

April 2020

# Sunset Park Place

3730 Pennsylvania Ave, Dubuque, IA 52002 \* 563-583-7939 \* [www.sunsetparkplace.net](http://www.sunsetparkplace.net)



## **Celebrating April**

**Poetry Month**

**Jazz Appreciation Month**

**Passover Begins**

*April 8*

**Easter**

*April 12*

**Gardening Day**

*April 14*

**Earth Day**

*April 22*

**Arbor Day**

*April 24*

**International Dance Day**

*April 29*

## **Stay Safe. Stay Connected.**

As we journey through this time of uncertainty with COVID-19 we want to convey that we have taken measures to assure the safety of our residents and staff. We take the threat of COVID-19 very seriously and want to do everything to preserve the health and wellness of everyone. We realize that there will be some sacrifices that will need to be made until we get through this difficult time. We respectfully request that no visitors are allowed in the building until further notice to help protect our residents and staff. Instead, please consider phone calls, video calls, emails or written letters to stay in touch. We want to thank you in advance for your understanding as we monitor the situation and make adjustments to protect you and your loved ones. We look forward to welcoming back social visitors when the threat of COVID-19 is no longer present. Please let me know if you have any questions. Wishing good health to you and your loved ones.

Jerry Bell

Manager

## Out of the Mouths of Babes



Oodles of evidence exists demonstrating that laughter is a powerful medicine. A good laugh stimulates the heart and lungs, releases feel-good endorphins from the brain, decreases stress, strengthens the immune system, lifts the mood, and just plain makes us happier people overall. The only problem is that many adults don't laugh enough. Scientists have run the numbers, and most adults, on average, laugh 20 times per day. This may seem like a lot, but children laugh up to 300 times a day! Humor Month, which begins with the foolishness of April Fools' Day, seems the perfect time to get to the root cause of this laughter deficit.

Psychologist and laughter expert Robert Provine began collecting laughter samples in the 1980s. He wanted to understand why people laughed. Interestingly, laughter did not occur most often when people heard a funny joke. Instead, people laughed most at everyday remarks made by friends. Laughter, Provine discovered, was an incredibly important type of social glue and a healthy way to engage the world. And this may be why kids laugh so much more than adults.

Children are filled with the sense of wonder that comes with constantly learning new things. Not only is laughter a normal response to a delightful and unexpected outcome but a sense of humor is critical to developing self-esteem, practicing social skills, and learning to solve problems. Kids who laugh at themselves demonstrate the ability to accept their own imperfections. This lightheartedness attracts other friends, which in turn makes them feel better about themselves, resulting in higher self-esteem. The funny thing is that all of these social benefits continue into adulthood. As we grow, we should never stop delighting in the unexpected and laughing at ourselves, for these traits will keep our friends close and keep the laughs coming—and the more we laugh, the happier and healthier we will be.

## Virtual Live 2B Healthy

Pam Connolly, L 2B H Trainer, has been able to resume leading us from her home! The technology of video conferencing has made it possible for anyone, anywhere to join the class.



## Spring Crafts

While looking forward to the first day of spring, the ladies enjoyed making some personalized decorations!



## St. Patrick's Day Party

Wearing O' the green, Sharing O' the jokes & limericks! Raising a glass to toast all who are Irish – even if only Irish for a day!



### *An Irish Prayer*

*May God give you, for every storm,  
a rainbow,  
For every tear, a smile,  
For every care, a promise,  
And a blessing in each trial.  
For every problem life sends,  
A faithful friend to share.  
For every sign, a sweet song,  
And an answer for each prayer.*

History will remember when the world stopped.  
And the flights stayed on the ground.  
And the cars parked in the street.  
And the trains didn't run.

History will remember when the schools closed.  
And the children stayed indoors  
And the medical staff walked towards the fire  
And they didn't run.

History will remember when the people sang.  
On their balconies, in isolation  
But so very much together  
In courage and song.

History will remember when the people fought  
For their old and their weak  
Protected the vulnerable  
By doing nothing at all.

History will remember when the virus left  
And the houses opened  
And the people came out  
And hugged and kissed  
And started again

Kinder than before.

Donna Ashworth

## Dinner and a Show

Dining out has always been one of our favorite outings. Early in March we made a trip to Ichiban. It is always fun to be with people for their first dining experience at the hibachi grill!



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## Stay Safe. Stay Connected.

Now is the perfect time to...

- Make a phone call
- Write a letter  
    To your loved one  
    or be a pen pal
- Send an email (send it to us at one of the emails below and we can print and deliver)
- Virtual chat

Here at Sunset Park Place we are working at keeping people connected! Please send an email to Erica [marketing@sunsetparkplace.net](mailto:marketing@sunsetparkplace.net) or [shelly.gessner@sunsetparkplace.net](mailto:shelly.gessner@sunsetparkplace.net) to set up a time to get connected with virtual chat options!

Like our Sunset Park Place page on Facebook.

## April Birthdays

**Pat W 6<sup>th</sup> Betsy H 9<sup>th</sup> Joe G 10<sup>th</sup>**  
**Joyce S 10<sup>th</sup> Irene H 29<sup>th</sup>**

In astrology, those born between April 1–19 are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into the most challenging situations. Those born between April 20–30 are the Bulls of Taurus. Bulls not only work hard with a determined and tireless manner but they also enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types won't finish the job until they are completely satisfied.

Maya Angelou (writer) – April 4, 1928  
Booker T. Washington (leader) – April 5, 1856  
Billie Holiday (singer) – April 7, 1915  
Joseph Pulitzer (journalist) – April 10, 1847  
Charlie Chaplin (actor) – April 16, 1889  
Ella Fitzgerald (singer) – April 25, 1917  
Harper Lee (writer) – April 28, 1926  
Duke Ellington (composer) – April 29, 1899