



## BLOOMFIELD SENIOR LIVING

*Autumn Glen*  
A Bloomfield Senior Living Community

2250 Harvest Moon Drive • Indianapolis, IN 46229 • (317) 891-1508  
[www.autumnglenalf.com](http://www.autumnglenalf.com)

### April 2013



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#### Life Engagement Coordinator

Anna Poteet

#### Dietary Supervisor

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Laura Dennis

#### Maintenance Director

Dawn Adams

#### Minty Fresh

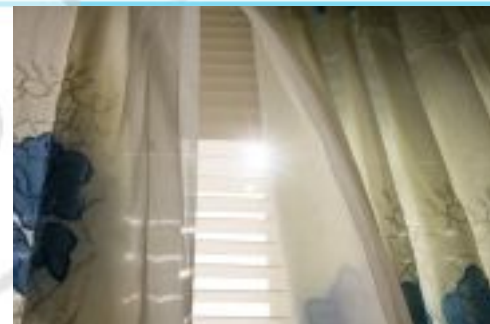
Not just a breath freshener, mint is an herb with many uses. Mint can help relieve headaches, nausea, sinus congestion and coughing.

#### Prevention Is Key

Tell your doctor about your family's health history. Many diseases that are hereditary can be prevented. Early screening is key.

#### Ode to Oregano

This popular pasta topper is rich in antioxidants, which protect your cells from damage. Oregano is also a great source of fiber, vitamin K, and minerals such as potassium and iron. Both dried and fresh oregano offer health benefits. Oregano pairs well with tomatoes, eggplant, chicken and fish, but can be added to almost any meal. Sprinkle some on your omelet, salad or soup.



#### Celebrate the Season

The first day of spring may be in March, but April is when it really starts to feel like winter is over. Take advantage of the warmer weather and the longer days by taking a walk, going for a ride, or just sitting near a window in a ray of sunshine.

#### The Fighting Falcons

The United States Air Force Academy was established on April 1, 1954. Located in Colorado Springs, it is the youngest of the country's five service academies. About 1,000 cadets graduate from the academy each year.

#### 'Bear' Is One

How many words can you come up with using the letters in "umbrella"?

#### Birthdays

Lucy Gieo 4/11

Margaret Schmidt 4/21

Charmayne V. 4/22

William Ford 4/25

#### Budget Tip: Online Savings

When shopping online, don't add more to your cart just to meet the minimum required for free shipping. Instead, check out [www.FreeShipping.org](http://www.FreeShipping.org) for a list of sites with free shipping and promo codes that can reduce the cost of your purchase.

#### Reuse Times Two

Many people keep plastic grocery bags to use again as trashcan liners or for future shopping trips. Try storing the bags inside an empty facial tissue box—it keeps them all in one place and makes it easy to retrieve one at a time.



## Remember Me?

Pete Rozelle served as commissioner of the National Football League from 1960 to 1989. He is credited with making the NFL one of the most successful and popular sports leagues in the world.

Credit is given to Rozelle for deciding to add Roman numerals to designate Super Bowls. Since, for example, the Super Bowl for the 2012 football season is played in 2013, marking the game with a year would be confusing.

CBS passed on Rozelle's idea for "Monday Night Football" because they didn't want to move "The Doris Day Show" out of its time slot. Rozelle took the series to ABC, where it ran 35 years before moving to ESPN.

Since 1991, the Super Bowl Most Valuable Player has received the Pete Rozelle Trophy, named in his honor.

## Tips for Medication Safety Week

Since 1999, the Women's Heart Foundation has recognized Medication Safety Week during the first week of April. The week serves to raise awareness and encourage communication regarding health and medicine.

Follow these tips from [www.WomensHeart.org](http://www.WomensHeart.org) to make sure you're promoting medication safety in your life:

*Get educated.* Make a list of all the medications and supplements you take and why you take them. Write down both the generic and brand names. Learn to recognize them by name and appearance to prevent accidental double-dosing.

*Check the label.* Make sure you are following the instructions for each medication, including the dose, frequency and route (orally, through the skin, etc.). Note other directions

such as time of day or whether the drug is to be taken with food. Keep medications in their original containers to avoid confusion.

*Ask questions.* Ask for written instructions from your doctor when you receive a new prescription and clear up any questions or concerns you have. Also check with your doctor before taking over-the-counter drugs and supplements.



## What Happened to Hats?

Frank Sinatra once said, "Cock your hat—angles are attitudes." Sinatra's favorite headgear was a fedora.

Prior to the 1960s, almost all American men wore hats when outdoors. Hats used to be as essential as shoes, with styles including homburgs, porkpies, Panamas and bowlers.

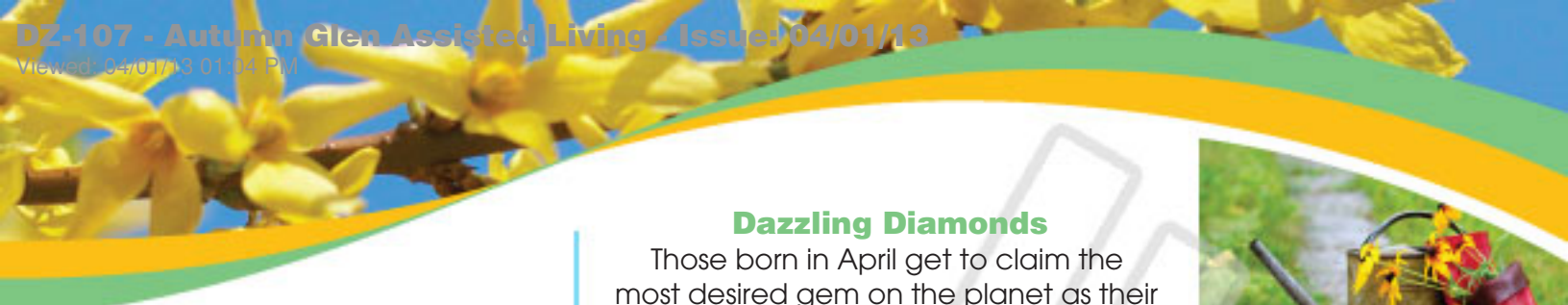
Upon graduation from college, the first stop for many young men was a

hat shop, where they would pick out a lid appropriate for their new life as a working adult.

But wearing hats fell out of fashion in the early 1960s. There are many theories about why this happened: fashions come and go; hairstyles became longer and more elaborate, and men didn't want to cover them; there was a cultural shift to a more casual appearance; and the fact that President John F. Kennedy didn't care for hats, and many men followed his cue. The truth is probably a combination of these.

Of course, if you know a gentleman who was a young adult in the 1950s and 1960s, you could just ask him why he stopped wearing a hat; then you'll know for sure!





## Talk About It

### A Night to Remember

In the spring, many high schools around the country host proms or similar school dances that students will remember for years to come. Gather with friends or family to discuss your experiences with dances.

Did you ever attend a school dance or a special dance somewhere else? Did you have a date or did you go with a group of friends? Do you remember if the dance had a theme?

What did you wear to the dance? Did you have any special or new accessories?

What songs did you dance to? What kind of music was popular at that time? Was there a band playing?

Did you enjoy yourself? If you've never been to a dance like this, imagine the perfect night. What does it entail?

### Dazzling Diamonds

Those born in April get to claim the most desired gem on the planet as their birthstone: the diamond.

Diamonds are a crystallized form of carbon created under extreme heat and pressure in the Earth's mantle. Most diamonds we see today were formed millions of years ago and pushed to the surface by magma eruptions.

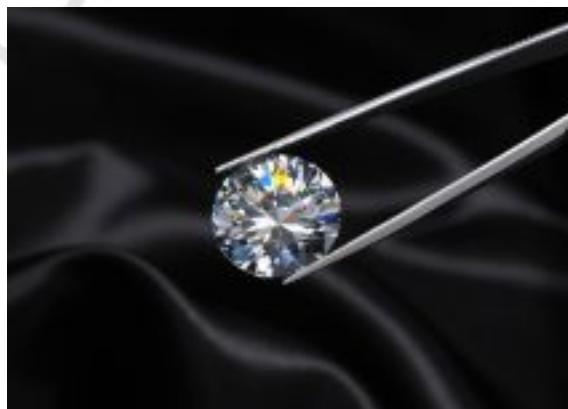
Because of their unique molecular structure, diamonds are the hardest mineral on Earth. Most diamonds are too flawed to be sold to consumers, so they are used for industrial purposes such as abrasives, drill bits and cutting tools.

The quality of a diamond is determined by the four C's: cut, clarity, carat and color. When a diamond is cut, facets are formed, affecting the brilliance of the diamond. Clarity refers to the diamond's internal clearness or purity. Flawless diamonds are extremely rare.

A diamond's weight is measured in carats, a unit of measurement that equals about 200 milligrams.

Mostly thought of as "colorless" gems, diamonds actually come in a variety of colors. Transparent diamonds range from icy white—the most expensive—to light yellow. Solid colors are rarer and include blue, red, black, pale green, pink and violet.

The most popular shape of diamond is round.



### How You Can Help

If you have some extra time on your hands, consider volunteering. There are many things you can do without ever leaving home. Here are a few examples of how you can help:

*Send a card or letter.* Call an area hospital and ask if you can send cards to children receiving treatment. Despite the popularity of email and text messaging, most children still love to receive an envelope addressed to them. Men and women serving our country also appreciate letters and care packages. Find addresses to send correspondence to at [AnySoldier.com](http://AnySoldier.com).




*Make a blanket.* Project Linus provides homemade blankets to children in need. To find out more, visit [ProjectLinus.org](http://ProjectLinus.org). The site has patterns available to help you get started.

*Share your skills.* Do you have a background in law or languages? Are you skilled at writing or research? There are many ways to share your talents, including writing a grant proposal, typing documents, or conducting research for a charitable or advocacy group.

*Be a friend.* Sometimes all it takes is a phone call to brighten a person's day. Call someone who is homebound because of illness or injury, or mentor a student who needs a little extra encouragement.

For more information about how you can make a difference, visit [VolunteerMatch.org](http://VolunteerMatch.org).

## April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wii Bowling Pokeno Church Service Euchre Club	1 Walmart Walmart Ice Cream Social Card Games	2 Exercise Bingo Wii Bowling Board Games	3 Exercise Pretty Nails Shopping Euchre Club	4 Exercise Bingo Food Council Yahtzee Club	5 Exercise Catholic Service Dining Out Wii Bowling Walking Club	6 Wii Bowling Bible Study Euchre Club
7 Wii Bowling Pokeno Church Service Euchre Club	8 Walmart Walmart Ice Cream Social Card Games	9 Exercise Bingo Wii Bowling Board Games	10 Exercise Pretty Nails Shopping Euchre Club	11 	12 Exercise Catholic Service Dining Out Wii Bowling Pool / Danny	13 New Revelations Church Bingo Bible Study Euchre Club
14 Wii Bowling Pokeno Church Service Euchre Club	15 Walmart Walmart Ice Cream Social Card Games	16 Exercise Bingo Wii Bowling Board Games	17 Exercise Pretty Nails Shopping Euchre Club	18 Exercise Bingo Yahtzee Club	19 Exercise Catholic Service Dining Out Wii Bowling Walking Club	20 Acme H H Bingo Wii Bowling Bible Study Euchre Club
21 	22 Walmart Walmart Ice Cream Social Card Games	23 Exercise Bingo Wii Bowling Board Games	24 Exercise Pretty Nails Shopping Euchre Club	25 Exercise Bingo Resident Council Yahtzee Club	26 Exercise Catholic Service Dining Out Wii Bowling Pool / Danny	27 Wii Bowling Bible Study Euchre Club
28 Wii Bowling Pokeno Church Service Euchre Club	29 Walmart Walmart Ice Cream Social Card Games	30 Exercise Bingo Wii Bowling Board Games				

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