

April 2020

# New Haven Assisted Living and Memory Care

New Haven Assisted Living and Memory Care \* 21331 Falvel Rd Spring TX 77388 \* PH 832-850-5317



## Celebrating April

**Arab American Heritage Month**

**Poetry Month**

**Jazz Appreciation Month**

**Passover Begins**

*April 8*

**Easter**

*April 12*

**Gardening Day**

*April 14*

**Bulldogs Are Beautiful Day**

*April 21*

**Earth Day**

*April 22*

**Arbor Day**

*April 24*

**International Dance Day**

*April 29*

## Why Is Easter Called Easter, And Other Little-known Facts About The Holiday

On April 12, 2020, Christians will be celebrating Easter, the day on which the resurrection of Jesus is said to have taken place. The date of the celebration changes from year to year. Easter is quite similar to other major holidays like Christmas and Halloween, which have evolved over the last two-hundred years or so. In all these holidays, Christian and non-Christian elements have continued to blend together.

Most major holidays have some connection to the changing seasons. Easter has the connection with spring, which symbolizes the coming back of life of trees and plants, as well as the birth of new life in the animal world. Given the symbolism of new life and rebirth, it was only natural to celebrate the resurrection of Jesus at this time of the year. The naming of the celebration as "Easter" seems to go back to a pre-Christian goddess in England named Eostre, who was celebrated at the beginning of spring. Christians celebrate as well as the Jewish Passover is celebrated during this time.

However we celebrate the wonderful month of April and it's great holiday here at New Haven Assisted Living and Memory Care, we would like to take this time to recognize that with the recent outbreak of the Coronavirus, we have had to make some slightly inconvenient changes, but we also want to stress the importance of the safety of our residents, family members and staff. We would rather forfeit our monthly outings, live entertainment and vendors for a short period of time, so we can rebound and have the best community that is safe and ready to have some great things happen in the next month or so. Be safe and let's get ready for some fun!

## The “Unsinkable” *Titanic*



On March 31, 1911, nearly 100,000 people gathered on a dock in Belfast, Ireland, to watch the launch of the RMS *Titanic*, the largest and

most luxurious ocean liner ever built, a feat of engineering and a ship that many boasted was “unsinkable.” A little over a year later, on April 14, 1912, the unthinkable happened: On its maiden voyage, the mighty *Titanic* struck an iceberg and sank to the bottom of the Atlantic.

The *Titanic* was the most technologically advanced ship ever built. She had a double-plated bottom and 16 watertight compartments in the hull with doors that could close in case any were breached by water. For many, these innovations were a guarantee that the ship would stay afloat in any conditions. It also had a state-of-the-art electrical control panel and a wireless communications system that could transmit Morse code in the event of an emergency. None of these safeguards, however, could save the *Titanic* from her fate.

A mild winter had resulted in the north Atlantic being full of icebergs in April of 1912. There were many reports of floating bergs, but the crew of the *Titanic* paid them no mind. The 46,000-ton ship could reach a speed of 30 knots, making it not only the largest but also the fastest ship in the world. Captain E.J. Smith was speeding along at 22 knots when the iceberg was spotted, and while he was able to avoid a head-on collision, the iceberg struck the starboard side, ripping a gash in the hull that opened six of the 16 watertight compartments. Unfortunately, the ship’s design could withstand the flooding of only four compartments. An SOS signal was sent from the innovative new communications system, but another ship did not arrive for over three hours. By then, the *Titanic* had broken in half and sunk. Due to a shortage of lifeboats, many passengers perished in the frigid waters. Just 705 of the 2,206 on board survived, and the sinking of the *Titanic* became one of the worst lessons in overconfidence ever suffered by mankind.

## Monthly Chef’s Cooking Demo



We are so proud to announce that Chef Robert will now be hosting a monthly cooking demo for our residents here at New Haven Assisted Living. March’s first demo theme was proper cutting techniques and safety. Chef Robert properly demonstrated what types of knives are used for specific meats, fish and vegetables, along with the different types of cutting styles for each. April’s cooking demo will focus on homemade sauces. Yummy!

Chef Robert’s Cooking Demo will be every second Tuesday of the month at 2:00PM.



### Walking/Wheeling Club

It’s time for our weekly Walking/Wheeling Club to kick into gear, and with spring here in April, this is the perfect time of the year to get healthier and get that Vitamin D we all need so much. The Walking/Wheeling Club meets every Tuesday at 10:00 AM in the AL lobby.

## Memory Care Arts and Crafts



Crafting is often used as a source of art therapy for those with dementia and Alzheimer's disease. Crafting can also help battle depression. It can help build confidence and give seniors a sense of purpose. It also brings them together and is a great social activity.

Arts and crafts club is held every Monday at 2:30 PM in Memory Care. We will be displaying the various masterpieces throughout the community every month. Family members are encouraged to come participate as well. See you then!

## Travel Talk with Suzanna



New Haven would like to thank Suzanna for her volunteer work here. If you haven't been to her Travel Talk class, you should put it on your bucket list for this month. She covers the globe with education on a specific location in the world, focusing on their customs, lifestyles and geographic qualities. She also closes her class out with several songs that come from that region in the world. Travel Talks is every second and fourth Wednesday at 11:00 AM in AL.

## Resident Spotlight: Myrtle Cox



Myrtle Cox was born in Madisonville, TX May 16, 1924 and graduated from Madisonville High School. She married in 1947 and lived on a farm and ranch in Leon County. They raised two children, Barbara and Jerry. They were both active in their church and community and were blessed with five grandchildren and ten great grandchildren. Myrtle worked as a bookkeeper for thirty years. Her husband passed away in 1996 and Myrtle continued to run the ranch. She retired in 2010. Myrtle has called New Haven her home since April of 2019. She loves all the activities here and is always ready to come to just about anything we have to offer. She especially loves live music and art classes. She will sit and listen to others as long as they want. She's always cheery and just loves life. We love you Myrtle!



## St. Patrick's Day Lunch

Our St. Patrick's Day lunch was a huge success and the residents really enjoyed dressing up this St. Patrick's Day. Thanks, Chef Robert for keeping the St. Patty's tradition going with sausage, sauerkraut and green beer. Yes, green beer! We had a few takers on this Irish tradition here at New Haven Spring, and we can't wait to see what's on the menu for Easter.

## March Lunch Outings Memory Care



Our Memory Care outing for March was at Cheddar's Scratch Café. This crew did some serious eating! Be careful when they bring out the honey glazed croissants before your meal; they are too good to pass up. We were able to squeeze one outing in before the Coronavirus lockdown was put in affect to further protect our residents. We hope to get up and running again soon and will have some great lunch outings for both our Assisted Living and Memory Care communities. Family members are always encouraged to attend.

## Assisted Living



Our Assisted Living outing for March was at Chilis. They had a lunch special with unlimited chips and salsa for under ten bucks. This has got to be a resident favorite at least every other month now. The cheeseburger sliders are off the chart good! Lunch outings are twice a month here at New Haven Assisted Living and Memory Care.

## April Birthdays



**Brett Herrmann 4/25**  
**Pam Blacklock 4/29**  
**Rae Martin 4/30**

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.



Picnic: Hot Dogs Under the Gazebo 4/3  
Easter Egg Painting 4/7  
Easter Cards Art Class 4/8  
New Haven Easter Egg Hunt 4/9  
New Haven Easter Lunch Special 4/10  
Picnic: Hamburgers Under the Gazebo 4/17

