, strengthens memory and helps retain information.

*Promotes creativity.* Composing sentences on paper is a slower process than typing and tends to inspire more creative thinking.

*Provides a workout.* Just like our bodies need exercise, our brains need regular workouts, too. Some physicians believe that the act of writing is good cognitive exercise for people who want to keep their minds sharp as they age.





## FATHER'S DAY LUNCH

Sunday, June 18th 11 a.m. -  
2 p.m.

Village Square Dining Room

BBQ Beef Brisket \$8.99

BBQ Chicken Legs \$7.99

BBQ Soy Curls Sandwich \$7.99

Baked Beans

Corn on the Cob

Potato Salad and Coleslaw

Apple Pie & Sugar Free Apple Pie

Reservations Required



## A Rose for Peace

Distinguished by luscious, creamy yellow petals edged with pink, it's a flower that symbolizes the end of a war and hope for the future—the Peace rose, introduced to the world on April 29, 1945.

The beautiful blossom's story begins in France, where it was developed by third-generation rose breeder Francis Meilland between 1935 and 1939. With World War II looming, Meilland

## 5 Things About: Butterflies

- Butterflies can be found fluttering around every continent except Antarctica.
- The insects feed on nectar and pollen from flowers.
- They taste with their feet—that's where their taste receptors are located.
- A butterfly's two eyes have 6,000 lenses each.
- Their wings are actually transparent and covered with thousands of tiny scales. Light reflecting off the scales creates the colors and patterns we see.

sent cuttings of the hybrid tea rose to friends in Germany, Italy and the U.S., who were able to grow the roses with great success. Marked by hardiness and large, long-lasting blooms, the new variety was destined to be a favorite in the gardening world.

Days before Germany's surrender, a ceremony for the new rose was held. As two doves were released, it was announced that the variety would be "named for the world's greatest desire: peace."

The Peace rose has been called the most popular rose in the world, with an estimated 40 to 50 million plants grown around the globe.

## Wit & Wisdom

"Baseball was, is and always will be to me the best game in the world."

—Babe Ruth

"There are only two seasons—winter and baseball."

—Bill Veeck

"There's nothing like opening day. There's nothing like the start of a new season."

—George Brett

"Now, there's three things you can do in a baseball game.

You can win, or you can lose, or it can rain."

—Casey Stengel

"Every day is a new opportunity.

You can build on yesterday's success or put its failures behind and start over again. That's the way life is, with a new game every day, and that's the way baseball is."

—Bob Feller

"Baseball, it is said, is only a game. True. And the Grand Canyon is only a hole in Arizona."

—George Will

"The way I figured it, I was even with baseball and baseball with me. The game had done much for me, and I had done much for it."

—Jackie Robinson



## Rainy Day Tunes

The pitter-patter of raindrops seems to inspire songwriters, and many tunes have been recorded about drizzly days. Which one of these songs about rain is your favorite?

| <u>Year</u> | <u>Song</u>                          | <u>Artist</u>                  |
|-------------|--------------------------------------|--------------------------------|
| 1944        | "Into Each Life Some Rain Must Fall" | Ella Fitzgerald and Bill Kenny |
| 1952        | "Singin' in the Rain"                | Gene Kelly                     |
| 1967        | "I Wish It Would Rain"               | The Temptations                |
| 1970        | "Fire and Rain"                      | James Taylor                   |
| 1975        | "Blue Eyes Crying in the Rain"       | Willie Nelson                  |
| 1980        | "I Love a Rainy Night"               | Eddie Rabbitt                  |
| 1984        | "Purple Rain"                        | Prince                         |
| 1990        | "I Wish It Would Rain Down"          | Phil Collins                   |
| 1996        | "Like the Rain"                      | Clint Black                    |
| 2003        | "Songs About Rain"                   | Gary Allan                     |
| 2011        | "Set Fire to the Rain"               | Adele                          |

## "This Month In History"

### APRIL

**1789:** George Washington is inaugurated as the first president of the United States.

**1792:** Congress establishes the first U.S. Mint. It is in Philadelphia, which was the nation's capital at the time.

**1805:** Author Hans Christian Andersen is born in Denmark. He wrote more than 150 fairy tales for children, including the classics "The Little Mermaid" and "The Ugly Duckling."

**1817:** Thomas H. Gallaudet and Laurent Clerc establish the first American school for the deaf.

**1822:** Landscape architect Frederick Law Olmsted is born. He helped design some of the most famous parks in America, including Central Park in New York City.

**1925:** "The Great Gatsby" by F. Scott Fitzgerald is published.

**1949:** The Richard Rodgers and Oscar Hammerstein musical "South Pacific" opens on Broadway.

**1970:** Earth Day is observed for the first time.

**1974:** Hank Aaron hits his 715th home run, passing Babe Ruth as the all-time home run leader.

**1976:** Steve Jobs and Steve Wozniak form Apple Computer Inc.

**1981:** The first space shuttle, Columbia, is launched from Kennedy Space Center in Florida.

**1990:** The sketch comedy series "In Living Color" premieres on television. It is credited with helping to launch the careers of several Hollywood stars, including Jennifer Lopez, Jim Carrey and Jamie Foxx.