

April 2025

Caraton Commons

653 & 655 Woodside Rd. Green Bay WI 54311



Celebrating April

Stress Awareness Month

Jazz Appreciation Month

Adopt a Greyhound Month

All Fools Day

April 1

Dog Therapy

April 8

Pecan Day

Easter Egg Coloring

April 14

Easter

April 20

Live Music with Buck Shot

April 21

Earth Day

April 22

Sip & Paint

April 28

National Honesty Day

April 30

Resident of the Month



John is an easygoing and friendly person with a deep appreciation for the simple joys in life. He has a particular love for Mexican food, especially Spanish rice and tacos, and can often be found enjoying his favorite song, "Friends in Low Places" by Garth Brooks. If John could have any superpower, it would be the ability to fly without an airplane, allowing him to soar freely through the skies.

Summer holds a special place in John's heart, as it's the season he enjoys the most. He loves the warm weather and the opportunity to spend more time outdoors, where he can enjoy the fresh air and do laps around the building in his wheelchair. Growing up in Ashwaubenon, John was part of a close-knit, happy family. Every year, his parents would save up for a vacation, but the destination was always kept a secret until the very last day of school, adding an extra layer of excitement to the family's yearly adventures.

John's family shares a passion for sports, with football reigning as the number one favorite. The Green Bay Packers are near and dear to their hearts, and John has fond memories of playing outside as a child, riding bikes around the neighborhood. Through it all, John has learned a lot of valuable life lessons, one of the most important being: "Don't smoke, don't follow others just to be their friend, and drinking is okay as long as you don't overdo it."

John enjoys his current home at Caraton Commons in Green Bay, where he is surrounded by great staff and residents. He stays busy throughout the day, engaging in a variety of activities, with bingo being his favorite. He also appreciates the care and attention he receives and is thankful for the supportive community around him.

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.

Staff of the Month



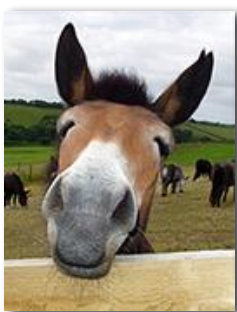
Bethany has been working at Caraton Commons Green Bay for 9 months, and what she loves most about her role is how the residents become like family to her. Originally from Oconto, WI, she has two older brothers and enjoys spending quality time with her family, especially her oldest brother and his family. She is also a proud aunt to two nieces and one nephew.

Outside of her work, Bethany is a true animal lover, with a special focus on reptiles. She has seven pets, five of which are lizards, and her passion for these creatures is reflected in the care and attention she gives them every day. Over the years, she has dedicated herself to studying reptiles, gaining extensive knowledge about their needs and well-being.

In her free time, Bethany enjoys exploring nature, sightseeing, taking care of her reptiles, and playing video games. She values balance in life and advises others to "take it day by day and don't overwork yourself."

Bethany's path into healthcare was influenced by her parents, both of whom worked in the field, and she grew up surrounded by assisted living communities and nursing homes. Inspired by her upbringing, she has found fulfillment in her work, and in the next ten years, she plans to further her education by pursuing an RN or LPN degree, continuing to grow in her career and make a meaningful impact in healthcare.

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

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.

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|--------------------|------------------------|
| 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

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.

Marlon Brando (actor) – April 3, 1924

Spencer Tracy (actor) – April 5, 1900

Jackie Chan (actor, stuntman) – April 7, 1954

Shirley Temple (actress) – April 23, 1928

Carol Burnett (comedian) – April 26, 1933

Jerry Seinfeld (comedian) – April 29, 1954

Mary B. – April 15

A Tradition Takes Root

The last Friday in April is celebrated as Arbor Day in the United States, but the tradition of planting trees first evolved in Spain. In the village Villanueva de la Sierra, a priest named Ramón Vacas Roxo was convinced that trees were not only beautiful and important to the



environment but also improved health and hygiene. In 1805, he began a tradition of planting trees during a three-day festival. He even wrote a manifesto explaining the importance of trees and delivered it to neighboring villages, encouraging residents to plant their own. It wasn't until April 10, 1872, that J. Sterling Morton—a newspaper editor turned politician—founded Arbor Day as an official holiday in Nebraska. In 1883, educator Birdsey Northrop of Connecticut traveled to Japan, where he spread the idea of an Arbor Day holiday. That message, and the countless millions of trees planted since, lives on this April 25, 2025.