



21 N State Street • Dover, DE 19901 • (302) 674-2144

SSAL Van Transportation Reminders!

Spring seems a good time to remind everyone of our State Street Assisted Living van transportation guidelines as there seem to be a few questions that keep popping up!

1. Transportation to medical appointments is provided by the **SSAL VAN ONLY** on Mondays, Wednesdays and Fridays. The doctor's appointments must be made between the hours of **9:00am and no later than 2:00pm** in order for our SSAL staff (and our van) to provide the transportation for our residents. 2. **NO** transportation is provided for medical appointments (**AT ALL**) on **Tuesdays or Thursdays**.

BASE RUNS

As of May 1, 2016, there will be no more **BASE RUNS**. We are sorry we can no longer offer this service to our residents. Sorry for the inconvenience.



April 2016



5 Things About: Butterflies

- Butterflies can be found fluttering around every continent except Antarctica.
- The insects feed on nectar and pollen from flowers.
- They taste with their feet—that's where their taste receptors are located.
- A butterfly's two eyes have 6,000 lenses each.
- Their wings are actually transparent and covered with thousands of tiny scales. Light reflecting off the scales creates the colors and patterns we see.

Choose Beets for Brain Power

The next time you're at the salad bar, add some beets to the mix. This vibrant reddish-purple root vegetable could benefit your gray matter. Research shows the naturally occurring nitrates in beets may help increase blood flow and oxygen to the brain, which improves cognitive function.



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"This Month In History"

APRIL

1700: Playing pranks, tricksters in England begin popularizing the tradition of April Fools' Day.

1803: The U.S. agrees to pay France \$15 million for the Louisiana Territory. The Louisiana Purchase nearly doubled the size of the U.S.

1912: Fenway Park, home of Major League Baseball's Boston Red Sox, opens for its first game.

1939: Famed opera singer Marian Anderson performs before a crowd of 75,000 at the Lincoln Memorial.

1948: U.S. President Harry S. Truman signs the Marshall Plan into law. It provided more than \$13 billion in economic aid so that Western Europe could recover from World War II.

1959: NASA selects its first astronauts. Among the Mercury Seven are John Glenn, Gus Grissom and Alan Shepard.

1964: The Rolling Stones release their debut album.

1972: Polaroid introduces its folding instant camera, which produces self-developing photos.

1984: Kareem Abdul-Jabbar becomes the highest-scoring player in NBA history. The star center remains the league's all-time leading scorer with 38,387 points.

2001: "The Producers" opens on Broadway. The Mel Brooks musical would go on to earn a record 12 Tony Awards.

2006: Construction begins on a new skyscraper at the site of the former World Trade Center in New York City.