

APRIL 2017

BETHANY NEWS

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Celebrating April

Licorice Month

International Guitar Month

Stress Awareness Month

Read a Road Map Day

April 5

Robotics Week

April 8–16

Cherish an Antique Day

April 9

Easter

April 16

National Volunteer Week

April 23–29

Poem in Your Pocket Day

April 27

International Jazz Day

April 30

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.

Join our Volunteers throughout each week and on the weekends doing different games, bingo and church services, crafts and more. Check the calendar for days and times.
Volunteers make a difference so let's show them we appreciate their time and effort.
Join the Fun!!!

**MONTHLY ACTIVITIES OFFERED:
BINGO, BOARD GAMES, CRAFTS WITH U
OF I STUDENTS, CARDS, OUTINGS,
ENTERTAINMENT, MONTHLY BIRTHDAY
PARTIES, CHURCH SERVICES,
COMPUTER GAMES, SPECIAL EVENTS
and SO MUCH MORE!!!**

AT YOUR SERVICE

Executive Director	Dana Huffman
Business Manager	Thomas Johnson
Director of Nursing	Danielle Brandenburg
Asst. Director of Nursing	April Slavens
Lifestyle Specialist	Pam Becher
Activity Director	Pam Baldin
Activity Assistant	Amy Inskeep
Housekeeping Supervisor	Deb Begley
Dietary Manager	Nick Rembusch
Maintenance Supervisor	Greg Stidd

OUTINGS

- April 5th Wal-Mart @ 10:00am
- April 14th Popeye's @ 10:45am
- April 18th Old Time Pottery @ 10:00am
- April 19th Dollar Tree @ 10:00am
- April 20th Chicago's Pizza Buffet @ 10:30am
- April 25th Casino Outing @ 1:00pm
- April 27th DJ's Hotdogs & More @ 10:45am

Van loads fifteen minutes before departure time.



Monetary Motto

On April 22, 1864, the U.S. Congress authorized the phrase "In God We Trust" to appear on currency. Before this phrase, the country's motto was the Latin *E pluribus unum*, meaning "Out of many, one," a reference to the original 13 colonies that became one new nation. However, in 1864, in the midst of the American Civil War, this unifying phrase did not seem very accurate. During this fractured time, and with uncertainty over the United States' future, many turned to a higher power for guidance and peace. Then-Secretary of Treasury Salmon P. Chase received a letter from a Pennsylvania minister begging him to recognize "the Almighty God in some form on our coins." Chase instructed the director of the Mint to come up with a short motto, and it was decided that "In God We Trust" would appear on the two-cent coin. Use of the phrase was not mandatory, however, and it wasn't until 1956 that Congress made "In God We Trust" the national motto of the United States. It has appeared on all classes and denominations of U.S. currency ever since.

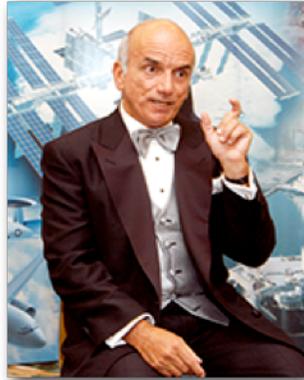
Garlic Breath



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.

Space Vacation

On April 28, 2001, outer space went beyond the realm of exploration and became a tourist destination. American engineer and millionaire businessman Dennis Tito paid \$20 million to become the world's first space tourist.



Dennis Tito was no stranger to space. He worked with NASA's jet propulsion laboratory in aerospace engineering before switching careers to investment management and consulting, where he made his fortune. Tito's vacation aboard the International Space Station (ISS) was not easy to book. NASA, worried about Tito's lack of professional astronaut experience, did not want to train him for a mission into space. NASA believed that there were just too many safety concerns, including too short a training schedule and Tito's age of 61 years. Tito was undeterred and found another ride to space from the Russians.

Perhaps the Russian Space Agency agreed to blast Tito into space courtesy of the \$20 million Tito was willing to pay for the ride. Or maybe it was because Russia was already planning a voyage to the ISS with one of its Soyuz space capsules. These Soyuz capsules are essential pieces of equipment for the space station, for they act as the station's "life rafts" in the event of an emergency. The capsules must be replaced every six months. Tito's trip coincided perfectly with the replacement of the Soyuz capsule.

After eight months of training in Russia, Tito and two Russian cosmonauts, Talgat Musabayev and Yuri Baturin, blasted off for the ISS, where they were warmly welcomed by the American crew manning the station. His six-day stay aboard the space station (and roughly eight days in space) was a childhood dream fully realized. Tito said that the trip brought "a sense of completeness for my life." It also heralded the beginning of a fantastic new space tourism industry.

April Birthdays

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.

Margaret D. – 4/6
Debra C. – 4/10
Jay B. – 4/14
Tom H. – 4/22
Althea L. – 4/24
Susan E. – 4/25
Dicie J. – 4/25
William S. – 4/25

Gimme Five

Say "Gimme five!" on April 20, High Five Day. This timeless show of enthusiasm



is a relatively recent phenomenon. One rumor suggests that the high five was invented in 1979 by a Murray State University basketball player whose dad served in the 5th Infantry during the Vietnam War. But it turns out this was merely a myth. The true originator of the high five was Los Angeles Dodgers baseball player Glenn Burke. On October 2, 1977, in front of a crowd of 46,000 fans, Burke held up his hand for teammate Dusty Baker, who had just hit a home run. The men spontaneously slapped palms. Burke, in the very next at-bat, also hit a home run, and this time it was Dusty Baker who greeted him with a congratulatory high hand slap. The "high-five" as it came to be known, as opposed to the "low five," quickly gained popularity in sports and beyond.