

April 2025

PORT PERRY PLACE



Celebrating April

Stress Awareness Month

Jazz Appreciation Month

Golden Rule Week

April 1–7

Passover

April 12–20

Tartan Day

April 6

Metric System Day

April 7

**International Moment
of Laughter Day**

April 14

Easter

April 20

Earth Day

April 22

Emilio Entertains

April 26

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 highlighted 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 Origin of Easter

Easter originated as an ancient pagan celebration of the spring equinox. In Christianity, the day was dedicated to observing the resurrection of Jesus Christ, celebrated around the time of the Jewish Passover. As the Gospel of Christ spread, early Christians who did not participate in Jewish customs eventually merged their ceremonies with the pagan spring festival, recognizing Easter as "resurrection day."

Modern Easter Traditions

Today's Easter traditions come from a blend of Christian themes and ancient pagan celebrations, though we tend to see more of the latter.

Easter decorations such as eggs, bunnies, and sweets are all pre-Christian spring symbols. One of the most recognizable symbols associated with Easter is the Easter egg. This symbol goes back to the Ancient Babylonians. They believed an egg fell from heaven into the Euphrates River, and "hatched" the goddess of fertility, Astarte (also known as Ashtur, Ishtar, and, yes, Easter). Pagans exchanged eggs as gifts during their springtime festival. Today, eggs are painted in bright colors and used in the ever-popular Easter egg hunt, where they are hidden for children to find and collect.

Another popular Easter symbol is the Easter Bunny. Like eggs, rabbits represent the spring season and fertility. The Easter Rabbit tradition originated in the pagan festival of Eostre, represented by a northern goddess who was associated with the rabbit and hare. The modern Easter Bunny brings eggs and treats for children to enjoy every Easter.

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.

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 been 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.

The Story Behind the Plate



Please join us the first Wednesday every Month for the Resident's Council meeting.

President- Peter J.
Vice President – Joanne S.

Family Council

Port Perry Place is inviting all family members to join us and be a part of the family council. Interested parties, please contact Family Council Head Chair.

Gerrylantomasi@gmail.com

April Birthdays

In astrology, those born between April 1–20 are Aries, the Ram. Rams are adventurous go-getters and full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers—undeterred when the going gets rough. Those born from April 20–30 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence in achieving their goals. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home.

Morris D. April 2nd
Phyliss M. April 4th
Sandra M April 4th
Doreen T. April 5^h
Stephanie T. April 9th
Joanne S. April 13
Greg M. April 17
Mary A. April 17
Margaret W. April 25
Ruth Z. April 25

Poetry Corner

We all know those April showers.
Pushes up those spring flowers.
It makes us feel better, Waiting for
the better weather.

Long hours and more daylight
gives us hope for days to be
bright. A lot of things will be new.
Birds and bunnies, to name a few.
Fresh ideas go around in our
head. How to plant our gar
dens and paint the shed. Looking
forward to warmer fishing days.
Grandpa is thinking of better
ways.

He's checking his tackle to
see what he might use. Trying
to hurry while the sky is still
blue. Nighttime fishing scares
him the most. Last time he did
it he ran into a ghost.

He was picking worms one
night, when a coyote gave him
a fright.

It howled then right past him,
it was just getting evening and
the light was dim.

But here comes the rain so
fresh and warm. Glad to be
inside where he can come to
no harm. Welcoming Spring
and everything.

Dawna T.



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Volunteers Needed



Reading to
Residents

Music Events

One to One Visits
Card Games



I LOVE BINGO!



