



CAMBRIDGE

C · O · U · R · T

Assisted Living and Memory Care Community

711 Matador Lane • Mesquite, TX 75149 • (972) 285-9800

April 2010

Your Friendly Staff at Cambridge Court

Administrator

Joy Pepper

Community Relations

Fran Toarmina

Resident Care

LaShundra Clark, LVN

Business Office

Jackie Arredondo

Activity Director

Cheryl Sternberg

Dietary Supervisor

Jose Vasques

Maintenance

John Michell

Receptionist

Shannon Howle



A Special Day to Pull Some Poetry From Your Pocket

National Poem in Your Pocket Day began in New York in 2002, but the event has been spreading nationwide ever since. The idea for the observance is simple: Select a poem you love during April's National Poetry Month. Then, carry it with you to share with others on April 29. Don't have a favorite poem? Consider Robert Frost's seasonal verse, "A Prayer in Spring." Here's the first stanza:

Oh, give us pleasure
in the flowers today;

And give us not to think
so far away

As the uncertain harvest;
keep us here

All simply in the springing
of the year.

Bumper Sticker Snicker

I wish the buck stopped here,
because I could use a few.



Earth Day Events Expand

You've replaced your old light bulbs with compact fluorescents. You're taking shorter showers. Now, it's time to take the next step toward "greening up" your life: Global Days of Service, April 17-18. This event, part of the 40th anniversary of Earth Day (April 22), will feature volunteer actions at parks, beaches, schools and forests on a global level. Activities will focus on climate-change solutions, such as tree planting, energy efficiency retrofits, water protection, urban gardens and forest restoration. Suitable for individuals of all ages, these events encourage active lifestyles and healthful living. For details, visit www.EarthDay.net.

Did You Feel That?

Richter Scale Day is April 26.

Not the Real Thing

Coca-Cola stunned the world on April 23, 1985, when it introduced New Coke. The firestorm that resulted prompted the company to return to its original formula 79 days later, although New Coke (renamed Coke II) shared U.S. market space until 1992.

Shred Papers to Stay Safe

Identity thieves use a variety of methods to access your personal information. A primary method is dumpster diving. Thieves dig through trash looking for bills or other papers with your personal details. Make sure you shred all papers with any identifying facts to avoid becoming a victim.

WELCOME

The residents and staff would like to welcome the newest members of our family:

John Davis
Eula Hutson
Faye Arnold
Doris Maxfield
Louise Carpenter
Louise Springer



Trivia Whiz

Golden Arches

Barbecue

Barbecue purists stuck up their noses in 1981 when McDonald's introduced the McRib sandwich, a preformed pork patty covered with sauce. Perhaps they would have been more open to the idea had they known the fast-food giant started as a barbecue joint. As the anniversary of the company's first franchise approaches—

April 15, 1955—chew on a few other tidbits:

McDonald's is named after Dick and Mac McDonald. Ray Kroc bought out the brothers in 1961 for \$2.7 million.

Denver opened the first McDonald's with indoor seating in 1962.

The company introduced the Big Mac in 1968. It cost 49 cents.

The Happy Meal made its debut in 1979.



Romp Down Memory Lane

Before "Sesame Street" or "Barney & Friends," one TV show served as the original "babysitter in a box." That show was "Romper Room," on-air from 1953 to 1994. "Romper Room" was the must-see TV program for preschoolers when it began. Each show opened and closed with the song "Pop Goes the Weasel." The hostess greeted a handful of 4- and 5-year-olds, who recited the Pledge of Allegiance together. The group played games, exercised, sang songs and learned

Presidential First Pitches

This year marks the 100th anniversary of a baseball tradition: the presidential first pitch. On April 14, 1910, President William H. Taft threw the ceremonial first ball at the Washington Senators' opening game. The idea to include Taft originated with Clark Griffith, the Senators' owner. According to the Baseball Almanac, Griffith hoped that Taft's participation in the event would signify to everyone in America that baseball was the official national pastime.

That first pitch was less than dramatic. Taft—like many presidents to follow—simply stood up from his box seat and threw the ball to a player on the field. In the years since, presidential pitches have been a bit more exciting. In 1951, for example, President Harry

Truman got booed. (He had recently fired the popular Gen. Douglas MacArthur from his position as Far East commander.)

"Romper Room" was a franchised program, which meant that each city could air the national show or deliver a local version. National or local, however, all shows ended the same. The hostess looked through her "magic mirror," saying, "Romper bomber stomper boo. Tell me, tell me, tell me do. Magic mirror, tell me today, who is having fun at play?" She then identified all the kids she could "see" in "television land," reeling off a list of children's names. At home, little ones waited breathlessly, hoping to hear her say their names.

In time, presidents moved from the grandstand to the pitcher's mound for their first flings. It wasn't until Bill Clinton took the mound, however, in 1993, that a president's toss actually made it all the way to the catcher's glove, with no bounces.



Health & Fitness

Elderly Who Exercise Reap Enormous Health Advantages

A study of 1,900 people born in 1920 and 1921, assessed at ages 70, 78 and 85, found that exercise is a key to living a healthier life. In the study, those who were physically active for at least four hours each week were 12 percent less likely to die between the ages of 70 and 78; 15 percent less likely to die between ages 78 and 85; and 17 percent less likely from ages 85 to 88. They also were better able to perform daily rituals and live independently. Plus, they reported feeling less isolated.

"Despite the increasing likelihood of frailty and dependence ... remaining and even starting to be physically active increases the likelihood of living longer and staying functionally independent," wrote Dr. Jochanan Stessman and colleagues at Hebrew University Medical Center, Jerusalem. "Our findings clearly support the continued encouragement of physical activity, even among the oldest old. Indeed, it seems that it is never too late to start."



The Incredible, Edible— and Versatile—Egg

You might eat yours with a side of bacon, on toast, in a sandwich or wrapped in a tortilla, but one thing is certain: Eggs have been a breakfast favorite for centuries. The ways we eat them are almost endless, and so are the techniques for cooking them: scrambled, poached, over-easy, sunny-side-up and hard-boiled. Manufacturers have taken note of the egg's continuing popularity as a breakfast staple. As a result, they are designing new devices that make cooking them easier—and wackier.

Itty, bitty frying pan. If all you are going to cook are two teeny, tiny eggs, you probably dread hauling out your big skillet. Instead, opt for a new, smaller frying pan, made especially for eggs.

All-in-one, egg-and-toaster contraptions. These seriously souped-up toasters are perfect for anyone who wants a breakfast sandwich to go. The handy gizmos toast your bread, poach your egg and warm your choice of meat, all in less than four minutes.

Eggspresso. A new trend for delightfully light and fluffy eggs is to steam-scramble them with your espresso machine. Just hold a jar containing eggs and milk under the steamer wand and watch it whip your eggs into shape.

Microwaveable magic. Several containers are now on the market designed exclusively for nuking eggs in your microwave oven. If you don't want to buy a special gadget, however, scrambled eggs cook just as easily in a coffee cup.

Wit & Wisdom

**"Earth laughs in flowers."
—Ralph Waldo Emerson**

**"You can't be suspicious of a tree or accuse a bird or a squirrel of subversion or challenge the ideology of a violet."
—Hal Borland**




**"Man must feel the earth to know himself and recognize his values."
—Charles A. Lindbergh**

**"To me, a lush carpet of pine needles or spongy grass is more welcome than the most luxurious Persian rug."
—Helen Keller**

**"Come forth into the light of things; let nature be your teacher."
—William Wordsworth**

**"The earth is what we all have in common."
—Wendell Barry**

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				April Fools' Day 1 10:00 Exercise 11:00 Reading with Cheryl 1:30 MISD Bingo 3:00 Manicures 4:00 Music Hour	2 10:00 Exercise 11:00 Reading with Cheryl 1:30 Dunmemans Gospel Singers 4:30 Weekender	3 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS
4 12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study EASTER	5 10:00 EXERCISE 11:00 READING 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	6 10:00 Exercise 11:30 Reading/Cheryl 2:30 Bingo with Patricia 4:30 Music	7 Wii Game 10:00 Exercise 11:00 Reading with Cheryl 1:00-4:00 Errand Day 3:00 Joy's Game	8 10:00 Exercise 11:00 Reading with Cheryl 1:30 MISD Bingo 3:00 Manicures 4:00 Music Hour	9 10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Heart Beat Bingo 4:30 Weekender	10 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS
11 12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS	12 10:00 EXERCISE 11:00 READING with Cheryl 11:30 Music 2:00 Two R More 6:00 Residents' Music Selections	13 10:00 Exercise 11:30 Reading/Cheryl 2:30 Bingo with Patricia 4:30 Music	14 Wii Game 10:00 Exercise 11:00 Reading with Cheryl 1:00-4:00 Errand Day 3:00 Joy's Game	15  TAX DAY	16 10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender	17 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS
18 	19 10:00 EXERCISE 11:00 READING with Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	20 10:00 Exercise 11:30 Reading/Cheryl 2:30 Bingo with Patricia 4:30 Music	21 Wii GAME 10:00 Exercise 11:00 Reading 2:00 April Birthday Party 3:00 Joy's Game	22 10:00 Exercise 11:00 Reading with Cheryl 1:30 MISD Bingo 3:00 Manicures 4:00 Music Hour	23 10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender	24 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS
25 12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS	26 10:00 EXERCISE 11:00 READING with Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	27 10:00 Exercise 11:30 Reading/Cheryl 2:30 Bingo with Patricia 4:30 Music	28 Wii Game 10:00 Exercise 11:00 Reading 1:00-4:00 Errand Day 3:00 Joy's Game	29 10:00 Exercise 11:00 Reading with Cheryl 1:30 MISD Bingo 3:00 Manicures 4:00 Music Hour	30 10:00 Exercise 11:00 Texas Winds 2:00 Table Games 4:30 Weekender	

"This Month In History" APRIL

1719: Daniel Defoe publishes the classic "Robinson Crusoe."

1800: Congress establishes the Library of Congress.

1828: Noah Webster publishes An American Dictionary of the English Language.

1841: President William Henry Harrison dies in office of pneumonia after serving only one month.

1860: The Pony Express begins in St. Joseph, Mo.

1912: The luxury ship Titanic hits an iceberg and sinks, taking with it more than 1,500 passengers' lives.

1924: Rand McNally publishes its first comprehensive road atlas.

1938: Dr. Roy J. Plunkett discovers Teflon.

1953: The first national issue of "TV Guide" debuts with Lucille Ball and her newborn son on the cover.

1955: Ray Kroc opens the first franchised McDonald's.

1961: Soviet Yuri Gagarin is the first man to fly in space.

1970: President Richard Nixon signs the Public Health Cigarette Smoking Act into law, banning cigarette commercials and requiring warnings on tobacco products.

1970: An estimated 20 million people nationwide celebrate the first Earth Day.

1975: Bill Gates and Paul Allen form Microsoft in Albuquerque, N.M.

1978: CBS drama "Dallas" premieres and runs for 13 years.