

Stearns



Nursing and Rehabilitation Center, LLC

StearnsRehabCenter.com

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Our Leadership Team

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Good Night, 'Phantom'

"The Phantom of the Opera," Andrew Lloyd Webber's gothic musical about a masked composer infatuated with a soprano vocalist, is taking a bow after 35 years on Broadway, longer than any other show. With 19.8 million tickets sold, grossing \$1.3 billion, "Phantom" has had a successful run. But slow post-pandemic sales have made the extravagant show, centered by a majestic moving chandelier, too expensive to produce. Upon announcement of its closure, theater fans rushed to buy tickets before they lost their chance to see the Broadway masterpiece. However, the narrative will live on—you can still read the original novel by Gaston Leroux or watch the 2004 film adaptation starring Gerard Butler and Emmy Rossum.

Friendly April Flowers

Folks with April birthdays can claim both daisies and sweet peas as their birth flower. The cheerful daisy and fragrant sweet pea both have strong connections to friendship, making them excellent choices for a birthday bouquet.

April 2023



Woven Through Time

As one of the oldest handicrafts known to humankind, baskets have been there for us since the beginning of civilization, used to store and carry food, tools and even children! In many cultures, baskets have an artistic and practical purpose, with meaningful patterns and symbols woven into the design. In modern life, baskets are a simple and timeless way to corral clutter, display flowers or wrap a gift.

Circadian Rhythm Reset

Biological Clock Day on April 28 brings awareness to our circadian rhythm—the body's internal sleep-wake cycle. Are you struggling to fall asleep? Or getting groggy during the day? Try out one of these tips to "reset" your circadian rhythm: (a) stick to a regular sleep schedule, (b) use bright light therapy to simulate sunrise, (c) avoid caffeine in the evening or (d) exercise regularly and limit screen time.

Animal Cracker Fun

Crispy, sweet and fun to eat, animal crackers are a classic snack. In honor of National Animal Cracker Day on April 18, hike through this jungle of fun facts:

- Animal crackers were originally only sold in bulk containers called “cracker barrels.”
- Snack brand Nabisco introduced the now-familiar carton of animal crackers in 1902, selling them for a whopping 5 cents. Due to the popularity of the circus, they named the product “Barnum’s Animals.”
- Among the various brands that make animal crackers, more than 50 different animals have been featured over the years. The only critters that have stayed steadily in production are bears, elephants, lions and tigers.
- A single bushel of wheat can make about 245 boxes of Barnum’s Animals.
- Can you guess which cracker is the only animal with clothing? It’s the monkey, who wears a pair of pants.
- Nabisco changed the design on their famous box in 2018. After nearly 116 years of riding on a circus train, Barnum’s Animals are now shown roaming in nature.



Yoga for Sleep

Are you finding yourself struggling to fall asleep? Or waking up feeling unrested? Yoga can help burn off extra energy and relieve stress, leading to better quality sleep. These tips and easy poses can help you get started.

Breathing is the most important part of sleepy-time yoga. Let your thoughts drift away as you try out belly breathing: Straighten your spine and place a hand on your abdomen. Inhale, feeling your stomach expand with the breath, then exhale, feeling your belly button pull toward your spine. Attempt at least 10 deep breaths.

To prepare for bed, and keep your heart rate low, stick with simple, restorative yoga positions. Try the Easy Pose: Sitting with your legs crossed, place your palms on your thighs. Close your eyes and relax for a few minutes. This pose can then lead right into the Seated Twist. Legs still crossed, gently twist your torso to the left, reaching your right hand to the left knee. Stay there for three to five breaths. Repeat, twisting the opposite way.

Brunch Dishes Around the World

Brunch, a meal between breakfast and lunch, has become popular in recent decades. Take a trip around the globe and see what plates are for you.

The Americas. In the U.S., popular brunch items range from classic eggs Benedict or hearty chicken and waffles to light options like fruit and granola. Travel to Mexico and sample *huevos divorciados*, which are fried eggs with salsa and a side of beans and cheese. Fresh açai bowls are a staple in Brazil, where the berries grow in the rainforest.

Europe, Africa and Asia. Across the Atlantic, Iceland brunches include skyr, a very thick yogurt, plus a wide selection of fish. Throughout the U.K., the traditional full English breakfast—a plate piled high with bacon, sausage, eggs, vegetables, bread and baked beans—is plenty to fill your belly. In Egypt, dip fresh pita bread into *ful medames*, a flavorful bean dish. Swim over to Southeast Asia for *nasi goreng*, a stir-fried rice with chili paste and soy sauce.

Down Under. On Australia’s happening Gold Coast, you’ll find many trendy options, such as avocado toast, beetroot relish, fresh smoothies and strong coffee. Traverse the Tasman Sea to New Zealand and enjoy some corn fritters topped with bacon and avocado.

Lore of Dandelions

This time of year, dandelions dot the landscape of yards, parks, meadows and roadsides. You may spot the plant's bright yellow blossoms or the familiar fluffy white seed heads.

Dandelions are an important early food source for pollinating insects, and they can be consumed by people, too, usually in the form of greens, jelly or tea. However, the puffy little flowers are sometimes considered a weed due to their deep taproots and widespread reproduction. Seeds are easily carried on the wind, especially when children and adults aid in the process by blowing apart the cotton-like ball of seeds.

There are several legends associated with dandelions. Many people make a wish as they blow apart the puffball, allowing the seeds to carry their thoughts and dreams along the breeze to loved ones. Others believe that if you blow all of the seeds off with a single breath, then your love is true. According to another legend, the number of seeds left after a single blow is the number of children you'll have!



Frog Hall of Fame

Curious and charming, frogs have hopped into our hearts as adored members of the animal kingdom and as entertainment superstars. Enjoy this "ribbiting" list of favorite fictional frogs:

Kermit the Frog. The face of Jim Henson's Muppets, this felt frog puppet made his TV debut in 1955. Though "it's not easy bein' green"—or handling the

hijinks of his costar Miss Piggy—Kermit inspires others with his generally calm demeanor and positive outlook.

The Frog Prince. Ever since the Brothers Grimm published this traditional tale in 1812, the concept of a prince or princess disguised as a frog has been widespread in pop culture. Usually, true love's kiss can break the spell, transforming the amphibian back to human.

Frog and Toad. As the stars of their own book series, written and illustrated by Arnold Lobel, these best buds have spent decades teaching children not only how to read but also important life lessons about friendship.

Wit & Wisdom

"The sky is always beautiful. Even when it's dark or rainy or cloudy, it's still beautiful to look at ... and it'll be there no matter what."
—Colleen Hoover

"Trees are poems that the earth writes upon the sky."
—Kahlil Gibran

"The sky takes on shades of orange during sunrise and sunset, the color that gives you hope that the sun will set only to rise again."
—Ram Charan

"Look at your feet. You are standing in the sky. When we think of the sky, we tend to look up, but the sky actually begins at the earth."
—Diane Ackerman

"Rain is grace; rain is the sky descending to the earth; without rain, there would be no life."
—John Updike

"Every time I see the sunshine in the bright blue sky, I cannot help but think how blessed I really am to see another day."
—Donna Karan

"We touch the sky, not to soar above the clouds, but to show respect to the earth beneath our feet."
—Anthony T. Hincks



Hats Off!

Offering protection from the weather or simply helping us tie an outfit together, hats have had a place in fashion for centuries. Which of these styles—of which many are still popular today—earns a tip of the cap from you?

- 1910s:** Bowlers/derbys, newsboys
- 1920s:** Cloches, boaters
- 1930s:** Veiled hats, homburgs, cartwheel hats
- 1940s:** Fedoras, berets
- 1950s:** Trilbys
- 1960s:** Pillbox hats, porkpies, beach hats
- 1980s:** Cowboy hats, baseball caps
- 1990s:** Bucket hats, visors
- 2000s:** Beanies, trucker hats
- 2010s:** Fascinators

"This Month In History"

APRIL

1902: Tally's Electric Theater in Los Angeles opens. It was the first theater in the U.S. to be built with the sole purpose to show movies, not stage shows.

1917: The United States formally enters World War I, marking a turning point in the conflict that had been ongoing for nearly three years. The Great War ended just over a year and a half later.

1923: Yankee Stadium in New York City hosts its first baseball game. The Yankees defeated the Red Sox 4–1.

1938: Bugs Bunny makes his first cartoon appearance in "Porky's Hare Hunt."

1954: The United States Air Force Academy is established just north of Colorado Springs, Colo. Cadets attend the academy to receive military training for either the Air Force or Space Force.

1969: The first temporary artificial heart is used to successfully sustain a patient for 65 hours while waiting for a human heart to become available.

1977: Fifteen women in the House of Representatives hold the first Women's Caucus meeting. The bipartisan organization is now known as the Congressional Caucus for Women's Issues.

1997: At age 21, golfer Tiger Woods takes the title of Masters champion, becoming the tournament's youngest winner—a record he still holds today.

2004: Google launches the free email service Gmail. Since the announcement was made on April Fools' Day, the public was skeptical of its authenticity. Today, Gmail is actively used by 1.5 billion people around the globe.