

APRIL RUNNER

"April... hath put a spirit of youth in everything."

~ William Shakespeare



Plant of the Month – Boston Fern

Boston fern is also known as sword fern due to its long, narrow, sword-like shape. Its scientific name, *Nephrolepis exaltata*, means "kidney scale" (in reference to the spores on the underside of the leaves) and "very tall." This bright green, cheerful, ornamental house plant is also an excellent air detoxifier, naturally removing cigarette smoke, formaldehyde, and other toxins from the air. Boston ferns also improve the air quality for people with dry skin by adding moisture to the air. These hardy plants need to be watered weekly and thrive in a variety of environments, including bright and indirect



sunlight. However, direct afternoon sun can burn the leaves. When planted outdoors, choose a spot with partial shade. Under optimal conditions, they can live for about 20 years. Boston fern symbolizes well-being, peace, and longevity. They are often given as a sign of good luck or to celebrate new life.

Special Days

April Fools' Day
April 1

Find a Rainbow Day
April 3

Passover Begins at Sundown
April 12

Palm Sunday
April 13

Tax Day (U.S.)
April 15

Easter & Last Day of Passover
April 20

Flower – Daisy



April's special flower, the daisy, is one of the oldest and best-known English flowers. It retains its Anglo-Saxon name, day's eye,

because of its appearance and the fact that it closes according to the amount of available sunshine. According to legend, the first daisy appeared when a young nymph turned herself into one to avoid unwanted praise and attention. Thus, the flower has come to symbolize modesty, chastity, and innocence.

Birthstone – Diamond



For centuries, the diamond has stood for romance, intrigue, power, greed, and magic. In the Middle Ages, it was used to cure headaches and to create love potions. Today, it symbolizes everlasting love and is the anniversary gemstone for 10 and 60 years of marriage. The diamond is the world's hardest naturally occurring substance and the purest of all gemstones, as it is composed completely from crystallized carbon. Its name comes from the Greek word *adamas*, which means "unconquerable."

Marvelous Facts About April Holidays

Here's a look at the history behind a few celebratory events in April.

April Fools' Day, celebrated on April 1, most likely began in 1564—the year France moved the start of its calendar from April 1 to January 1. It is said that those still celebrating the new year in April reportedly had paper fish (or April Fish) stuck to their backs by pranksters. And so, an April “fools” ritual was born.

Earth Day was launched on April 22, 1970, following a 1969 oil spill off the coast of California. Founded by

Wisconsin Senator Gaylord Nelson, the holiday inspired 20 million Americans to demonstrate in marches for the environment. Organizers continue to lead events worldwide on April 22 and credit this day to the formation of the U.S. Environmental Protection Agency.

Arbor Day, held the last Friday in April each year in the U.S., began in 1872 thanks to the efforts of Nebraska Territory pioneer J. Sterling Morton. Morton's first tree-planting holiday included prizes for the most trees planted.



April Riddle

What can be easily found in the middle of March and April that can't ever be seen in the middle of any other month of the year?

Answer: The letter *R*

April Zodiacs

Aries (The Ram)
April 1–19

Taurus (The Bull)
April 20–30

April is the fourth month of the year in the Gregorian calendar and one of only four that are 30 days long. (Do you know the other three? June, September, and November. The rest are 31 days with the exception of February, which has only 28 days.) The name April comes from *Aprilis*, derived from *aperire*, meaning “to open.” It is the name the Romans gave the month because it is the time of year when flowers and plants begin to bud or open.

In the Good Ol' Days of April

Fifty-five years ago, in April 1969, the medium annual income was approximately \$9,400 in the United States. Average cost of a new house was about \$28,000. Minimum wage was \$1.60 per hour. A loaf of bread was 23¢, a dozen eggs were 62¢, and postage stamps were 6¢ each. A new car cost about \$2,000. But best of all, gasoline was 32¢ per gallon—even cheaper than a gallon of milk, which was \$1.10.

What's Lucky in April?

Lucky Colors: Teal and Pink
Lucky Animal: Snake
Lucky Letters: H and J
Lucky Day: Thursday
Lucky Plant: Tulip



April Birthdays

Rusty Staub (baseball player) – April 1, 1944
Emmy Lou Harris (singer) – April 2, 1947
Marlon Brando (actor) – April 3, 1924
Spencer Tracy (actor) – April 5, 1900
Betty Ford (first lady) – April 8, 1918
David Letterman (TV host) – April 12, 1947
Henry Mancini (composer) – April 16, 1924
Jennifer Garner (actress) – April 17, 1972
Maria Sharapova (tennis star) – April 19, 1987
Byron Allen (producer) – April 22, 1961
Ella Fitzgerald (singer) – April 25, 1917
Carol Burnett (comedian) – April 26, 1933
Jerry Seinfeld (comedian) – April 29, 1954
Isiah Thomas (basketball player) – April 30, 1961



April: A Month of Renewal, History, and Celebration

April is a month that bridges the transition from winter's chill to the full bloom of spring. It is a time of renewal, growth, and historical significance, packed with cultural celebrations, sporting events, and important moments in history. From Philadelphia's rich past to national traditions, April holds a special place in the calendar.

Springtime & Nature: A Season of Growth

With the arrival of warmer weather, April signals the full bloom of cherry blossoms and other spring flowers. It is also **National Gardening Month**, encouraging people to plant and embrace sustainability. **Earth Day (April 22)** highlights environmental protection, inspiring global participation in conservation efforts. The month ends with **Arbor Day**, dedicated to tree planting and appreciation of nature.

A Time for Laughter and Celebration

April Fool's Day (April 1) sets the tone for a fun start to the month, as people across the globe engage in pranks and lighthearted jokes. Additionally, April is home to several major **religious and cultural observances**, including:

Easter (April 20) – Celebrating the resurrection of Jesus in Christianity.

Passover (April 12 – 20th) – Commemorating the Israelites' escape from slavery in Egypt.

Sports & Outdoor Activities

April marks the return of **Major League Baseball (MLB)** with Opening Day, a cherished tradition for sports fans. It also features the prestigious **Masters Tournament** in Augusta, Georgia, and the legendary **Boston Marathon**, one of the world's most famous long-distance races.

Weather Sayings & Traditions

A well-known phrase, “**April showers bring May flowers,**” suggests that the frequent rain of April leads to a colorful and lush spring. This idea embodies the month’s essence—transformation, growth, and renewal.

Looking Ahead

April’s blend of history, culture, and seasonal changes makes it a month of reflection and excitement. Whether embracing the beauty of nature, celebrating historical milestones, or enjoying the return of America’s favorite pastimes, there’s something for everyone in April. In Philadelphia and beyond, this month serves as a powerful reminder of the past while welcoming the promise of new beginnings.

There are two important updates I would like to share with our residents:

1. Independent Living Food Services Survey

We are still encouraging residents to complete the Independent Living Food Services Survey. To date, we have received only 100 responses—less than 50% of our community. Your feedback is important and will help guide improvements, so please take a few moments to complete the survey if you haven’t already.

2. Wellness Department Services

I’d also like to highlight the services provided by our Wellness Department. The Wellness Department offers Independent Living residents the opportunity to receive supportive services while remaining in their apartments. Available services include medication reminders, assistance with showers, and escorts to and from dinner, medical appointments, or the hair salon, to name a few.

Wellness staff are available daily from 8:00 AM to 8:00 or 9:00 PM and are able to respond to emergencies during those hours. A Wellness Nurse is also available on weekdays to serve as a resource and to supervise the Wellness team.

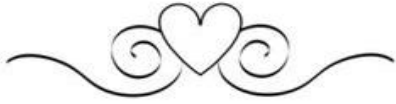
If you would like more information about Wellness Services, please contact Kim Biletz, RN, at 215-934-3028.

Kim will also be hosting an informational session for Independent Living residents on **Monday, April 14th at 1:15 PM in the auditorium**. Following the presentation, the Wellness Department will conduct a resident feedback survey. We encourage all residents to participate, as your input will help us tailor our services to better meet the needs of the Paul's Run community.

Sincerely,

A handwritten signature in black ink, appearing to read "Frank Beech", followed by a horizontal line.

Frank Beech
Executive Director



In Memory Of:
Seymour Ehrlich

By: Mr. & Mrs. Paul Pusateri

Mr. Stephen Baron

Ms. Taryn Resnick

Ms. Linda Adler

Mrs. Edith Bennett

Ms. Adrian Jaffe

Ms. Linda Wishner

Reminder:

The cloth napkins used in the Dining Room should not leave the Dining Room. Please do not wrap food items in the napkins and take them with you when you leave the Dining Room. Thank you for your cooperation.

APRIL IS STRESS AWARENESS MONTH

Take Charge of Your Well-Being with Curana Health



DID YOU KNOW?

Chronic stress can affect:

- ✓ **Heart health** – Increasing blood pressure and heart disease risk
- ✓ **Memory & cognition** – Leading to forgetfulness and mental fatigue
- ✓ **Immune function** – Making you more vulnerable to illness

Call today for personalized senior care: 215-934-3072

Simple Ways to Reduce Stress:

- Stay active with gentle exercises like walking or yoga
- Eat a balanced diet rich in fruits, vegetables, and lean proteins
- Prioritize 7-9 hours of quality sleep
- Stay connected with friends, family, or support groups
- Practice mindfulness and relaxation techniques



Bustleton area 1904-1905 continued from March Runner

By Richard Mansley

The Fate Of A Daring Factory Owner

About a week after a visit to Bustleton Village by an important- looking man, the village got one of the greatest shocks it ever had. A team of big bay horses, never seen in the place before, hauled In a load of lumber and dumped it on a lot.

Wagonloads of bricks and stone followed, and then came laborers, carpenters and masons. The village was “agog”

They were hustlers, those mechanics, for in a month or less a one-story brick and stone cotton mill had been erected. A big stack sent out a curl of smoke and machinery began to hum. What was more, a sonorous whistle, which summoned twenty men and girls to work every morning, startled the sleek, brown-eyed Jerseys in the fields.

But this was not to be for long. The important-looking man found himself wrong in his reckonings, and his bearings as well. Bustleton wasn't the place for him or his mill. When he got through paying the railroad for freight charges the books showed a balance on the wrong side, so he put out his fires, attached a big padlock to the door and boarded the first train for the city.

He couldn't have stayed there, anyhow, rates or no rates for freight. The twenty employees couldn't find homes in the village. The rates at Bustleton Hotel and the Union Hotel were too high, and there were few, if any, vacant houses in the place.

On another occasion, an enterprising company tried to find a footing in Bustleton. When the far-famed Bank of America was founded, the promoters went into Bustleton, put up a one-story brick building, with a steel lined vault, and opened up for business. Then the Bank of America went to smash and about \$5000 of Bustleton money was swallowed in the wreck.

Bustleton area 1904-1905 by Richard Mansley continued

By and by some officials came along and bought the bank building. They knocked the steel front off the safe deposit vault, put in three-quarter-inch steel bars, and now the vault is the village lockup. It is hardly every used, for there hasn't been an arrest in Bustleton in six weeks or more, and all that have been made in the last twelve months or more could be counted on the fingers of one hand. Even these were not made for any serious offense. In most cases, the prisoners were found in the village after the evening train had gone out, and , as they were strangers, they were put in the "cooler" overnight on suspicion for safekeeping.

Bustleton's fair name has not been besmirched by the arrest of any one of its citizens within the memory of the oldest inhabitant who is Josiah Abbot, aged 91 years. Indeed, all of Bustleton's laws are dead letters, for so little occasion to enforce them has arisen that they have been almost forgotten. No Justice of the Peace lives in Bustleton, and no constables, nor is there a courthouse, ever so small. One can walk into the police station at any hour, for the door is never locked, excepting on the rare occasions when a "suspicious character" is within.

Only a few days ago, the serenity of Bustleton was greatly disturbed by the arrival of a postal card addressed to:

Chief of Police
Bustletown P.O., PA

This inscription indicated the writer did not even know how to spell the name of the place. Anyway, the postmaster, who also has the village drug store, not knowing what else to do, for there is no Chief of Police, went back to his desk, which is the post office. Soon the news spread, and there was a general parade in the direction of the lockup.

Bustleton area 1904-1905 by Richard Mansley continued

How The Proposed Widening Of An Avenue Stirred Up All The People

A staid citizen of Bustleton has a son in a big city. Among some of the wonderful things this young man sent home seven or eight Christmases ago was a magazine containing illustrations of the gay life of Paris. Chief among those pictures, was a large one in color of the Champs Elysees, the great boulevard. It showed gorgeous carriages and spirited horses, with harness mounted in gold and silver. In the carriages were fawning young men and beautiful, smiling women, decked out in robes that cost twice as much as a good-sized Bustleton farm.

Another picture presented the exteriors of cafes chantant*, with a continuity of open gardens, where men and women sat at little round tables sipping what appeared to be absinthe and, apparently, without a care in the world. These were pictures to stir the soul, but this aged man knew the places were over the sea, thousands of miles away, and so he felt at that time no concern for the members of his household.

But now? What of the widening of Grant avenue to 100 feet instead of its present fifty? And haven't the city papers said it was to be a magnificent driveway, a grand boulevard? He called in his neighbors, the men with whom he had grown up in Bustleton, and showed the pictures to them – those awful pictures of life in Paris. A boulevard, he told them, was the incarnation of all evil, and there must be no boulevard in Bustleton. So there was talk of a protest, but it hasn't crystallized as yet, but then, neither has the boulevard.

For its religious instruction, Bustleton has a church for each 200 population – Methodist, Episcopalian, Roman Catholic and Baptist – and all are enjoying prosperity. Necessarily, the social life of the village is identified closely with the churches and their work. In the summer they have strawberry festivals and straw rides. In the winter and oyster supper serves to partly dispel the monotony on one or perhaps two evenings. When entertainment slightly more worldly is wanted, there is St. Luke's Hall or Union Hall, the latter with a seating capacity for seventy-five persons.

*café chantant (Fr.). A café where singers or musicians entertain patrons. Note that the expression means literally “a singing café.”

Bustleton area 1904-1905 by Richard Mansley continued

In Union Hall is a stage which has a regular theatre curtain. Here the amateur concert or minstrel company gets to work two or three times in a winter, and the jokes heard at such performances are the jokes of the village until the next “unrivalled aggregation” comes into town with a new supply.

If any person in Bustleton cared to go to a theatre in the city, he could not do so and get home the same night, for there is no train to take him back. In fact, trains at any hour of the day or night are scarce enough. The town has three in and three out each day, with one less each way on Sundays. The first train which arrives in Bustleton after the luncheon hour is the one that commands most attention. On this the occasional commercial traveler comes in. The stationmaster’s chickens – he has an immense Shanghai rooster and fine brood of white Cochins – all stroll down the platform and inspect the passengers of this train as they alight. The chickens know the locomotive and the men who run it, and they seem to be aware of it when a stranger arrives. They are on the platform again when the train backs its nose away from the bumper, for Bustleton is at the end of a branch road. The visit goes out at 4.14 or 7.31 PM, or if he doesn’t, he remains all night unless he wants to walk four miles to the nearest trolley line. When he does stay at the hotel, he gets his liquid refreshments and his oysters at the same bar, served by the same man, and when he is ready to go to bed, the register isn’t always to be found readily, though somebody always hunts it up.

How The Town Was Named

There you have a word-picture of Bustleton – so called because at one time, before the town was named, a woman, known as the “Bustling Bee” lived there. This name was abbreviated and corrupted from time to time until “Bustleton” was evolved.

And Bustleton is a part of the great, throbbing city of Philadelphia, and actually within the city limits. It is located in its northeast extremity and reached by the Pennsylvania Railroad. It is within the borders of the Thirty-fifth ward and has representation, of course, in both branches of Councils; it is little known, because it is more like a borough to itself. Although a part of the big city, Bustleton is too far away from the centre of civic life to obtain many artificial advantages.

Bustleton area 1904-1905 by Richard Mansley continued

It has one facility, which is something of a joke. It has a fire company, manned by city firemen, who drew firemen's full pay, with Charles Meyer as assistant foreman, but it has no water supply, save that which comes from the wells. When the engine company exhausts its chemicals, nothing remains for the firemen to do but watch the blaze.

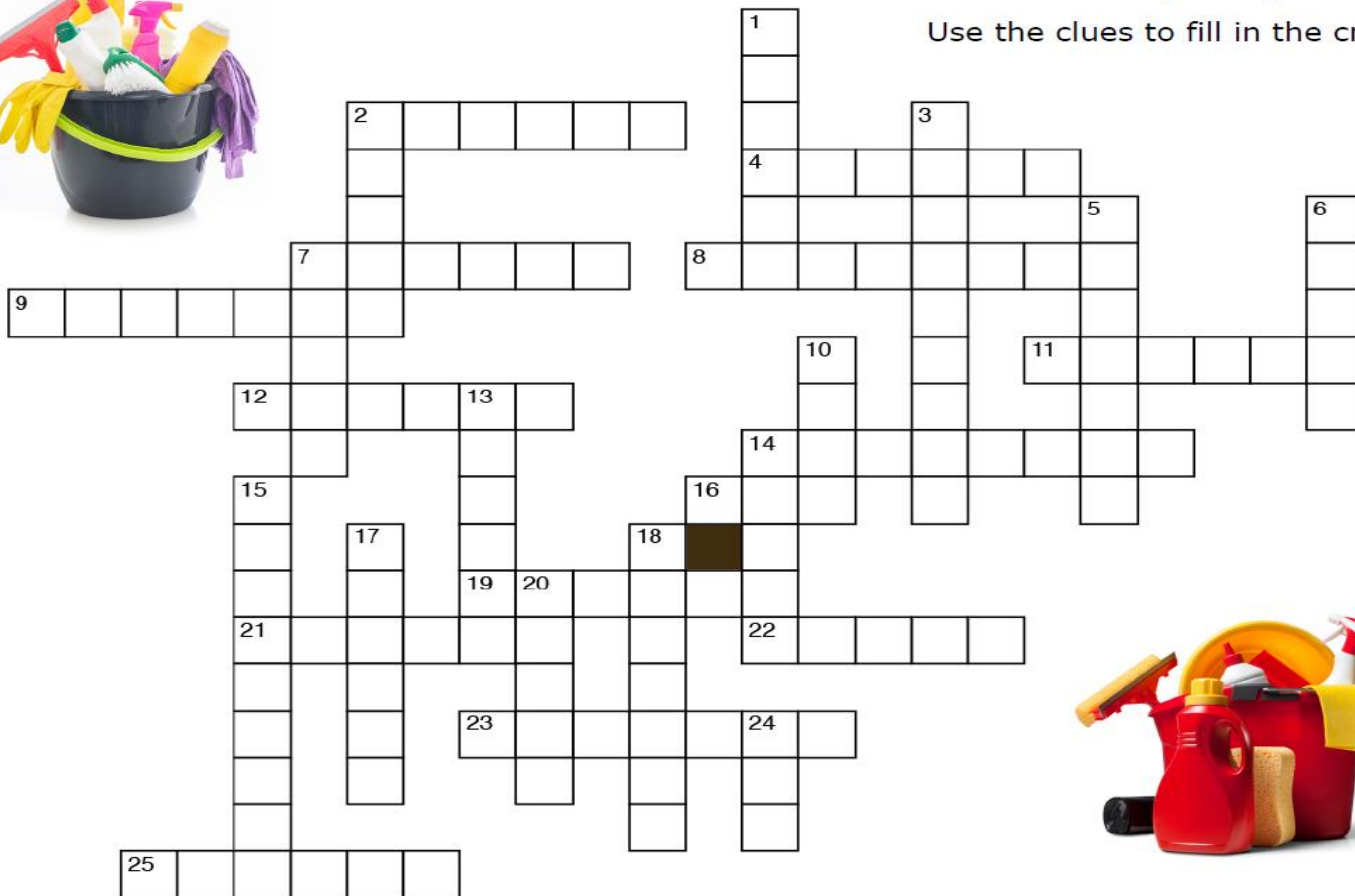
There is a mutual fire insurance company, which makes a rate of ten cents per \$100. This company is given a fair patronage, for the rate in ordinary companies is prohibitive. But then, fires in Bustleton are as rare as circuses.

Four city policemen get into Bustleton in the twenty-four hours, though only one at a time. At night the patrolman is mounted. He has many square miles of territory to cover, and so cannot pass through the village often. These policemen are under Lieutenant Dungan, of the Twenty-seventh district, located in Tacony, and one of them, Patrolman William A. Bonner is a resident of Bustleton.



Time for Spring Cleaning

Use the clues to fill in the crossword.



ACROSS

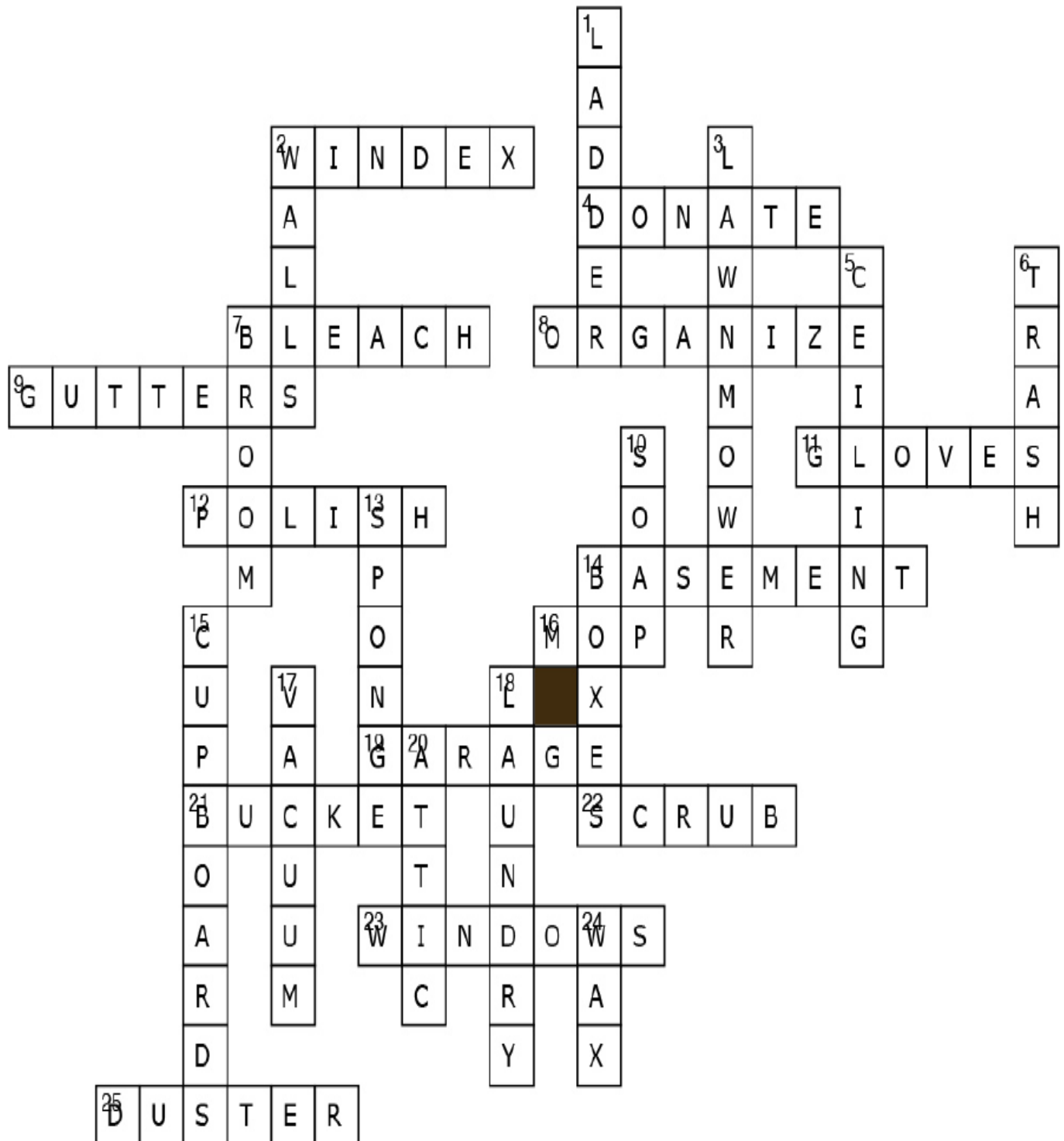
2. Glass-cleaning brand
4. Give used clothes to charity
7. Laundry liquid; sterilizer
8. Make clutter-free
9. Roof's rainwater channels
11. Hand coverings
12. Make shiny
14. Underground room
16. Floor-washing tool
19. Place for the car
21. Water carrier
22. Clean vigorously
23. Curtains cover them
25. Feathery cleaner

DOWN

1. Portable steps
2. Where paintings are hung
3. Machine to cut grass
5. Room's upper surface
6. Garbage
7. Sweeping tool
10. Sudsy cleaning agent
13. Absorbent cleaning item
14. Cardboard containers
15. Kitchen cabinets
17. Carpet appliance
18. Hamper contents
20. Basement's opposite
24. Wood floor sealant and protectant

Time for Spring Cleaning

(solution)



MAIL ISSUES

RESIDENTS ARE ASKED TO RETURN TO THE RECEPTIONISTS ANY MISDIRECTED DELIVERY FROM THE UNITED STATES POST OFFICE.



THE RECEPTIONISTS WILL ASSURE IT IS RETURNED TO THE POSTAL WORKER FOR DELIVERY TO THE CORRECT RECIPIENT



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Paulsrun**



**THE GENERAL STORE
HOURS OF OPERATION**

**MONDAY - FRIDAY
10:30AM-3:30PM**

**SATURDAY -SUNDAY
11AM-3:30PM**



**THE HOUSEKEEPING
DEPARTMENT IS ASKING
FOR YOUR
COOPERATION IN
MAINTAINING A
SANITARY ENVIRONMENT
FOR ALL OF OUR
RESIDENTS.**

**REMEMBER TO WASH
YOUR HANDS
FREQUENTLY WITH SOAP
AND WATER OR WITH
HAND SANITIZER WHEN
AWAY FROM SOAP AND
WATER.**



**A Request from
Maintenance:**

As much as we like to hear from you about repairs you need, we ask that you contact the front desk and put in a work order so the repair request gets recorded and not forgotten about

FRIENDLY REMINDER

Our lobby is so beautiful. Please refrain from eating or drinking in that area.

Thank You