April 2025

# Currents at the Cove

Sunapee Cove Assisted Living & Memory Care | 1250 Rt. 11 Sunapee, NH 03782 (603) 763-0566

## April Activities

***Check website for calendar***
**www.sunapeecove.com**

4/1 Mount Royal kids visit
4/5 Music w/Jim Hollis
4/6 Lake Church Gospel Singers
4/8 Monthly Birthday Party
4/9 Bowling Trip
4/10 Music by Second Wind
4/12 Music w/Sueanne Thayer
4/13 Piano music w/Elaine Cox
4/14 Painting Easter Eggs
4/15 Mystery Ride
4/19 Music w/Moe Kennett
4/20 Easter Brunch
4/20 Easter Service w/Pastor Elisabeth
4/22 Earth Day
4/25 Arbor Day Planting Ceremony
4/27 St. Andrew's Service
4/28 Trip to Colonial Pharmacy
4/30 Trip to Sanctuary Farm

Plus: Therapy Animals, Happy Hour, Craft Time, Movie Matinee, Bingo, Corn Hole, Documentaries, Walking Club, Garden Club, Comedy shows and so much more fun....

## Raining Cats and Dogs

Cats and dogs have long held the title of "humans' best friends," but April shines a special spotlight on their roles in our lives. From cuddly companions to tireless helpers, these animals bring joy and purpose to millions. This month, three events highlight their importance and the incredible humans who support them.

World Stray Animal Day on April 4 reminds us of the countless cats and dogs in need of loving homes. Globally, millions of stray dogs and cats live on the streets or in shelters. Organizations worldwide work to rescue and rehome these animals, giving them a second chance at life. If you've been considering adopting but can't, donating time, money, pet food, or gently used blankets and towels can make a world of difference.

Later in the month, Therapy Animal Day on April 30 celebrates the unique bond between people and therapy animals. Did you know therapy dogs and cats can lower blood pressure and reduce stress levels? These specially trained animals provide comfort and emotional support in hospitals, schools, libraries, and nursing homes. Their calming presence has even been shown to improve recovery times in patients.

Let's not forget Volunteer Appreciation Week, running April 20–26. Behind every happy adoption are volunteers who give their time and hearts to help animals. Whether it's walking dogs, cleaning kennels, or fostering kittens, these heroes make a significant impact. Many shelters report that volunteers contribute thousands of hours each year, saving lives and creating happier futures. This week is a great opportunity to thank them, or even join their ranks!

This April, whether you're celebrating a beloved pet, supporting therapy animals, or helping stray cats and dogs find homes, take a moment to appreciate the furry friends that make life brighter. And remember, even small acts of kindness can have a major impact.

## Laugh It Off

You may be laughing until it hurts, but that laughter is doing some powerful healing. Pull up a chair next to the class clown or the office cutup because April is Humor Month.

Humor may be one of the oldest and most effective methods of social bonding. No matter what your culture or background, all laughter sounds the same. Better yet, studies show that the more you laugh, the more attractive you become to the opposite sex... or perhaps that's just a joke?

Most laughter doesn't come from listening to jokes. Most laughter comes from spending time with friends and family. Furthermore, people tend to laugh more when they're in groups. Laughter truly is contagious. In fact, laughter strengthens immune systems by increasing infection-fighting antibodies.

Doctors have become wise to the positive health effects of laughter. Laughter has been shown to decrease blood pressure, improve the function of blood vessels, increase blood flow, and decrease hormones associated with stress. Laughter even reduces pain by stimulating the release of endorphins. One doctor believes laughing is such good exercise that he calls it "internal jogging." One minute of laughing, he says, is equal to 10 minutes on a rowing machine.

Laughter is not just good for the body; it's also good for the mind. Humor stimulates creativity, improves problem-solving abilities, enhances memory, and teaches resilience. All April long, make sure to take "laughter breaks" every day. Avoid the news and instead watch a sitcom or funny movie, read the daily comics, perform a sight gag, tell a joke, play games, spend time with children, and most importantly, do these things with friends. Hoot and holler with reckless abandon, and your body will thank you.

## The Metric Divide

Feet, inches, pounds, miles, teaspoons, and degrees Fahrenheit. What do all these types of measurements have in common? They are part of the U.S. customary measurement system, closely akin to the British imperial units—a standard many say has outlived its usefulness. After all, only three countries in the world—the United States, Myanmar, and Liberia—use this system. The rest of the world has adopted the metric system of measurement. If you're ready to join the rest of the world, then take a stand on April 7, Metric System Day.

The metric system was developed in France during the French Revolution and was officially adopted on April 7, 1795. Nearly every nation in the world has adopted it since. Yet the United States still clings to its own system. Americans still bake using cups, measure height using inches, and fill up gas tanks by the gallon. This persistence is largely due to the time and cost associated with changing the country's infrastructure, as well as pushback from big businesses and citizens reluctant to undergo such a significant transition.

## "Louie Louie" Lives On

Some call "Louie Louie" the most popular party song of all time. Others call it the most incomprehensible. Try your best to decipher the lyrics on April 11, International Louie Louie Day, in honor of composer Richard Berry's birthdate in 1935. It was the music group the Kingsmen who made "Louie Louie" a hit in 1963. A year later, the FBI opened an investigation into the song's mysterious lyrics. One concerned listener believed the song contained obscene language. After months of analysis, the FBI concluded the song was unintelligible. Today we know that it is a simple song about a seafaring man pining for his love.

## The Mighty Mule Legacy

Mule Day in Columbia, Tennessee, is so beloved that it is actually celebrated for four days: in 2025, from April 3–6. Why celebrate such an animal? As the offspring of a male donkey and a female horse, mules are more patient, surer-footed, and longer-living than horses, and faster, smarter, and more cooperative than donkeys. Mules, it seems, are the best of both worlds.

Mule Day began as Breeders' Day in the 1840s. Farmers would gather from miles around to bring their mules to market on the first Monday in April. This was a crucial business before the advent of mechanical tractors, and Columbia became known as the "Mule Capital of the World." Of course, once tractors came into fashion, the demand for mules slipped, but Columbia continued to hold its traditional Mule Day just the same. Today, Mule Day features mule-driving contests, mule parades, a flea market, music, and food and drink. No other town loves its mules as much as Columbia, Tennessee.

However, Matanzas, Cuba, comes pretty close. This Cuban city celebrates April 27 as Matanzas Mule Day. On this date in 1898, Matanzas became the site of the first military action of the Spanish-American War. American naval ships amassed in the bay and bombarded the city with heavy artillery. Amazingly, the only casualty was a mule, who became an instant folk hero. Legend has it that the Matanzas Mule was buried with full military honors as a military band played for hundreds of mourners. Some claimed this story was a complete fabrication—an act of propaganda meant to humiliate the American forces—but the tradition continues. We may never know for sure which town adores mules more: Columbia, Tennessee, or Matanzas, Cuba. It may make more sense to simply declare April International Mule Month.

### MIND DIET RECIPE

Roasted Salmon with Avocado Salsa

Ingredients

12 oz Salmon Fillet
1tbsp Lemon Juice (divided)
1 tsp Extra Virgin Olive Oil
½ tsp Garlic Powder
½ tsp Sea Salt
½ Avocado (chopped)
½ tbsp Red Onion (diced)

Directions

Preheat the oven to 400ºF (205ºC) and line a baking sheet parchment paper.
Coat the salmon fillets with olive oil, 1/2 of the lemon juice, 1/2 of the sea salt, and garlic powder.
Place the fillets on the prepared baking sheet.
Bake for 14 to 16 minutes or until cooked through.
In the meantime, in a medium bowl, mix together the chopped avocado, red onion, and the remaining lemon juice & salt.
Divide salmon between 2 serving plates.
Top them with avocado salsa.

## Dig into Deep-Dish

It's a pizza that stands apart from all the rest, with three-inch-high walls of buttery crust holding in a simmering stew of sauce, cheese, sausage, pepperoni, peppers, onions, and whatever else your stomach desires.

The Chicago-style deep-dish pizza has become such a culinary icon that it bears its own holiday, Deep Dish Pizza Day, on April 5. The deep-dish pizza debuted in 1943 at Chicago's Pizzeria Uno restaurant, but locals debate its true roots. Was it the Malnati family, working at the first Pizzeria Uno, who invented the deep dish? Did the Malnati family matriarch develop the dough recipe for another restaurant entirely? The best way to settle the debate is to take one of Chicago's Deep Dish Pizza Tours and eat until you're as stuffed as a Chicago-style pizza pie.

## The Story Behind the Plate

On April 25, 1901, New York became the first state to require license plates on vehicles. At that time, the state didn't provide the plates. Rather, individuals created their own license plates out of leather, brass, or whatever was available. When people began to create unlawful plates, state governments stepped in and began making their own.

In 1903, Massachusetts became the first state to issue plates. The very first license plate was number *1,* issued to a man named Frederick Tudor. Amazingly, his family still maintains an active registration, which gives them the right to use the number *1* on a modern plate.

The first plates were made of iron covered in porcelain enamel. The background was a dark blue with the numbers in white. There were no standard sizes back in the early days of license plates. The more numbers on the plate, the larger the plate got. Motorcycles, too, needed license plates. The first looked identical to car plates, but started with the letter *Z*.

As if letters and numbers weren't enough, many plates have had slogans touting a state's fame or history. In our quiz below, try to connect each state with one of its license plate slogans.

| | |
|---|---|
| 1. Idaho | A. Sunshine State |
| 2. Missouri | B. Vacationland |
| 3. New Hampshire | C. Land of Lincoln |
| 4. Washington | D. Garden State |
| 5. Illinois | E. Stars Fell On |
| 6. New Jersey | F. America's Dairyland |
| 7. Pennsylvania | G. Live Free or Die |
| 8. Wisconsin | H. Show-Me State |
| 9. Florida | I. Keystone State |
| 10. Alabama | J. First in Flight |
| 11. Maine | K. Evergreen State |
| 12. North Carolina | L. Famous Potatoes |

Having trouble? Perhaps a road trip is in order….

**Answers:** 1. L; 2. H; 3. G; 4. K; 5. C; 6. D; 7. I; 8. F; 9. A; 10. E; 11. B; 12. J

Laughter is the best medicine!
Our entertainer "Steve the Spoon Guy"
had us all laughing & smiling.

## A Tradition Takes Root

The last Friday in April is celebrated as Arbor Day in the United States, but the tradition of planting trees first evolved in Spain. In the village Villanueva de la Sierra, a priest named Ramón Vacas Roxo was convinced that trees were not only beautiful and important to the environment but also improved health and hygiene. In 1805, he began a tradition of planting trees during a three-day festival. He even wrote a manifesto explaining the importance of trees and delivered it to neighboring villages, encouraging residents to plant their own. It wasn't until April 10, 1872, that J. Sterling Morton—a newspaper editor turned politician—founded Arbor Day as an official holiday in Nebraska. In 1883, educator Birdsey Northrop of Connecticut traveled to Japan, where he spread the idea of an Arbor Day holiday. That message, and the countless millions of trees planted since, lives on this April 25, 2025.