

The Trumpeter

Asbury Towers Retirement Community

The Short-Lived Pony Express



On April 3, 1860, two horseback riders left simultaneously, one from St. Joseph, Missouri, heading west, and the other

from Sacramento, California, heading east. After 10 days of relay-team riding and 1,800 miles, riders arrived at both locations bearing mail packets. The mail had never been so speedy, and the legend of the Pony Express was born.

The Pony Express debuted before the advent of radio or telephone, when California was cut off from the rest of the country. Any mail sent from the east arrived by ship or stagecoach several months later. In this world, the arrival of a letter in 10 days' time was lightning fast. The Pony Express was conceived by three owners of a freight business: William H. Russell, William Bradford Waddell, and Alexander Majors. They, along with route superintendent Benjamin Ficklin, devised a route of over 150 relay stations set up across the frontier through Missouri, Kansas, Nebraska, Wyoming, Colorado, Utah, Nevada, and California. Riders, who carried up to 20 pounds of mail, were changed every 100 miles, with their horses switched out every 10 to 15 miles. Over 400 horses were purchased and multiple relay stations built and staffed for the endeavor. Speed was the key to the success of the Pony Express, with their fastest delivery being news of the election of President Abraham Lincoln in a record five days' time. However, as telegraph lines began to move westward, the need for the Pony Express began to dissipate.

On October 24, 1861, a mere 18 months after its historic first run, the Pony Express was discontinued as the first transcontinental telegraph line was completed. Despite its brief existence, the Pony Express has long encapsulated the romance of the Wild West: speeding horses, attacks by American Indians, and famous cowboys who worked for the Pony Express, including "Wild Bill" Hickock and "Buffalo Bill" Cody. Perhaps this is why the Pony Express remains a vivid memory in America's history.

April Birthdays

In astrology, those born between April 1–19 are Aries' Rams. As the first sign of the zodiac, Aries are energetic and assertive 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 with a dogged persistence. And once the work is done, a Taurus expects to enjoy the fruits of their labor.

- Marlon Brando (actor) – April 3, 1924
- Spencer Tracy (actor) – April 5, 1900
- Francis Ford Coppola (director) – April 7, 1939
- Betty Ford (first lady) – April 8, 1918
- David Letterman (TV host) – April 12, 1947
- Loretta Lynn (singer) – April 14, 1932
- Jennifer Garner (actress) – April 17, 1972
- William Shakespeare (writer) – c. April 23, 1564
- Barbra Streisand (singer) – April 24, 1942
- Ella Fitzgerald (singer) – April 25, 1917
- Carol Burnett (comedienne) – April 26, 1933
- Jerry Seinfeld (comedian) – April 29, 1954

Of Gum and Gumption



The Wrigley Company may be the world's largest manufacturer of chewing gum, but when the company was founded on April 1, 1891, by William

Wrigley Jr., its primary business was selling soap. Wrigley journeyed from Philadelphia to Chicago with just \$32 in his pocket and an innovative idea to offer free baking soda with every purchase of his Wrigley's Scouring Soap. This model proved so successful that he later went into the baking soda business, now offering two free packages of chewing gum for every can of baking soda he sold. Once again, his giveaway proved more popular than the original product, and he ended up dedicating his company entirely to gum, a move that not only made him his fortune but made "Wrigley" a household name in Chicago and beyond.



Celebrating April Birthdays

Residents

- 01 Rosemary Yarber
- 03 Betty Foxx
- 12 Jim Hayes
- 15 Marjorie Singer
- 16 Ron Allee
- 16 James Flater
- 19 Lois Boswell
- 25 Judy Aikman



Staff

- 04 Michelle Tinsley
- 05 April Gay
- 06 Angela Dusing
- 12 Stacey Pilkin
- 19 Brittany Mefford
- 23 Lakaelyn Hagan



The Importance of Grip Strength

Why is hand and grip strength so important? Having a strong grip makes it easier to perform normal daily tasks like holding a coffee cup, carrying grocery bags, or brushing your teeth. Research has shown that a person's grip strength can be an indicator for overall muscle strength, upper limb function, bone mineral density, increased fractures and falls, and overall quality of life.

It's common as we age to see a decrease in grip strength due to natural age-related loss of strength and muscle mass. Additionally, other causes may include scar tissue, carpal tunnel, arthritis, and nerve or tendon damage. As a result, a person may experience trouble holding and opening items and other activities they enjoy.

Now that we recognize why grip strength is so important, below are exercises that can help to improve your overall hand and grip strength.

Improve Crush Grip (ability to squeeze something between your fingers and palms) with hand strengthening equipment like stress balls, therapy putty, and hand exercisers.

Improve Finger Strength & Dexterity with a finger-walking exercise. Put your hand on a table, palm facing down. Slowly lift each finger moving toward the thumb.

Improve Support Grip (ability to hold on to an object) with farmer carries. Hold a weight or bag and walk with it across the length of the room, then turn around and walk back.

Improve Pinch Grip (the grip strength between the tips of your four fingers and thumb) by pinching clothespins or using tweezers to manipulate small objects.

Improve Hand Range of Motion with finger stretches. Put your palm down on the table, straighten your fingers, hold the stretch for 30-60 seconds, and release.

Physical & Occupational Therapy Can Help! If you are having difficulty with hand strength or pain due to weakness, injury, or illness, you may find that performing a simple task is troublesome. Physical therapists recommend exercises to improve range of motion, build strength, and regain function. Occupational therapists offer strategies to overcome challenges so you can fully participate in daily and leisurely activities.

Talk with your doctor about a prescription for outpatient therapy.



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"Our spring has come at last with the soft laughter of April suns and shadow of April showers."

~ Byron Caldwell Smith



April Weather Lore We all know April showers bring May flowers, but have you heard of these April weather sayings?

- A sunny April shower won't last half an hour.
- If it thunders on All Fools' Day, it brings good crops of corn and hay.
- A cold May and a windy April make for a full barn.

Full Pink Moon

The full pink moon occurs on April 6th. Herb moss pink, or wild ground phlox, is one of the earliest wildflowers to bloom during this time of year. As the name infers, the flowers are pink in color, thus the name for April's full moon. Other names sometimes used are full sprouting grass moon and egg moon.

April Events Highlighted

- 3rd Crafty Fingers w/ Lori in AR at 1:00 pm
- 4th Walmart Shopping Trip at 10:00 am
- 6th Joyride leaving lobby at 1:00 pm
- 7th Good Friday Social in Main at 2:00 pm
- 10th Food Committee in FL at 10:30 am
- 11th Dollar General Trip at 10:00 am
- 13th Out to Lunch to Wendy's at 10:30 am
- 14th Doug DeBaun in Main at 1:00 pm
- 14th Good Friday Social at 2:00 pm
- 18th Walmart Shopping Trip at 10:00 am
- 18th Let's Plan May in Main at 1:00 pm
- 19th Dan Brush in Main at 1:00 pm
- 19th Ice Cream Sundaes in Main at 2:00 pm
- 20th Lannie Ferguson in Main at 1:00 pm
- 20th April Birthday in Main at 2:00 pm
- 25th Dollar Tree Trip at 10:00 am
- 25th Resident Council at 1:00 pm
- 27th Lunch to Portillo's at 10:00 am
- 28th Lisa Kneeland in Main at 1:00 pm
- 28th Arbor Day Social in Main at 2:00 pm

These are just a few of our Monthly activities, please see your calendar or Channel 2 for move of our daily activities. If you have any questions, please call Julie at Extension 117.



Frogs of the Amazon

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 Amazon is making headlines for its healing properties. Local tribespeople burn a small part of their skin and apply the toxin so that it is quickly absorbed into the bloodstream. After a few moments of serenity, the poison causes sensations of suffering, which leads to vomiting. Practitioners claim that the experience cures everything from depression to drug addiction and high blood pressure.

Researchers continue to add more frogs to this list of amazing creatures. Nearly one year ago, scientists discovered two new clown frog species, quite a surprise considering that only two species were known to exist. Researchers also found a new transparent *yaku* frog in Ecuador, named for its transparent abdominal skin, which reveals its heart. As recently as last November, researchers came upon the jaguar-snouted tree frog in the middle of an abandoned road, a new species that may already be endangered. This is some food for thought on April 28, Save the Frogs Day

April Food Committee will be on April 10th at 10:30 am in the Founders Lounge.

We will hold our Resident Council on April 25th at 1:00 pm in the Main Dining Room with Guest Speaker Chief of Police Jones.

All Assisted Living Residents are always welcome to attend.

Day of Pink

**Please wear Pink on April 6th
to show your support
against Bullying**

**And, to celebrate the
Full Moon this month, which is called a
Pink Moon**

Easter Around the World

Easter, which is also called Easter Sunday, Resurrection Sunday, and *Pascha*, is a Christian holiday commemorating the resurrection of Jesus Christ. The holiday is celebrated on different dates each year, and various cultures celebrate the holiday in their own ways. For many American and Canadian Christians, the holiday is held on a Sunday between March 22 and April 25. The exact date is based on when the paschal full moon (the first full moon of the spring) occurs, with Easter on the first Sunday on or after that date. This year, Easter falls on Sunday, April 4, 2021. For those following the Orthodox Catholic Church, Easter may be on a different Sunday in spring, and this year it will be on Sunday, May 2, 2021.

Origins

The tradition of yearly Easter festivities actually began long before Christianity, as the holiday is derived from pagan rituals celebrating the spring equinox (or the day when the day and night are of equal length). These events celebrated new life and rebirth. In fact, since prehistoric times, people have honored the yearly equinoxes and solstices with celebrations. The holiday also has roots in the Jewish holiday of Passover. This crossover of traditions has led to the Easter holiday we know today and helps explain why the holiday is celebrated in so many unique ways around the world.

The United States of America

In the United States, Easter is often celebrated with Easter egg hunts, where plastic, candy-filled eggs are hidden in yards, gardens, or homes. The mythical Easter Bunny is said to bring the treats. Never mind that rabbits don't lay eggs, the bunny as a mascot for Easter makes hippity, hoppity good sense, as the furry creatures are, shall we say, proficient procreators. Easter baskets, brunches, special dinners, and going to church are also popular ways to celebrate. Families often dress up in spring dresses and sharp suits. Lamb or ham is often served at Easter dinners.

Guatemala

Antigua, Guatemala, is home to the world's largest Easter festival. Lasting an entire week, the festival includes elaborate parades, complete with massive floats decorated with religious scenes that travel throughout the city. On Easter Sunday, the somberness of the holiday turns jubilant as the resurrection is celebrated.

France

In France, rather than keeping an eye out for Peter Cottontail, French children are looking for flying bells. The tradition of the bells stems from the silencing of the local church bells from the Thursday before Easter to Easter Sunday, which is done to honor the death of Jesus. The resumption of the ringing bells on Easter coincides with egg hunts for chocolate and sugar eggs that children collect. Similar themes of baby animals and the bounty and rebirth of spring also imbue the festivities.

Poland

On Śmigus-Dyngus (Wet Monday), which is held on the day after Easter, Poles enjoy the tradition of dousing each other with water. The holiday is also celebrated in some adjacent countries, including Slovakia, Hungary, and Czechia. The tradition harkens back to ancient fertility rituals. Today, it has become, essentially, one big water fight, with revelers out in the streets dumping buckets of water, throwing water balloons, or shooting each other with water guns.

Greece

Lighting up the night sky with elaborate fireworks displays is the key to Easter celebrations in Greece, where many Christians follow the Eastern Orthodox Church (also called Greek Orthodox). Additionally, in some parts of the country, houses are thoroughly cleaned in preparation for Easter—as in spring cleaning.

Norway

Norwegians, well-known as lovers of modern crime fiction, honor Easter by hunkering down to read mystery novels or watch true crime dramas. This tradition began in 1923 when an ad promoting a book was published on the front page of an Oslo newspaper proclaiming, "The train to Bergen was robbed last night." The public believed the marketing ploy was a real headline, which ultimately drove them to read the crime novel—and so, the whodunit Easter weekend custom

Government imposter scams

How it works: In this senior scam, fraudsters contact older people claiming to be representatives from a well-known government agency. This could include Medicare, the Internal Revenue Service (IRS), or the Social Security Administration (SSA).

Fraudsters may use caller ID spoofing to make the call seem genuine. And once you're on the line, they may parrot your Social Security number (SSN) to further legitimize the call.

Government imposter scams have different risks. Here are a few examples:

- Medicare scams: Scammers claiming to be Medicare representatives call their victims to "verify" their Medicare number. If you oblige, they'll use it to steal your health benefits (i.e., [medical identity theft](#)). Or, they might claim that the victim needs to pay a fee to receive a new card or special treatments and ask for their credit card numbers.
- [IRS scams](#): During tax season, scammers will call elderly people claiming to be from the IRS and saying there's an issue with their return. They'll collect information to "secure" your tax file, but in reality, they'll use it to file [phony tax refunds](#) and [commit identity theft](#).
- Social Security scams: In this scam, the imposter claims your SSN has been suspended due to an alleged crime. In order to reinstate it, they will demand payment usually in the form of [gift cards](#).
- FBI or law enforcement scams: Scammers will even call claiming that there is a warrant out for the victim's arrest. If they don't pay a fee or relinquish their financial information, they could go to jail.
- [Covid scams](#): Fraudsters take advantage of the fear and uncertainty of the pandemic to trick seniors into giving up sensitive data — such as bank accounts or health insurance information.

Remember, these agencies will almost *never* reach out to you over the phone — especially if it's something as grave as a crime. If they do call, hang up and call the agency's official phone number.

Warning signs of government imposter scams:

- You get an unsolicited call from someone claiming to be from a government agency.
- The caller uses threatening language and wants you to pay them using gift cards or wire transfers.
- The caller asks for your sensitive information, like your SSN, Medicare number, or credit card.

Birthstone for April - Diamond

Diamonds have been valued for thousands of years, and not only for their glittery, sparkling beauty. This gemstone also happens to be the hardest material in the world, which makes it very useful, especially for cutting, carving, and polishing. With their incredible strength and sturdiness, it comes as no surprise that diamonds have come to represent constancy and devotion. 2 They are also said to bring love and harmony to those who wear the stone. It is fitting, then, that these brilliant gems are traditionally used in engagement and wedding rings. In addition, the diamond is the anniversary gemstone for the 10th and 60th years of marriage. The Romans, who believed diamonds would make the wearer stronger, used them as amulets. In the Middle Ages, diamonds were thought to be a "miracle stone." Diamonds were said to protect one from the plague and also cure a variety of ailments.

Flower of the Month – Daisy

April's flower is the daisy, which has long been a favorite of gardeners everywhere. Daisies are beautiful, but they are also very easy to care for and will grow just about anywhere. Daisies are found everywhere in the world except Antarctica. Just add water and sun, and these little sunbursts add some brightness to any garden. The daisy's Latin name, *Bellis perennis*, translates to "everlasting beauty," revealing just how cherished this blossom has been throughout the years. Because of their pure white color, they are a symbol of innocence and are considered the flower of children. Daisies are edible and can be used in sandwiches, soups, and salads. The leaves can be found in potpourri and can be brewed to make an herbal tea. Daisies also have been used in homeopathic medicine. Because of their astringent properties, they have been used to treat skin infections and wounds.

A Bell Cast into History



Big Ben, the famous bell housed in the Clock Tower of London's Palace of Westminster, is a British icon. Tourists flock to the place so they can hear it ring out. Big Ben has rung even during the worst of

times, such as the Blitz, Germany's eight-month bombardment of London during World War II. On April 10, Big Ben will ring out still another milestone, for it will turn 160 years old.

The story of Big Ben begins on October 16, 1834, when fire destroyed the Palace of Westminster, the seat of Britain's government. While the palace was being rebuilt, it was decided that it needed a clock tower. The tower's design fell to George Airy, Astronomer Royal, and Edmund Beckett Denison, a lawyer and self-described expert on clocks and bells. Denison designed the first bell for the tower, including its unique shape and the metal with which it was cast. The 16-ton behemoth did not last long: it cracked under its first test. It was then that Denison turned to Whitechapel Bell Foundry to cast a new bell.

George Mears was the master bellfounder who undertook the re-casting of Big Ben. It took one week to break up the old bell and repurpose its metal. Three furnaces were used to melt the metal. It took 20 minutes to fill the mold and another 20 days for the metal to cool and harden. Mears tested the bell in every way possible before Denison allowed it to leave the foundry, and it left for the Palace of Westminster with great fanfare, pulled by 16 horses along decorated streets with cheering crowds. Big Ben would not ring out until a year later on May 31, 1859. Sir Benjamin Hall, known as "Big Ben," gave a long speech during a debate about what to call the bell. When at last he sat down, members shouted out that the bell be dubbed "Big Ben." Just two months later, Big Ben cracked, the result of a hammer more than twice the necessary weight designed by Denison. Big Ben was simply turned, and the sound we hear today is that distinct, less-than-perfect tone.

A Pocketful of Poetry

If you are unsure of how to celebrate Poetry Month in April, then just wait until April 26, Poem in Your Pocket Day. On this day, choose a poem and carry it with you all day to work, to school, out shopping, or anywhere you may go. You may choose to share it with others or keep it to yourself, but the power of the poem will be with you all day. Perhaps you will choose a celebration of life, such as Walt Whitman's *Full Of Life, Now*; a hymn to nature, such as John Clare's *All Nature Has a Feeling*; a poem about poetry like Archie MacLeish's *Ars Poetica*; or a unique take on love, such as *Heart to Heart* by Rita Dove. Perhaps you won't choose a poem at all but your favorite song lyrics, which you can sing to everyone you meet. Remember, poems, like songs, are meant to be heard, so do not shy away from the wonder of sharing your special poem with those around you.

Pampered and Purposeful



April 27 is Little Pampered Dog Day, but before you poo-poo the notion of honoring little lap dogs, bear in mind that humans lived with lap-sized canines 15,000 years ago. Scientists have traced our history with small dogs to France, where our cave-dwelling ancestors may have used the dogs to both keep them warm and assist them in the hunt. Wild canines called *dholes* grew to less than 17 inches tall, about the size of a beagle or cocker spaniel. Many small dog breeds today bear similarities to these ancient companions: they are tenacious hunters of small ground-dwelling prey animals, they are alert watchdogs that let out loud warnings when intruders are near, and yes, during the Renaissance, miniature poodles were used by nobility as handwarmers. The small dogs were put inside sleeves of shirts, becoming known as "sleeve dogs." Others were used to warm laps in damp castles or on chilly carriage rides. All of these are good reasons to pamper the little dog in your life.

The Son of Music



Mariachi music is an enduring musical tradition in Mexico, played wherever celebrations take place. There will certainly be plenty of mariachi music to enjoy at the Tuscon Mariachi

Conference from April 25 to 28. Mariachi's roots go back hundreds of years, to the arrival of Spanish Conquistador Hernán Cortés in Mexico in 1519. Indigenous music, played as part of a religious ceremony, was played with rattles, drums, flutes, and conch shells. The Spanish brought with them harps, guitars, violins, and brass horns, instruments that were played during Catholic mass but quickly became popular outside of church services. Natives created a new type of music, incorporating the new instruments with local musical styles and African musical influences that arrived via the slave trade. Many identify the west Mexican state of Jalisco as the center of this new folk music style known simply as *son*, or *sound*. It was from the *son* of Jalisco that modern mariachi developed.

In the late 1800s and 1900s, the biggest form of entertainment was listening to radio and records. This is when the first modern mariachi bands formed. Violins and trumpets were added to musical orchestras featuring harps, guitars, and woodwinds. These bands became popular, and the music made its way into the rural countryside. Mariachi was played at parties, on holidays, and in church, and the sound accompanied dances as varied as foxtrots, waltzes, pasodobles, fandangos, pokes, and jarabes. During the Mexican Revolution, many Spanish haciendas had to let workers go, including mariachi musicians. These mariachis wandered and played everywhere they could, and the new Mexican government, eager to promote a unified Mexican identity separate from their Spanish colonizers, presented mariachi as the national music for their young country. While Jalisco may be the "birthplace of mariachi," the reach of this music is now global, with mariachi bands playing as far away as Sweden, Egypt, and Croatia.

PB&J Day

Can you even imagine a world without peanut butter and jelly? April 2 is Peanut Butter and Jelly Day in honor of this ubiquitous sandwich staple. Before the average American finishes high school, they will have consumed 2,000 PB&Js. When did this sandwich achieve celebrity status? The first record of peanut butter and jelly on bread came in 1901, when Julia David Chandler mentioned the recipe in a book detailing the preparation of finger sandwiches for small parties. She wrote, "The combination is delicious, and, so far as I know, original." Then, in 1922, Joseph Rosefield transformed the peanut butter industry by devising a method to keep peanut butter from separating. He called his new peanut butter *Skippy*. At the same time, American manufacturing evolved to mass produce peanut butter and lower the cost, making it affordable to all. When sliced bread was invented in 1928, sandwiches became easier to make and, thanks to lobbying efforts by the peanut butter industry, the PB&J sandwich became standard fare in lunchboxes around the country. If peanut butter and jelly isn't your favorite sandwich, then just wait until April 12, Grilled Cheese Day.

Time for a Change



Times Square is one of New York City's most famous landmarks, but many don't know where it got its name. Before it was Times Square, the intersection was known as Longacre Square, named after London's Long

Acre Square. Both places were hubs for horse carriages, brothels, and saloons. When Adolph Ochs acquired *The New York Times* newspaper in 1896, he sought a part of town far from City Hall and "Newspaper Row" for his growing news empire. He found his spot in Longacre Square, which the mayor renamed Times Square for the newspaper's offices on April 8, 1904.