

COUNTRY COURT CAPERS



A newsletter for the residents, friends and family at Country Court.

April 2018

FROM THE DESK OF
Amy Carpenter, Office Manager

Starting April 1, 2018, The Centers for Medicare will be starting the process of issuing new Medicare cards for its beneficiaries. They anticipate this process will be completed by April 1, 2019. It will be imperative that you bring the new Medicare card once received, to the office so we may copy for the business file. We will not be able to bill for services received without the new Medicare billing number. Please feel free to contact me in the business office with questions or concerns.

Think Spring!

April Fool's Day or All Fool's Day occurs annually on April 1. The day is generally observed by playing a practical joke on a "victim" who soon becomes known as an April Fool. This custom is thought to have started in France during the 16th century but the British are credited with bringing it to the United States. The commonly accepted origin of April Fool's Day involves changes in the calendar. At one time, the New Year celebration began on March 25 and ended on April 1. However, in 1582, King Charles IX adopted the Gregorian calendar and accepted the beginning of the new year as January 1. Those who refused to acknowledge the new date or

simply forgot received foolish gifts and invitations to nonexistent parties. The butt of such a prank was known as a "poisson d'avril" or "April fish."



Happy Birthday

RESIDENTS BIRTHDAYS

- 4-05 **Charles Tickle**
- 4-08 **Mary Mealey**
- 4-11 **Marian Ramsey**
- 4-22 **Carolyn Pruitt**
- 4-26 **Eilene Smith**
- 4-28 **Phyllis Burson**



Please note: Upon admission to this facility, you were asked if permission was granted to have your resident's name or picture in the Country Court Capers. If you marked this as "no", then please realize that is why their name does not appear in the birthday list.



Famous April Birthdays

- | | |
|--------------------------------|----------------------------|
| Hans Christian Andersen | Carol Burnett |
| Leonardo da Vinci | Betty Davis |
| Ella Fitzgerald | Thomas Jefferson |
| Harper Lee | Loretta Lynn |
| Debbie Reynolds | William Shakespeare |

*The Easter feeling does not end.
It signals a new beginning,
Of nature, spring, and brand new life,
And friendship, peace, and giving.
The spirit of Easter is all about
Hope, love, and joyful living.*

Author Unknown

A Short History of Gnomes

The first known garden gnomes were produced in Germany in the early 1800s. They were made out of clay. Gnomes first appeared in gardens in England in the 1840s, and from there their popularity began to take off.

The first garden gnomes that were mass-produced also came from Germany in the 1870s. The two big names in gnome manufacturing were Philipp Griebel and August Heissner, with Heissner becoming known around the world for his gnomes.



Unfortunately, the world wars wiped out most garden gnome production in Germany, and beginning in the 1960s, the plastic gnomes we know today came on the scene. These gnomes are campy and cartoonish, and many people don't like them.

In the 1980s, companies in the Czech Republic and Poland started to make gnomes and flooded the market with cheaper imitations of the German products.

The American company, Kimmel Gnomes, is one of the few manufacturers of clay and resin gnomes that are finished by hand and not mass-produced. People who want a gnome with some soul seek out these, which come in a variety of sizes and poses.

Why Gnomes

The history of gnomes also passes along the folklore and why you would want one in your garden. Gnomes are known as symbols of good luck.

Originally, gnomes were thought to provide protection, especially of buried treasure and minerals in the ground. They are still used today to watch over crops and livestock, often tucked into the rafters of a barn or placed in the garden.

A garden gnome adds a bit of whimsy and a connection to the old world, where farmers believed the good luck charm could help their fields yield more produce and protect them from thieves, pests and other problems. They were also thought to help gardeners in the night, which we all could use!

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Mother's Day Banquet

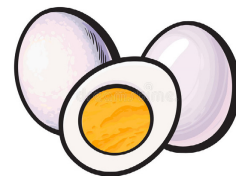


Our annual **Mother's Day Banquet** is quickly approaching. You will be receiving an invitation in the mail. Please note on the invitation that an invitation was only sent to the

person listed as the resident's first emergency contact person, who is in turn responsible for inviting others in the family. Also, please note that it is being held on **Saturday, May 12TH** for the noon meal and an **RSVP** is required to ensure your accommodations.

BENEFITS OF EATING HARD-BOILED EGGS

Hard-boiled eggs are quite nutritious because they are packed with vitamins, minerals, and a host of other essential nutrients. Among these are vitamins A, D, E, and B12, including iron, folate, and selenium.



Each one of these nutrients offer a health benefit that not many are really aware of. If you are wondering what you can get out of eating hard-boiled eggs, here are some of their benefits that you can get.

Assist in muscle gain. When you do strength or resistance workouts, you are actually building bigger muscles. This occurs because the microfibrers of your muscles are torn when you lift weights or when pulling or pushing against an object that is resisting your movements. To create this gain, you will need proteins to help build more muscles. Eating hard-boiled eggs can actually provide you with sufficient amount of complete proteins that contain amino acids that can assist with muscle building. This is why hard-boiled eggs are recommended as post-workout snacks.

Improves eyesight. Hard-boiled eggs contain two antioxidants namely zeaxanthin and lutein. These antioxidants can help prevent deterioration of the eyes especially as you age.

Boost brain function. Another benefit that you can gain from eating hard-boiled eggs is that it can enhance your brain function. One reason behind this is that the eggs contain choline which is responsible for reducing inflammation in the brain. This condition is often associated to patients with Alzheimer's disease. Alzheimer's usually affect those who are beyond their fifties but this can be prevented with the right diet, exercise, and some hard-boiled eggs because of its choline content among the other vitamins and minerals that are present.

Reduce blood triglyceride levels. Who would have thought that eating hard-boiled eggs can actually help reduce your blood triglyceride levels? Eggs contain omega-3 fatty acids that are the ones responsible for lowering one's triglyceride levels which can have a huge impact to your heart's health. Including this food in your daily diet can help protect you against heart problems in the long run.

Improve bone health. What else can you get out of eating hard-boiled eggs? How about stronger bones? Hard-boiled egg contains vitamin D which is essential in making your bones healthy and strong. Although you can get this vitamin D by getting some sunlight, consuming some eggs can also help out. Combine your eggs with some milk and you'll get both calcium and vitamin D at the same time.

<http://www.healthybuilderz.com/>



Country Court Nursing Center
1076 Coshocton Avenue
Mount Vernon, Ohio 43050
(740) 397-4125
www.countrycourt.com

A Levering Management Senior Living Residence

APRIL IS NATIONAL DISTRACTED DRIVING MONTH

To help prevent a needless tragedy, here are steps every driver should take to ensure that they are safe and not contributing to the distracted-driving problem.

Silence the phone. It's very tempting to respond to the text alerts, calls, and other notifications that sound off while you're driving, so reduce the urge by putting the phone on silent. If your car has Bluetooth, make sure it's set up, but keep phone calls on the road limited to emergencies.

Map it out. Make sure you program the GPS before head to your destination. Use the voice function, so you don't need to look at the portable device or smart phone to know which direction to go.

Groom at home. Give yourself plenty of time in the morning to get ready, so you don't have to apply makeup or shave in the driver's seat. Your eyes should be looking at the rearview mirror at the other cars, not at yourself.

Familiarize yourself with the car's controls. New cars often have sophisticated, or overly clever, controls that require some getting use to while driving. (We're talking to you Cadillac Cue and MyFord Touch.) With any infotainment system with touch screens, make sure you know how to use it or better yet, take some time to set up the radio stations or streaming music, climate, and other controls before you head out.

Skip the drive through. Resist the temptation to eat or drink (especially open hot coffee) in the car. Not only could you spill something or burn yourself, but you won't save much time if you are working to hold a burger, soda, and trying to steer all at the same time. Pull over, eat at home before, or tell your stomach to wait until you get to your destination.



DISTRACTED DRIVING AWARENESS MONTH



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