

The Nation's Library

With its mission to preserve and provide knowledge, the Library of Congress was founded April 24, 1800, in Washington, D.C., and has grown to become the largest library in the world.

Beginning as a small collection of books housed inside the new U.S. Capitol building, the library served as a resource for members of Congress. During the War of 1812, the British set fire to the Capitol, destroying the library. To help rebuild it, former President Thomas Jefferson sold his personal collection of 6,500 books to Congress.

The library eventually outgrew its space in the Capitol, so a separate building was constructed. When the massive structure opened in 1897, it was praised for its stunning architecture and artwork. Around this time, the library also expanded its purpose, making its materials more accessible to the public and serving as the national library of the American people.

Now comprising three buildings, the ever-growing Library of Congress contains more than 167 million items — books, films, photos, newspapers, maps, sheet music and more — from all over the globe.

Those who live outside of Washington, D.C., can make virtual visits to access the library's collections through its website, LOC.gov.



Understanding Cholesterol

Keeping cholesterol levels within an ideal range is essential for good health. That's why it's important to understand the terms and numbers associated with managing it.

Cholesterol is a waxy, fatty substance that the human body needs to build cells. The liver makes cholesterol, and it's also found in the foods we eat, such as meat and full-fat dairy products. Too much cholesterol in the bloodstream can build up on artery walls and block blood flow, resulting in heart disease or stroke.



There are two types of cholesterol, and the levels of both can be measured with a blood test. Low-density lipoprotein, or LDL, is the "bad" kind that leads to fatty buildup in arteries. Your LDL should be less than 100 milligrams per deciliter of blood. High-density lipoprotein, or HDL, is the "good" type that is broken down by the liver. Ideally, HDL should be above 60 mg/dL. Your total blood cholesterol level is a sum of several measurements, and should be less than 200 mg/dL.

Maintaining a healthy weight, eating a diet low in saturated fat, and getting regular exercise can help keep cholesterol at target levels. It is important to get regular checkups and consult your physician if you have any questions or concerns.



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APRIL 2019

Bursting With Blossoms

A sure sign of spring is the beautiful blossoming of many trees. Here are a few varieties that put on a seasonal show:

Dogwood — Native to North America, the dogwood is famous for its stunning springtime display of white or pink blooms, making it a popular landscaping tree since America's earliest days. Both George Washington and Thomas Jefferson had dogwoods planted at their estates.

Japanese flowering cherry — This tree is the star of the National Cherry Blossom Festival in Washington, D.C., as well as other spring celebrations around the world. Its branches display delicate pink-white flowers that bloom for just a short time early in the season.

Magnolia — Prized for their large, fragrant flowers in shades of white, pink, red, purple and yellow, magnolias are often associated with the South, but varieties are grown in every region.

Eastern redbud — Dainty clusters of magenta blooms attract butterflies and birds to the redbud, which grows primarily in the eastern half of the U.S.

Crunchy Carrots

Famous for their crunch and their bright orange color, carrots are one of the most popular produce picks.

Wild carrots grew in Asia at least 3,000 years ago, but they weren't the vegetable we know today. In hues of purple, green, yellow and white, they were tough and bitter, and used mainly for medicinal purposes. Edible orange carrots are thought to have been developed by the Dutch in the 1600s. European settlers brought carrot seeds to Colonial America for cultivating.

Carrots are a root vegetable, and because they grow underground, they absorb nutrients from the soil. Along with fiber and vitamin C,

carrots are packed with beta carotene, an antioxidant that the body converts into vitamin A, needed for healthy eyes, skin and immunity. The natural sugar content in carrots provides a subtle sweet flavor to dishes, even desserts such as carrot cake.

Although carrots come in many colors and sizes, baby-cut carrots make up nearly 70 percent of carrot sales. Developed in 1986, these snack staples are simply full-grown carrots that have been cut and peeled into 2-inch pieces.



APRIL 2019

Locations

Activities Room, AR
Court Yard, CY
Craft Room, CR
Dining Room, DR
Game Room, GR
Windsor Room, WR

Birthdays

Diane Coates, 1st
Ella Hargrove, 24th
Lisa Wanderer, 28th

Transportation Schedule

Monday, 9:30 a.m.
Bank Runs
Tuesday & Wednesday, 8:30-11 a.m.
(Hampton Only)
Doctor Runs
Tuesday & Wednesday, 1-3 p.m.
(Newport News Only)
Doctor Runs
Thursday, 11:10 a.m.
Lunch Outings
Thursday, 2-4 p.m.
Scenic Ride
Friday, 9:45 a.m.
Shopping and Other Outings
Saturday, 10 a.m.
Various Shopping Destinations
Sunday, 9 a.m.-1 p.m.
Church Runs
Sunday, 2-4 p.m.
Scenic Ride

“A sense of humor is a major defense against minor troubles.”
—Mignon McLaughlin

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Bank Runs 10:30 Sit and Be Fit Exercise Class, AR 11:00 Penny Annie 2:00 World History in Trivia 3:30 Billiards, GR	2 9:00 Medical Runs 10:00 Coffee Hour and Chat, AR 1:00 Bingo, AR 2:30 Arts and Crafts, AR 4:00 News Update, AR 6:00 Abundant Life Tabernacle Church	3 9:00 Medical Runs 10:30 Flex and Stretch Exercise Class, AR <i>1:15 Nail Care, AR</i> 2:30 Horse Racing, AR 4:00 World News, AR	4 10:00 Conversation w/Tea Time 11:15 Lunch Outing: Olive Garden <i>1:00 Dominoes, AR</i> 2:00 Trip: Scenic Ride 3:30 Jackpot Bingo, AR	5 10:00 Shopping: Goodwill 10:30 Balance Exercise Class, AR 11:00 Things in April 1:00 Shopping: Food Lion 3:30 Happy Hour (National Beer Social), AR	6 10:00 Marshalls 10:30 Adult Coloring, AR 1:00 Puzzles and Table Games, AR 1:30 Scenic Drive 3:00 Individual Card Games and Puzzles, AR
	7 9:00 Church Runs 9:15 Sunday School, AR 1:00 Resident Card/ Board Games, AR 2:30 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	8 9:30 Bank Runs 10:30 Sit and Be Fit Exercise Class, AR 11:00 Crossword and Hangman 2:00 At the Movies (April in Paris) 3:30 Billiards, GR	9 9:00 Medical Runs 10:00 Coffee Hour and Chat, AR 1:00 Bingo, AR 2:15 Food Service Meeting, DR 4:00 News Update, AR	10 9:00 Medical Runs 10:30 Flex and Stretch Exercise Class, AR 11:00 Inspirational Reading, AR 1:15 Trivia Plus, AR 2:30 Outside Chat, WR 4:00 World News, AR	11 10:00 Conversation w/Tea Time 10:15 Bookmobile 11:15 Lunch Outing: Fortune Garden 2:00 Trip: Scenic Ride 3:30 Jackpot Bingo, AR 3:35 At the Movies:, AR	12 10:00 Shopping: Ollie's 10:30 Balance Exercise Class, AR 1:00 Shopping: Walmart 2:00 Dominoes, AR 3:30 Happy Hour
14 PALM SUNDAY 9:00 Church Runs 9:15 Sunday School, AR 1:00 Resident Card/ Board Games, AR 2:30 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	15 9:30 Bank Runs 10:30 Liberty Baptist Church Choir, DR 11:00 Health Talk w/ Legacy 2:00 Horse Racing Game, AR 3:30 Billiards, GR 6:30 Bingo w/The Northampton Group	16 9:00 Medical Runs 10:00 Coffee Hour and Chat, AR 1:00 Bingo, AR 4:00 News Update, AR	17 9:00 Medical Runs 10:30 Flex and Stretch Exercise <i>1:15 Nail Care, AR</i> 2:30 Scrabble Club 4:00 World News, AR	18 10:00 Conversation w/Tea Time 10:30 Bookmobile 11:15 Lunch Outing: Ruby Tuesday 2:00 Trip: Scenic Ride 3:30 Jackpot Bingo, AR 6:30 Special Event: Vaudeville In Paria, DR	19 GOOD FRIDAY PASSOVER BEGINS AT SUNDOWN 10:00 Shopping: Kmart 10:30 Balance Exercise Class, AR 11:00 Good Friday (Bible Trivia) 1:00 Shopping: Goodwill 2:00 Uno Card Game and Hot Chocolate 3:30 Happy Hour	20 10:00 Shopping: Thrift Store (DAV) 10:30 Monopoly or Bridge 1:30 Trip: Scenic Ride 3:00 Individual Card Games and Puzzles, AR
21 EASTER 9:00 Church Runs 9:15 Sunday School, AR 1:00 Resident Card/ Board Games, AR 2:30 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	22 EARTH DAY 9:30 Bank Runs 10:30 Sit and Be Fit Exercise Class, AR 11:00 Outside w/ Earth Day 1:30 Travel Video and Trivia 3:30 Billiards, GR	23 9:00 Medical Runs 10:00 Coffee Hour and Chat, AR 1:00 Bingo, AR 2:30 Spring Craft 4:00 News Update, AR	24 9:00 Medical Runs 10:30 Flex and Stretch Exercise Class, AR 11:00 Inspirational Reading, AR 2:00 Crossword and Hangman 4:00 World News, AR	25 10:00 Conversation w/Tea Time 11:15 Lunch Outing: Hot Dog King 2:00 Trip: Scenic Ride 2:30 Red Hat Decorating Hats 3:35 At the Movies:, AR	26 10:00 Shopping: Kroger 10:30 Balance Exercise Class, AR 1:00 Shopping: Dollar Store 2:00 Music w/Jack Gorman 3:30 Happy Hour	27 10:00 Shopping: Aldi 10:30 Individual Canasta or Spades 1:30 Trip: Scenic Ride 3:00 Individual Card Games and Puzzles, AR
28 9:00 Church Runs 9:15 Sunday School, AR 1:00 Resident Card/ Board Games, AR 2:30 Cinema Sunday, AR 6:30 Bible Study Life Group, WR	29 9:30 Bank Runs 10:30 Sit and Be Fit Exercise Class 1:30 Crossword Puzzles and Word Games, AR 2:30 Superhero Day (Movie w/Popcorn) 3:30 Billiards, GR	30 9:00 Medical Runs 10:00 Coffee Hour and Chat, AR 1:00 Bingo, AR 2:30 Birthday Celebrations of the Month w/Jazz 3:30 International Jazz Music Day w/Wine				