



Notable Quotable

“In every walk with nature one receives far more than he seeks.”

- John Muir, naturalist



April Horoscopes and Resident Birthdays

In astrology, those born between April 1–19 are Rams of Aries. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident that they can navigate any challenges. Those born between April 20–30 are Bulls of Taurus. Bulls are stable, reliable, and committed in both work and family. Bulls also appreciate love, beauty, and creativity, making them lovers of the good life.

Janet Lawson – April 13
 Dennis Lilliard – April 22
 Doris Faaborg– April 26
 Ruth Stientjes - April 27
 Ron Phillips – April 29
 Pat Newcomer – April 30



Easy Being Green *continued from pg. 1*

harmful chemicals that leach into our soil and water. Luckily, most local governments have electronic recycling stations ready to accept old and obsolete electronics.

One of the biggest threats to the planet is plastic: bags, bottles, and packaging take 500 to 1,000 years to decompose. Using less plastic, especially plastic grocery bags, is a great way to act green.

Changing old habits is hard, but

Monetary Motto

On April 22, 1864, the U.S. Congress authorized the phrase “In God We Trust” to appear on currency. Before this phrase, the country’s motto was the Latin *E pluribus unum*, meaning “Out of many, one,” a reference to the original 13 colonies that became one new nation.

However, in 1864, in the midst of the American Civil War, this unifying phrase did not seem very accurate. During this fractured time, and with uncertainty over the United States’ future, many turned to a higher power for guidance and peace. Then-

current innovations are helping clean up some wasteful habits. “Green” buildings that produce as much energy as they consume are being built. New batteries can store energy for homes and businesses in a way that reduces pollution. Energy is being harnessed from solar panels, wind turbines, and even ocean waves. But if you’d still like to help Mother Earth the old-fashioned way, a great and enduring act of green is to simply plant a tree on April 28, Arbor Day.

Secretary of Treasury Salmon P. Chase received a letter from a Pennsylvania minister begging him to recognize “the Almighty God in some form on our coins.” Chase instructed the director of the Mint to come up with a short motto, and it was decided that “In God We Trust” would appear on the two-cent coin. Use of the phrase was not mandatory, however, and it wasn’t until 1956 that Congress made “In God We Trust” the national motto of the United States. It has appeared on all classes and denominations of U.S. currency ever since.

Edencrest at Green Meadows

April 2017



*Edencrest at Green Meadows
 6750 Corporate Drive
 Johnston, Iowa 50131*

Phone 515.207.1984

Celebrating April

The Drifter’s band
April 1

Easter Egg Hunt & Brunch
April 8

Marianne and Hearts on Fire
April 9

I-Cubs Game
April 13

Easter
April 16

Rick Ludwig Music
April 18

Animals of Iowa Presented by Pol County conservation
April 26

Easy Being Green

For 47 years, April 22 has been celebrated as Earth Day across the globe. Today, Earth Day organizers are asking citizens around the world to do a “billion acts of green.” Unsure what constitutes an act of green? Earth Day organizers offer some easy suggestions.

A step that will relieve both the earth and your mailbox is to end junk mail. Over 100 million trees are cut down every year to produce junk mail, producing four million tons of advertisements, catalogs, and solicitations that usually end up being thrown into the trash. Often, a telephone call to those sending junk mail can take you off their mailing list.

Many appreciate the value of recycling paper, plastic, and cans, but few understand the value of recycling old computer parts and obsolete technology. Technology develops so fast that it is no wonder many people toss their cell phones and laptops into the garbage, accounting for 50 million tons of electronic waste each year. Many of these electronic parts contain lead, mercury, cadmium, and other

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Easter Egg Hunt and Brunch on April 8th, 2017



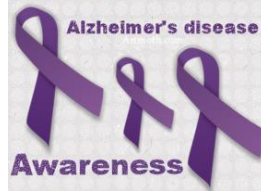
Make sure you let your grandchildren and great-grandchildren know the Easter Bunny will be making an appearance at Edencrest Green Meadows on Saturday, April 8th. The Easter Egg Hunt will begin promptly at 10:00 am.

Following the Egg Hunt invite your family and friends to the Edencrest Dining Room for a Brunch Buffet. Cost for the brunch is \$12.95 adults. \$6.95 12 and under. Under 3 is free. Please **RSVP** by April 1st to (515)207-1984



Meals From the Heartland Project

The Alzheimer Learning Series will meet on April 25th at 3:00 pm at Edencrest Green Meadows. This is open to the public!



Twenty-one residents from Green Meadows volunteered to help label packages for Meals From the Heartland. They successfully labeled over 5,000 packages these in turn will be filled with food and will feed 30,000 people. Great job Green Meadows residents and thank you for giving back!

Way to GO!



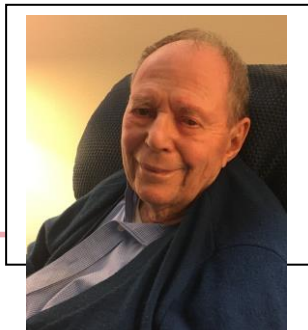
Thank You!

Thank you to Lynn, daughter of resident Virginia Hair, for the donation of markers for our coloring club and the Country Store donations! We appreciate it!

Resident Spotlight – Neil Bohner

Neil is a graduate of Iowa State University with an engineering degree. He was also a member of the Army Signal Core. Neil has 4 children, 2 grandchildren and 1 great grandchild. He worked for 30 years for Northwestern Bell and AT&T. Neil and his family spent nearly 30 summers at Lake Smith near Alexandria, Minnesota. They enjoyed fishing, swimming and gardening. One of Neil's favorite

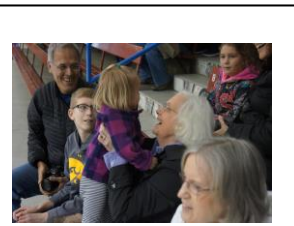
sports is downhill skiing. He was just a young teenager when he read about this sport. He immediately asked for skis for Christmas that year and his love for downhill skiing was born! He has skied in 4 different countries and 10 different states! Get to know Neil he has so much knowledge to share!



Cynthia Sund's Zamboni Dream

Resident Cynthia Sund, had a dream. She wanted to ride a Zamboni! Thanks to the Des Moines Buccaneers, her dream came true on February 26, 2017. She climbed atop of the big machine and took to the ice in between periods at the Des Moines Buccaneers Hockey game. Cynthia's family and friends waved and cheered as she circled the ice. It was a day her family will hold in

their hearts forever. They watched a dream come true and a lesson was learned...Never stop dreaming!



Cynthia and some of her family members with the Buccaneer's mascot.



A Korean Experience

Dr. Wayne and Linda Janda were living in Korea over 24 years ago when they decided to adopt a precious five-week old baby girl. They named her Julia and returned to the States and raised her. Julia, is now a college student at DePaul University. She made a visit to Edencrest Green Meadows over her spring break and was able to experience Korea with her mom. Christina Kim with CultureAll, explained costumes, traditions and brought in traditional Korean foods for Linda, Julia and the other residents to sample. She outfitted Julia in a traditional Korean dress and taught her how to bow to her mother which is a traditional way of showing thanks to your parents. To experience a bit of Korea with her Korean born daughter is a Dare to Dream Linda won't soon forget!



Traditional Korean Meal



Another Dare to Dream is in the making and all residents are invited! Joe Mahoney will be throwing out the first pitch at the I-Cubs game on April 13th. We will depart at 10:45 am. Cost is \$5.00 per person and you must register with Susan by April 3.

