



**Resident Birthdays**

4/2 Eve A  
 4/4 Steve W  
 4/9 Andre R    4/9 Chip B  
 4/11 Sally B  
 4/17 Ruth W  
 4/29 Susan W  
 4/30 Jonna B

**Staff Birthdays**

4/03 Fionnuala Walshe  
 4/05 Samantha Newton  
 4/21 Kathleen LeCroix

**Work Anniversaries:**

Jenna Narkum	4/2/2021	5 years
Karen Skidmore	4/2/2019	7 Years
Nicholas Poland	4/9/2025	1 Year
Stephanie Park	4/9/2025	1 Year
Susanna Depres-Rozzi	4/13/2017	9 Years



We have a monthly support group meeting for those with loved ones suffering from Dementia. It occurs the second Thursday of the month at 4pm in the auditorium. Contact our Memory Care Director, Bethany with any questions. 603-924-3691 ext. 207



This issue of the April newsletter is mostly about the earth and the greens that surrounds us to celebrate Earth Day. For seniors, gardening isn't just a chore or a hobby; it's a form of **"active stewardship"** that benefits the body, the neighborhood, and the planet simultaneously. Here is why gardening is such a powerful celebration of life and environment:

- **The Joy of "Micro-Success":** Gardening provides a unique psychological feedback loop that is incredibly rewarding as we age.
- **A Sense of Purpose:** Nurturing a living thing from seed to harvest provides a daily reason to get outside. It combats the "fixed" feeling of retirement by proving you can still create new life and growth.
- **Sensory Mindfulness:** The "joy" often comes from the sensory details—the scent of damp soil, the bright red of a ripening tomato, or the sound of bees in the lavender. This creates a meditative state that lowers cortisol (stress hormones) more effectively than just sitting quietly.
- **Another positive facet of gardening is turning Your Yard into a "Carbon Sink".** While a single garden seems small, it is a vital patch in a global quilt of conservation.
- **Pollinator Pit-Stops:** By planting native flowers, you aren't just growing "pretty things"—you are providing a crucial refueling station for bees and butterflies whose habitats are disappearing.
- **Soil Sequestration:** Healthy, composted soil actually "grabs" carbon from the air and stores it in the ground. By using organic mulch and compost instead of chemicals, you turn your backyard into a tiny, efficient carbon vacuum. 

## Benefits of Gardening

**“Everything that slows us down, forces patience, and sets us back into the slow circles of nature is helpful. Gardening is an instrument of grace.”**

It's not surprising to learn that gardening is beneficial to our health. After all, it usually involves being outdoors on a beautiful day surrounded by delightful sounds such as birds singing, children playing, and lawn mowers humming. Digging in the warm dirt, planting seeds, watching them grow, and harvesting the flowers, fruits, and vegetables is not only therapeutic but also life-affirming. Health Benefits of Gardening From soaking up the vitamin D from the sun's rays to the exercise gained through such activities as digging, raking, and mowing, the health benefits of gardening are many and varied. These benefits include the following:

- The vitamin D provided by sunshine is important in strengthening bones and boosting the immune system. In addition, it is recognized for its role in reducing the risk of certain cancers, including breast, colorectal, prostate, bladder, and non-Hodgkin's lymphoma. Low vitamin D levels have been associated with an increased risk of dementia, and Type 2 Diabetes.
- Gardening activities exercise all the body's major muscle groups and aid in maintaining flexibility and strength while burning off calories and improving sleep patterns.
- The Centers for Disease Control consider gardening a "moderate cardiovascular exercise." A 30- to 45-minute gardening session can burn between 150 to 300 calories.
  - The exercise gained through gardening can help reduce stress and maintain cardiovascular health. Exercise has been shown to improve cognition and may reduce the risk of dementia.
  - Gardening, a form of therapy courtesy of Mother Nature, has been demonstrated to help improve mood while reducing anxiety and depression.

Why was the Easter Bunny so Creepy in the 1950's & 1960's?



Easter is a beautiful time of year, signaling the beginning of Spring and an end to the long dark winter. Days filled with extra sunshine, birds chirping, flowers blooming, and the arrival of the Easter Bunny. While looking for April newsletter content, I was absolutely astonished at how macabre the Easter Bunny used to be. As a millennial, I had only known cute, cuddly Easter Bunnies. I can't help but wonder, why was the Peter Cottontail so scary looking in the 1950's and 1960's? More importantly, why was everyone okay with it? Furthermore, who paid the many Child Therapists who must have had to clean up this mess? I'm sure screams of terror could be heard resonating at malls all over America.

The Easter Bunny looked "scary" in the 1950s due to the limitations and materials of vintage costumes, featuring often rigid, unsettlingly wide smiles, glassy eyes, and bulky, sometimes poorly fitting designs, which contrasted sharply with modern, cuddly versions, making them seem more uncanny or even nightmarish to contemporary eyes accustomed to softer plush toys. These costumes were handmade or cheaply manufactured, using materials like felt or burlap, and had a distinctly retro aesthetic that leaned into exaggerated features, creating a memorable but unsettling vibe, as seen in popular "creepy vintage Easter bunny" photo collections. The bunny appeared more humanlike more human-like, which some found to be unsettling. The kids in these photos undoubtedly had nightmares.



A Garden's Bounty – Flowers for Health Scientific studies and publications support the idea that flowers are not only visually and aromatically pleasing but also beneficial to our health and well-being. Dopamine, oxytocin, endorphins, and serotonin, known as the “happy” hormones, are known to be stimulated by flowers, elevating mood. Here are some flowers and their health benefits:

- **Lavender:** With its pleasant fragrance and violet flowers, lavender is known for its stress-relieving benefits and calming effects. Commonly found in spa products, candles, soaps, bath salts, and skin care products, it promotes relaxation and improves sleep quality.
- **Ferns:** Valued for their lush and beautiful appearance, ferns have been recognized by NASA (National Aeronautics and Space Administration) for their ability to purify the air. Boston ferns are known for removing toxic compounds like formaldehyde, plastics, and smoke from the air. Ferns flourish outdoors as well as in the home.
- **Rosemary:** This culinary herb graces gardens with its distinct smell and reportedly helps improve memory and concentration. A staple in Mediterranean and Greek cuisine, its distinct flavor, often added to bread, soups, and meats, is commonly believed to be unmatched by other herbs.
- **Marigolds:** Long known as the gardener's friend, the bright and cheerful marigold is a wonderful companion plant in the garden. Its strong, pungent smell attracts beneficial insects and helps keep the bad bugs away. The marigold's healing properties are beneficial for treating skin ailments, especially wounds, burns, and abrasions.
- **Daisies:** Known throughout Europe as a wound-healing plant since ancient times, daisies are edible (in salads and wild daisy tea, for example) and contain large amounts of vitamin C. They have been used in homeopathic treatments for respiratory tract infections, indigestion, wound healing, and back pain.

## WELCOME HOME



Please join us in warmly welcoming Dale and Chip Bull, along with their beloved cat, Mattie, to our Scott-Farrar family. Originally from Petersham Massachusetts, Dale and Chip shared a wonderful life there for 54 years. They are proud parents of two sons and loving grandparents to two

granddaughters. Dale enjoys spending time reading and knitting while Chip's interests include reading, sailing, photography and participating in open mic events. The Bulls also cherished their summers on beautiful Lake Monomonac, creating treasured memories for 43 years. We are delighted to have them join our community. Please take a moment to introduce yourselves and help us give Dale and Chip a warm welcome!

### UPCOMING EVENTS

- 4/1– 4/30 Garden Basket Raffle  
Alzheimer's Fundraiser
- 4/2 Passover Seder presentation
- 4/3 Happy Hour - Easter Party
- 4/7 Resident Meeting
- 4/9 Peterborough Kindergarten visit
- 4/10 Music performed by Dan Kirouc
- 4/15 Hospice: It's not what you think
- 4/17 Greg Butko - presentation  
History of the Saxophone
- 4/20 Food Meeting
- 4/22 Earth Day - Community Clean Up
- 4/23 Ella Fitzgerald: The Queen of swing.
- 4/28 Armchair travel to Poland
- 4/30 Quarterly Remembrance Service

## The Religious significance of specific trees in cultures around the world:



The Tree of Life In mythology, the Tree of Life often appears as a world-connecting tree that links heaven, earth, and the underworld, while religious traditions give it more specific spiritual meanings. The Tree of Life is one of the most widely recognized tree symbols in the world. Rather than being a single, universal story, the Tree of Life is a recurring idea that appears in different forms across many cultures. In the Bible, the Tree of Life is first mentioned in Genesis 2:9 as a source of eternal life in the Garden of Eden. It is clearly described as separate from the Tree of Knowledge of Good and Evil and is recognized as such in both Jewish and Christian traditions. Ideas similar to the Tree of Life also appear in other religious and mythological traditions, including Islam, Hinduism, and Chinese mythology. In these traditions, sacred trees are often used to represent life, growth, wisdom, and the connection between the earthly and spiritual worlds. In many Indigenous cultures of North America, trees are deeply meaningful, though there is no single, shared "Tree of Life" belief. For some Native American nations, such as the Iroquois, Ojibwe, Lakota, and Oneida, certain trees may symbolize protection, continuity, or spiritual presence. These beliefs vary by tribe and reflect distinct cultural traditions rather than universal interpretation.



The Tree of Knowledge of Good and Evil is also described in the Bible's Book of Genesis. In Genesis 2:15–17, God warns Adam not to eat from this tree. 15 The Lord God took the man and put him in the garden of Eden to till it and keep it.

16 And the Lord God commanded the man, "You may freely eat of every tree of the garden, 17 but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."



Yggdrasil Tree (The Norse World Tree) In Norse mythology, Yggdrasil (pronounced IG-drah-sil) is a vast and sacred ash tree that connects the entire universe. Norse refers to the people and culture of Scandinavia during the Viking Age, roughly from the eighth to the 11th centuries. The name Yggdrasil means "Odin's horse," referring to a story in which the god Odin sacrifices himself upon the tree in search of wisdom. According to Norse myth, Yggdrasil's branches stretch into the heavens, while its three great roots extend into different realms. Various creatures live in and around the tree, including a dragon, squirrel, hawk, and several serpents that gnaw at its roots. These details emphasize that the tree is powerful but not immortal. Nine worlds are arranged around Yggdrasil and held together by its roots and branches. The health of the universe depends on the health of the tree. Because of these beliefs, the Vikings treated trees and forests with reverence, seeing them as reflections of Yggdrasil.