

April Horoscopes and Birthdays

In astrology, those born between April 1–19 are Aries' Rams. As the first sign of the zodiac, Aries are energetic initiators. With bravery, zeal, and speed, they jump headfirst into life, confident they can navigate any challenges. Those born between April 20–30 are Taurus' Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks. Once the work is done, a Taurus fully expects to enjoy their rewards for a job well done.

Jeannene Cockran - April 7th
Virginia Harscher - April 8th
Deanna Young - April 9th
Dennis Lillard – April 22nd
Doris Faaborg – April 26th
Ruth Stientjes – April 27th
Ronald Phillips – April 29th
Patricia Newcomer – April 30th



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Notable Quotable

"I think the reason I was successful is that I was never cynical."

~ Carol Burnett, comedienne



Edencrest at Green Meadows

April 2018



6750 Corporate Drive
Johnston, Iowa
515.207.1984

Celebrating April

Jazz Appreciation Month

Physical Wellness Month

Easter April 1

Tom Anderson April 7th

Mike Castell April 11th

Jim Garnett story teller April 20th

Doug Karl April 21st

Dave Gray April 23rd

Most people know that the Amazon is the world's largest rain forest. It covers 2.72 million square miles—almost the size of the 48 contiguous United States—and touches the countries of Brazil, Peru, Colombia, Venezuela, Ecuador, Bolivia, Guyana, Suriname, and French Guiana. The Amazon represents more than half of the world's remaining rain forest, home to an estimated 390 billion individual trees. It is within this magnificent forest that we find another of nature's marvelous animals: the frog. Scientists are not sure how many frog species inhabit the Amazon, but every year they are finding more. The latest estimate stands at 1,000 different frogs, toads, and tree frogs, which give us 1,000 reasons to celebrate April as Frog Month.

Perhaps the best recognized frog of the Amazon is the poison dart frog, the brilliant celebrity of the rain forest. These amphibians get their name from the indigenous tribes of the Amazon who dip their darts in the frog's poison to kill their prey. Another poisonous frog from the Peruvian 1,000 reasons to celebrate April as Frog Month.

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St. Patrick's Day Crafts



Edencrest Swingers BBB



From the Desk of Manager, Nick Lensch

Spring is a good time to be thinking about eating healthy. It's probably fair to say that most of us have shrugged off the concept of good nutrition as unimportant, and frankly, boring. However, many of us cannot afford to turn a blind eye to the consequences that poor eating habits can lead to, especially as we age. However, by using a few simple tips, eating right is possible and it can be easier and less restrictive than we might have imagined. Great tips to eating right...

- Load up on fruits and vegetables. While variety is great, the best benefit comes from eating those vegetables that are dark green, red and orange in color. Beans and peas are always great selections as well. Frozen, fresh and canned options are fine choices, just remember to always read the labels and avoid added sodium.

Fruits can add appeal and dimension to any meal. Besides fresh options, fruits can be dried, frozen and even canned. Remember to read the label when selecting canned and frozen fruits, and avoid added sugary syrups which when included deplete the benefit of all fruits.

- Use whole grains. Many foods, such as rice, pasta and cereals can provide added fiber when the origin is whole grain.
- Say "no" to whole milk and similar dairy products. Even though our bones benefit from additional servings of dairy products as we age, we can still make wise selections with offerings of fat-free and low-fat milks, yogurts and cheeses.
- Read labels. Discover what you are really eating and drinking by becoming more label conscious. Compare options and become an expert in your selections from all departments of your local grocery. Many grocers offer the help of a dietician. Ask.
- Add spices and herbs to ease the pain of reducing salts and sugars from foods that you have become accustomed to. Remember, you don't have to cut out salts and sugars entirely. Take your time, use other fun ingredients and gradually make healthy, positive changes to the foods that you eat.
- Be active and eat less. On paper, this written suggestions seems simple enough, doesn't it? However, for many of us, simply finding the time for activity leads us to make excuses. Old habits are hard to break and change is usually not easy. Take one day at a time. The little steps taken really do add up to leaps and bounds toward a better you, inside and out!

Have a great month!

Chef Amy

There are a lot of big changes happening in the kitchen! We recently welcomed Todd, a great addition to the team. Natalie will also be joining us soon, she will be helping serve and bus tables! We're very excited to have her. I have been working hard on a whole new summer menu and I hope to have it ready to roll out in the beginning of May. We will be trying some new menu items that we haven't had before. I will start holding Culinary Resident meetings every third Wednesday of the month and this will be a time to go through the month's menu, and I can get feedback on everyone's likes and dislikes. I will also have a small tasting of new items so everyone will get an opportunity to taste, smell, and see the new menu items. I really look forward to continuing to work hard to make the menu something everyone enjoys. We are always on the lookout for new (or old!) recipes. So, please, if you have a treasured family recipe that you haven't tasted in years, let us know and we would be more than happy to cook it for you! It may even end up permanently on the menu.

No
Place
Like
Home
Cooking!