

# Ferris Hills at West Lake



## Celebrating April

**National Poetry  
Month**

**Stress Awareness  
Month**

**Passover Begins**  
*April 10*

**Easter**  
*April 16*

**Earth Day**  
*April 22*

**National Jellybean Day**  
*April 22*

**National Volunteer Week**  
*April 23–29*

**Arbor Day**  
*April 28*



## Easy Being Green

For 47 years, April 22 has been celebrated as Earth Day around the globe. Today, Earth Day organizers are asking citizens around the world to do a “billion acts of green.” Unsure what constitutes an act of green? Earth Day organizers offer some easy suggestions.

A step that will relieve both the earth and your mailbox is to end junk mail. Over 100 million trees are cut down every year to produce junk mail, producing four million tons of advertisements, catalogs, and solicitations thrown into the trash. Often, a telephone call to those sending junk mail can take you off their mailing list.

Many appreciate the value of recycling paper, plastic, and cans, but few understand the value of recycling old computer parts and obsolete technology. Technology develops so fast that it is no wonder many people toss their cell phones and laptops into the garbage, accounting for 50 million tons of electronic waste each year. Many of these electronic parts contain lead, mercury, cadmium, and other harmful chemicals that leach into our soil and water. Luckily, most local governments have electronic recycling stations ready to accept old and obsolete electronics.

One of the biggest threats to the planet is plastic: bags, bottles, and packaging take 500 to 1,000 years to decompose. Using less plastic, especially plastic grocery bags, is a great way to act green.

Changing old habits is hard, but current innovations are helping clean up some wasteful habits. “Green” buildings are being built that produce as much energy as they consume. New batteries can store energy for homes and businesses in a way that reduces pollution. Energy is being harnessed from solar panels, wind turbines, and even ocean waves. But if you’d still like to help Mother Earth the old-fashioned way, a great and enduring act of green is to simply plant a tree on April 28, Arbor Day.

## Upcoming Events...

### **Wellness:**

3rd – “Aging is a Privilege” by Mel Kost  
10th- Blood Pressure Checks  
Healing Pathways (Tues evenings)

### **Educational:**

6th - Great Decisions (Thursdays until April 20th)  
25th -“Color My World” by Suzanne Feather  
YouTube Feature every Friday: (Solar System History, Shroud of Turin, Easter Island)

### **Music, Theatre, & the Arts:**

1st - Music for String Trio  
12th - GEVA Theatre “Private Lives”  
21st - “Symphoria” at Smith Opera House Geneva  
29th - Mary Poppins Musical (*starring Darcy’s son Carmine as Michael Banks*) at the Cobblestone Arts Theatre in Farmington  
30th - RPO Performance

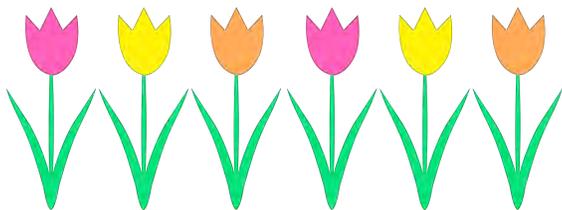
### **Social:**

6th - “Go Green” Social Hour  
8th - Kids Easter Bunny Breakfast & Egg Hunt  
24th - New Resident Welcome

### **Spiritual:**

4th - Catholic Mass at Clark Meadows  
11th - Seder Supper at Ferris Hills  
13th- United Church Communion at Ferris Hills  
14th- Good Friday Service at St. Mary’s Church  
18th - Worship Service at Ferris Hills  
Spiritual Care Meeting every Friday morning at CM

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### **Special Events this month...**

21<sup>st</sup>: Celebration of Life for Carol Simmons  
24<sup>th</sup>: Volunteer Appreciation Luncheon  
27<sup>th</sup>: All Resident Quarterly Meeting

## **Please Welcome...**

# JACK



**Meet Your New Neighbor!**  
Welcome Reception 3:00pm  
Monday April 24th  
Vista Lounge  
Light refreshments will be served

## **Garlic Breath**

Don't hold your nose on April 19, Garlic Day. This pungent vegetable, a bulb related to the lily family, has been long thought to possess almost supernatural powers. Egyptian slaves were given rations of garlic, as it was thought to increase strength and ward off illness. In ancient Korea, people would eat garlic before traversing the mountains because it was believed to scare away tigers. The Greeks believed that garlic warded off evil spirits. Heads of garlic were placed at crossroads to confound evil pursuers, and cloves were hung from doorways during childbirth to protect newborns. The myth that garlic frightens away vampires stems from the use of garlic as an effective repellent of blood-sucking mosquitos. No wonder this legendary food enjoys its own holiday.



## That's News to Me

Sixty-two percent of all Americans now get their daily news not from a newspaper or the radio but from online social media outlets like Facebook, Twitter, Instagram, YouTube, and Snapchat. If you've never heard of these things, then chances are you're in the minority who still get their news the old-fashioned way. Lest we forget the importance of these traditional news outlets, let's celebrate Snailpapers Day (that's the home-delivered news) on April 7 and Newspaper Columnists Day on April 18.



While technology certainly has its upside, when it comes to online news, there is some cause for concern. People who gather news via social media have been compared to packrats, gathering small bits of information here and there, without remembering to verify sources, and without getting the whole story. Social media has also made it easier to spread false information and ignore stories that do not reinforce our own opinions.

So are printed "snailpapers" essential to a well-informed society? They certainly bring in-depth news stories to the public, focusing on facts rather than fanaticism. But perhaps the most important role of a true snailpaper is, in the words of Richmond, Virginia's newspaper editor, "the relationship between a newspaper and the community it covers." This relationship, on the local level, provides a community with invaluable investigative resources into local stories and a platform to sing the praises of local heroes.

The importance of the journalists who bring us the news is no less important. It has been said that the purpose of journalism is to bring citizens the information they need to be free and self-governing. In this way, newspaper columnists are an integral part of free societies and healthy democracies. All the more reason on April 18 to celebrate the journalists who bring us news that is accurate, unbiased, whole, and unfiltered.

## Good Hair Day

Things are going to get a bit hairy on April 30, which is both Hairstyle and Hairstylist Appreciation Day. After all, what is one without the other? The best hairstyles endure different eras and trends, never going out of style. So many hairstyles are popularized by television and film. Take Farrah Fawcett's famous soft and feathered look from the 1970s show *Charlie's Angels*. Another television show, the 1990s sitcom *Friends*, introduced the world to actress Jennifer Aniston as well as her layered bob haircut, which came to be known simply by her character's name, "The Rachel." From Meg Ryan's short and shaggy look to Mia Farrow's tomboy pixie cut, most any style can be requested by name at the beauty salon. As far as men's hair is concerned, there is only one style that is generally considered a cut above the rest. According to the men's magazine *GQ*, the most popular look is a clean, professional, and versatile cut that's longer at the crown and faded into a short clipper cut at the sides and back. This cut is so universal amongst male actors that it does not go by any name.

## Aww, Nuts

While everyone agrees that April 14 is Pecan Day, many still debate this word's proper pronunciation. Is it *PEE-can*? Or *puh-KAHN*? In Georgia, pecans are as dear as peaches, and according to the Georgian Pecan Growers Association, it's pronounced *puh-KAHN*. Southerners may indeed enjoy a small majority when it comes to pronunciation: A survey conducted by the National Pecan Shellers Association revealed that 45% of Americans pronounce it *PEE-can*, especially in the northeastern United States. Is the pecan pronunciation divide just a matter of North vs. South? Apparently even single individuals can be divided. Pecan farmer Duke Lane III says *PEE-can trees* but eats *puh-KAHN pie*. And let's not even mention those sophisticated few who say *puh-CAN*.



## St. Patty's Celebration...



# ★HAPPY★ BIRTHDAY!

In astrology, those born between April 1–19 are Rams of Aries. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident that they can navigate any challenges. Those born between April 20–30 are Bulls of Taurus. Bulls are stable, reliable, and committed in both work and family. Bulls also appreciate love, beauty, and creativity, making them true romantics and lovers of the good life.

### Associates:

- 1<sup>st</sup>: Nicole Hampson (Dining)
- 4<sup>th</sup>: Ned Dietsche (Dining)
- 17<sup>th</sup>: Stephanie Tuttle (PCA)

## ...with Friends & Neighbors!

