

Branch Out With These Facts About Trees

Many of us have spent time sitting in the shade of a tree, climbing its branches or simply admiring its beauty. Did you know these tremendous facts about trees?

- The world is home to around 3 trillion trees. Each year, about 5 billion new trees are either planted or sprout naturally.
- A lush, green tree is a symbol of a healthy environment. Trees help the Earth by filtering the air, releasing oxygen, improving water quality, cooling the planet, and providing shelter and food for wildlife.
- Determining a tree's age by counting the rings in the trunk is called dendrochronology. The rings can also indicate years when natural disasters, like a volcano, occurred.
- Besides many fruits and nuts, other foods that come from trees include chocolate, cinnamon, coffee and tea.
- If you're lost, trees can point you in the right direction. Moss typically grows on the north side of a tree. Peeling bark is more often found on the south side.
- This year is the 150th anniversary of the first Arbor Day, which was held in Nebraska on April 10, 1872. Over 1 million trees were planted on that day.



Employee of the Month!

"But even with the inspiration of others, it's understandable that we sometimes think the world's problems are so big that we can do little to help. On our own, we cannot end wars or wipe out injustice, but the cumulative impact of thousands of small acts of goodness can be bigger than we imagine." -Queen Elizabeth II

Congratulations to our Employee of the Month, Darlene! Thank you for always showing the benefits of having a great character and being inspirational!



From Bulbs to Blooms

A cheerful sign of spring, the tulip has been dazzling humans for thousands of years.



Though they bloom from mid-April through May, tulip bulbs are planted in autumn because they need cold weather during their dormant stage to grow properly. There are more than 3,000 cultivated varieties of tulips, representing nearly every color of the rainbow. Common hues include red, yellow and pink.

Native to central Asia, the flower gained popularity throughout the Ottoman Empire and was cultivated as early as A.D. 1000. The word "tulip" comes from a Persian word meaning "turban." Sultans would wear the flower on their turbans as a symbol of life.

Although tulips are often associated with the Netherlands, they didn't reach that country until 1593, when botanist Carolus Clusius planted bulbs in Leiden University's garden. The flowers' appeal grew, and the Netherlands experienced a "tulip mania" in the 1630s. The price of tulip bulbs soared so high, some varieties cost as much as a house.

Today, most of the world's tulips are cultivated in and exported from the Netherlands. Visitors flock to the country every spring to see millions of tulips in bloom.



THE Harbison Shores Lifestyle

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APRIL 2022

Hello from the Executive Director

Thinking back about the last two years we have all been through, what a better time for us to be excited about spring and Easter.

"Spring adds new life and joy to all that is."
-Jessica Harrelson

We are excited for spring, as this means warmer days that we all can enjoy outside. We are planning more outside activities beginning this spring.

On April 21, 2022, at 5:30 p.m., we are having a family night so our families can meet each other and enjoy an evening of fellowship and fun.

As I contemplated on Easter, the following thought came to me.

What is Easter and what does it mean to different people?

Easter is the annual celebration of Christ's resurrection to life and death. The day is also called Resurrection Sunday. The word Easter is related to the word East, which naturally points us to the sunrise, to new days and new beginnings.

Easter is a Christian holiday, and Christian celebrations focus on the true meaning of Easter.

For many it is also the time to dye eggs, hide them and send children in search of the different colored eggs.

Easter means there is hope for us. At Harbison Shores, we are looking forward to a nice spring with the beginning of family get-togethers and outings for all.

Elaine M. Till, NHA, CRCA
Executive Director



APRIL 2022

Locations

Activity Room, Memory Care, ARMC
Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP

Villas, Dining Room, VDR

Birthdays

Donald Wood, 23rd

“A heart of gold is where the rainbow begins.”

—Tammy L. Kubasko

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
3 11:00 Church Service: Virtual or in Person, VDR 2:00 Residents' Choice: Games, Puzzles, Exercise, Bingo	4 10:30 Arts and Crafts, VDR 3:00 Hot Potato, VDR	5 10:00 Morning Exercise w/Therapy, TVMC 11:00 Keith Watson: Senior Choir, VDR	6 10:00 John Gibbons Song Selections, TVMC 11:15 Crossword Puzzles	7 10:00 Morning Exercise w/Therapy, TVMC 3:00 Bingo, VDR	8 11:15 Madlibs Game: April Fools', VDR 3:00 Painting, VDR 3:00 Pamela Austin: Cool Tunes, ARMC 3:15 Happy Hour: Wine and Hors D'oeuvres, VDR	9 10:30 Snack Social: Snack of Choice, VDR 1:30 Afternoon Stroll: Nature Walk, O 6:00 Cinema Saturday, VUGP
PALM SUNDAY 10 11:00 Church Service: Virtual or in Person, VDR 2:00 Residents' Choice: Games, Puzzles, Exercise, Bingo	11 10:00 Cards, VDR 3:00 Pictionary, VDR	12 10:00 Morning Exercise w/Therapy, TVMC 2:30 National Grilled Cheese Sandwich Day: Social Snack, VDR	13 10:00 John Gibbons Song Selections, TVMC 11:15 Women's Group: Manicures 3:00 Easter Egg Hunt	14 10:00 Morning Exercise w/Therapy, TVMC 3:00 Bingo, VDR	GOOD FRIDAY 15 PASSOVER BEGINS AT SUNSET 11:15 History Moment: Titanic Remembrance Day, VDR 3:00 Painting, VDR 3:15 Happy Hour: Wine and Hors D'oeuvres, VDR	16 10:30 Snack Social: Snack of Choice, VDR 1:30 Afternoon Stroll: Nature Walk, O 6:00 Cinema Saturday, VUGP
EASTER 17 12:00 Happy Easter: Easter Luncheon, VDR 11:00 Church Service: Virtual or in Person, VDR 2:00 Residents' Choice: Games, Puzzles, Exercise, Bingo	18 10:30 Arts and Crafts, VDR 3:00 Men's Group: Cards and Snacks, VDR	19 10:00 Morning Exercise w/Therapy, TVMC	20 10:00 John Gibbons Song Selections, TVMC 11:15 Crossword Puzzles 1:30 Tony Washington: DJ, VDR	21 10:00 Morning Exercise w/Therapy, TVMC 3:00 Bingo, VDR	EARTH DAY 22 1:30 Bible Trivia, VDR	23 10:30 Snack Social: Snack of Choice, VDR 1:30 Afternoon Stroll: Nature Walk, O 6:00 Cinema Saturday, VUGP
24 11:00 Church Service: Virtual or in Person, VDR 2:00 Residents' Choice: Games, Puzzles, Exercise, Bingo	25 10:30 Arts and Crafts, VUGP 3:00 Men's Group: Cards and Snacks, VDR	26 10:00 Morning Exercise w/Therapy, TVMC	27 10:00 John Gibbons Song Selections, TVMC 11:15 Women's Group: Manicures	28 10:00 Morning Exercise w/Therapy, TVMC 3:00 Bingo, VDR	29 1:30 Quick Fun: Hokey Pokey Dance, VDR 3:00 Painting, VDR	30 10:30 Snack Social: Snack of Choice, VDR 1:30 Afternoon Stroll: Nature Walk, O 6:00 Cinema Saturday, VUGP