

## 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

## April Birthdays

### Resident Birthdays

Diana Kubick- April 5<sup>th</sup>  
Paul Tenny- April 25<sup>th</sup>

### Staff Birthdays

Tayauna Kinchen- April 6<sup>th</sup>  
Nepomicene Muhanuka- April 12<sup>th</sup>  
Maribel Gonzalez- April 14<sup>th</sup>  
Connie Ashley- April 25<sup>th</sup>  
Brittney Mendez- April 26<sup>th</sup>  
Talisha Holloway- April 28<sup>th</sup>  
Erik Totten- April 28<sup>th</sup>

### April Outings:

April 9<sup>th</sup> 12:00pm Lunch at Jeremiah's Tavern  
April 11<sup>th</sup> 10:30am Mass at St. Louis Church  
April 16<sup>th</sup> 12:00pm Lunch at Mamma G's

**\*\*All outings are subject to change based on weather and staffing. Sign up forms are on the table under the daily schedule in the lobby\*\***

### Quote of the Month:

**"April is nature's way of saying let's party."**

### Mike's Joke of the Month:

"What is the difference between a well-dressed man on a tricycle and a poorly dressed man on a bike?" Attire.

April 2025

# Heather Heights

160 W. Jefferson Rd, Pittsford, NY 14534 | (585) 264-1600 |



## Leadership Team

### Carrie Bardo

*Executive Director*

### Tiffany Arnold

*Assistant Executive Director  
and Business Office Manager*

### Michelle Kennison

*Director Of Nursing*

### Andrea Testa

*Assistant Director Of Nursing*

### Paula Biuso

*Case Manager*

### Patricia Apple

*Admissions Director*

### Andy Armstrong

*Culinary Director*

### Mike Lee

*Director of Housekeeping,  
Laundry & Maintenance*

### Erik Totten

*Assistant Director of  
Housekeeping, Laundry &  
Maintenance*

### John Jakubonis

*Recreation Director*

## April Happenings

We are finalizing plans for the new cabinetry in the main dining room. As we get closer to construction we will provide more details, but we are hopeful of completing this project in April.

Barbara McCullough is your employee of the month for April. Recognized for her work ethic, positive attitude and willingness to help the residents and team.

Joanne and John Fisher are your residents of the month for April. Nominated for their kindness, sense of humor and always enjoying each other's company.

Denyetta Daymon from PCA/Nursing will start part time as the evening receptionist for a couple of days.

## Some Important Dates to Keep in Mind

- \*Tuesday April 1<sup>st</sup> at 2:00pm in the Lobby- Magic with Sky Sands
- \*Friday April 4<sup>th</sup> at 2:00pm in the Blue Recreation Room- Resident Recreation Meeting
- \*Monday April 7<sup>th</sup> at 2:00pm in the Lobby- Entertainment with Mike Sidoti
- \*Thursday April 10<sup>th</sup> at 2:00pm in the Theatre- Food Committee
- \*Friday April 11<sup>th</sup> at 2:00pm in the Lobby Happy Hour with Perplexion
- \*Saturday April 12<sup>th</sup> at 2:00pm in the Lobby- Entertainment with The Bradley Brothers-L
- \*Monday April 14<sup>th</sup> at 2:00pm in the Blue Recreation Room- Catholic Mass
- \*Tuesday April 15<sup>th</sup> at 2:00pm in the Lobby- Entertainment with Doug Sibble
- \*Monday April 21<sup>st</sup> at 2:00pm in the Lobby- Entertainment with Harmony & Vine
- \*Thursday April 24<sup>th</sup> at 2:00pm in the Lobby- Entertainment with Mike Kornrich
- \*Friday April 25<sup>th</sup> at 2:00pm in the Lobby- Happy Hour with Linda & Brian
- \*Saturday April 26<sup>th</sup> at 2:00pm in the Lobby- Entertainment with Bach 2 Rock Students
- \*Tuesday April 29<sup>th</sup> at 2:00pm in the Blue Recreation Room- Resident Council
- \*Wednesday April 30<sup>th</sup> at 2:00pm in the Lobby- Birthday Party with John Culligan

Hope all is well!

John

## 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 pushbacks 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.



By Mayo Clinic Staff

### Keep moving

Physical activity can go a long way toward fall prevention. With your health care provider's OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. These activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

If you avoid physical activity because you're afraid it will make a fall more likely, tell your health care provider. Your provider may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility and muscle strength.

### Wear sensible shoes

Consider changing your footwear as part of your fall prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So, you can walk in your stocking feet. Instead, wear properly fitting, sturdy, flat shoes with nonskid soles. Sensible shoes may also reduce joint pain.

### Use assistive devices

Your health care provider might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example:

- Handrails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down

If necessary, ask your health care provider for a referral to an occupational therapist. An occupational therapist can help you brainstorm other fall prevention strategies. Some solutions are easily installed and relatively inexpensive. Others may require professional help or a larger investment. If you're concerned about the cost, remember that an investment in fall prevention is an investment in your independence.

## Treat Yourself Head to Toe

Looking for an excuse to treat yourself to a little TLC? Look no further than April 25, Mani-Pedi Day. Manicures and pedicures involve an entire host of hand and foot treatments, including filing and clipping nails, massages, and softening and moisturizing the hands and feet in hot paraffin wax, lotions, or oils. Some even choose to decorate their nails with tiny jewels, dried flowers, or glitter.

The nail salon, once seen as a primarily feminine space, is now attracting a more diverse crowd. A professional nail treatment can complement a sharp outfit, a fresh haircut, polished shoes, and a touch of fragrance, creating a polished look for anyone. Even NFL athletes have known to unwind with a calf massage while their feet soak in warm paraffin wax. Some upscale salons offer a relaxed vibe, pairing nail care with beverages like beer or scotch and big-screen TV sports.

## 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.