

# SarahCare<sup>®</sup> of Belden Village

## April 2024 Newsletter

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### Our Center Staff

Program Director:  
**Robin Lawson**

Activities Coordinator:  
**Amy Harlan**

Nurse:  
**Janice Tanner, LPN**

Administrative Assistant:  
**Ciara Biehl**

#### Just a Reminder

Please call the center by 8:30 AM if you are not coming in. We order our lunches and notify the drivers at this time. We appreciate your cooperation.



### A Once in a Lifetime Event is Coming!

In Ohio, we're gearing up for an incredible celestial event to occur on April 8 – a TOTAL solar eclipse! This extraordinary occurrence happens when the moon aligns perfectly between the Earth and the sun, casting a shadow over our planet and briefly turning day into night. It's a rare spectacle that doesn't come around often, especially in our area. In fact, experiencing totality, where the sun is completely covered by the moon, is a once-in-a-lifetime opportunity for many, as this phenomenon in our specific region is very infrequent.

- The total solar eclipse will pass directly over our area, including Akron, Canton, Cleveland, and Toledo.
- Only 21 solar eclipses have crossed the lower 48 states in the entire existence of the United States.
- The last total solar eclipse visible in Ohio was in 1806.
- The next total solar eclipse in Ohio will be in 2099.

It's an exciting time for everyone in Ohio to witness this awe-inspiring event. **SarahCare will be closed April 8th**

### Galaxy Bark

4 bags dark melting chocolate or chocolate chips  
2 bags white melting chocolate or white chocolate chips  
Blue food coloring gel  
Purple food coloring gel  
Star shaped sprinkles



In a large bowl, melt the dark chocolate in a microwave in 20-second intervals, stirring in between each until smooth. Set aside and keep warm.

Divide the white chocolate into 2 separate bowls and melt in the same fashion. Add the blue food coloring to one bowl and the purple to the other bowl until your desired color is reached for both.

Line a baking sheet with parchment paper. Pour the dark chocolate and spread to desired thickness. Top with the blue and purple mixes and swirl with a knife or skewer to achieve desired look and sprinkle with the stars. Refrigerate at least 2 hours before breaking into pieces.



# Here's What's Cooking in April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Banana muffin  <b>Sloppy joe, coleslaw, canned fruit, dessert</b>  <i>Peanut butter and crackers</i>	<b>2</b> Toasted English muffin  <b>Chicken stir fry, fried rice, mixed fruit, dessert</b>  <i>String cheese and Chex mix</i>	<b>3</b> French toast sticks  <b>Turkey and cheese wrap, potato salad, fresh fruit, dessert</b>  <i>Vanilla yogurt and diced peaches</i>	<b>4</b> Cold cereal  <b>Chicken pot pie, buttermilk biscuit, mixed fruit, dessert</b>  <i>Applesauce and mini pretzels</i>	<b>5</b> Pancakes  <b>Glazed ham, buttered noodles, mashed sweet potatoes, fruit salad, dessert</b>  <i>Peanut butter and banana</i>
<b>8</b> Oatmeal  <b>Chicken rigatoni alfredo, broccoli, mixed fruit, dessert</b>  <i>Cinnamon raisin bread and applesauce</i>	<b>9</b> Cold cereal  <b>Sausage sandwich w/peppers &amp; onions, green beans, fruit salad, dessert</b>  <i>Cheese cubes and crackers</i>	<b>10</b> Buttermilk biscuit  <b>Chicken salad sandwich, cucumber &amp; tomato salad, berries, dessert</b>  <i>Peanut butter and apple slices</i>	<b>11</b> Blueberry muffin  <b>Cheese omelet, biscuit &amp; gravy, hash browns, mixed fruit, dessert</b>  <i>Yogurt and Goldfish crackers</i>	<b>12</b> French toast sticks  <b>Ham &amp; potato casserole, green beans, fruit salad, dessert</b>  <i>Cottage cheese and pineapple chunks</i>
<b>15</b> Cinnamon raisin toast  <b>Pulled pork sandwich, sweet potato fries, mixed berries, dessert</b>  <i>Mozzarella string cheese, sliced peaches</i>	<b>16</b> Pancakes  <b>Chicken parmesan, brown rice, steamed cauliflower, fruit salad, dessert</b>  <i>Orange sections and goldfish crackers</i>	<b>17</b> Blueberry muffin  <b>Ham &amp; cheese sandwich, cucumber &amp; tomato salad, banana, dessert</b>  <i>Cucumber slices &amp; ranch dip, pretzels</i>	<b>18</b> Cold cereal  <b>Beef stew over buttered noodles, dinner roll, fruit salad, dessert</b>  <i>Yogurt and canned fruit</i>	<b>19</b> Toasted English muffin  <b>Scrambled egg, sausage patty, biscuit, hash browns, mixed fruit, dessert</b>  <i>Mini bagel and peanut butter</i>
<b>22</b> Banana nut muffin  <b>BBQ chicken, buttered noodles, broccoli salad, mixed fruit, dessert</b>  <i>½ PB&amp;J sandwich</i>	<b>23</b> Pancakes  <b>Mac and cheese, green beans, fruit salad, dessert</b>  <i>Sliced pears and WG crackers</i>	<b>24</b> Egg & cheese muffin  <b>Taco salad, Berries, dessert</b>  <i>Fruit cocktail and mini muffins</i>	<b>25</b> Cold cereal  <b>Chicken patty sandwich, potato salad, mixed fruit, dessert</b>  <i>Cheese and crackers</i>	<b>26</b> Creamy oatmeal  <b>Meatloaf &amp; gravy, rice, peas, fruit salad, dessert</b>  <i>Yogurt and goldfish crackers</i>
<b>29</b> French toast sticks  <b>Smothered chicken, rice, spinach &amp; mushrooms, fruit salad, dessert</b>  <i>Cottage cheese with pineapple chunks</i>	<b>30</b> Creamy oatmeal  <b>Baked potato boats, cornbread, berries, dessert</b>  <i>Mandarin orange sections, Cheez Its</i>	<b>May 1</b> Pancakes  <b>Ham salad sandwich, coleslaw, banana, dessert</b>  <i>Milk and blueberry muffins</i>	<b>2</b> English muffin  <b>Turkey and gravy, stuffing, carrots, mixed fruit, dessert</b>  <i>Mozzarella string cheese &amp; Chex mix</i>	<b>3</b> Cold cereal  <b>Pork chops, corn, scalloped potatoes, fruit salad, dessert</b>  <i>Applesauce and cornbread muffin</i>

How many food or drink items can you think of that fit into the theme of a solar eclipse party? Here are a couple to get you started:  
 Sun Chips and moonshine! Keep it going!

# Look What's Happening in April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Coffee House Chat Lift and Stretch Spring Paint <b>BINGO</b> Men's Club (clean-up) Making Music Memory Madness Plant Planning	<b>2</b> Morning Social Work it Out Bead Creative Brain Savers Think Fast Card Club Afternoon Groove	<b>3</b> Daily Chronicles Silver Sneakers Mindful Meditation <b>BINGO</b> Men's Club Party Traditions <b>World PARTY Day</b> Eclipse Talk	<b>4</b> Coffee Talk Move and Groove Brain Savers Writing Club What's an Eclipse, anyway? Starcrunch and Moon Pies <i>*Listen @ Library*</i>	<b>5</b> Daily Views Work it Out <b>BINGO</b> Care/Welcome Team Let's Go to the Moon (Video) Where were you when.. Afternoon Stretch
<b>8</b> <b>SARAHCARE IS CLOSED!</b>   <b>ENJOY THE ECLIPSE</b>	<b>9</b> Coffee Talk <b>Get Movin'</b> Bead Creative Brain Savers Team Trivia Card Club <b>In Retrospect..</b> <b>Urban Myth/Old Wives Tale</b>	<b>10</b> Coffee House Chat Move to Music <b>BINGO</b> Mindful Meditation Men's Club Puzzle Madness Play Ball Quiet Reflection <i>*Maple St. Biscuit Co*</i>	<b>11</b> Daily Chronicles Move and Groove Card Club Brain Savers Writing Club Baseball Trivia  <b>Baseball Team Shirt Day</b>	<b>12</b> Coffee House Chat Fit Deck Sticky Ball Catch <b>BINGO</b> Beachball Volley  <i>*Jon King*</i>
<b>15</b> Morning Social Get Fit Men's Club <b>Bingo</b> The Good Ole Days Simon Says  <i>*Michael D.*</i>	<b>16</b> Daily Views Senior Boot Camp Brain Savers Card Club Bead Creative Play Ball Baseball Music <i>*Hairdresser*</i>	<b>17</b> Coffee House Chat Mindful Meditation <b>BINGO</b> Spa Sensations Men's Club SarahCare Shopping Reflexology/Nails Memory	<b>18</b> Talk it Out Fit Deck Brain Savers Cards and More Social Hour Writing Club Green Thumb <b>Spring Shirt Day</b>	<b>19</b> Coffee House Chat Senior Boot Camp <b>BINGO</b> Ladder Ball Team Trivia Bowling Would You Rather Balloon Volley <i>*Dollar Tree*</i>
<b>22</b> Coffee Talk Silver Sneakers <b>BINGO</b> Men's Club Table Ball Urban Myth Count the Jellybeans Jelly Bean Day Earth Day	<b>23</b> Coffee House Chat Senior Boot Camp The Price is Right Ladies Tea and Toast Brain Savers Scavenger Hunt You be the Judge Nail Spa <b>Hat Day</b>	<b>24</b> Morning Social Get Movin' <b>BINGO</b> Men's Club (1970s car)  <b>1970s Disco Party (70s attire encouraged)</b>	<b>25</b> Coffee House Chat Fit Deck Brain Savers Trivia Baseball Yahtzee Sticky Ball Catch Name 5 Puzzles and more	<b>26</b> Talk it Out Senior Boot Camp Bingo Table Ball Urban Myth Poetry Reading Reflexology/Meditation Planting Flowers
<b>29</b> Tea and Talk Get Fit <b>BINGO</b> Men's Club Movie: "Singin in the Rain" Word Search	<b>30</b> Coffee House Chat Spectrum Ballercise Horse Racing Battleship Flickin Chicken Pokeno	 <p><b>What's your favorite Spring flower?</b></p>		

## ***Some interesting facts about the effect of the total solar eclipse***



**On plants:** Scientists have recorded major disruptions in plants and have noted a reduction in a plant's total food production for the day. They have also noted changes in sap flow, less release of water, drooping leaves, and opening or closing of buds.

**On farm animals:** From domestic chickens to horses, the sky darkening definitely sees a reaction from most farm animals. However, many of them are actually responding to the change in temperature rather than the change in light. If an eclipse occurs on a particularly warm day, once the sun gets blocked, the temperature cools rapidly. Most farm animals begin performing their evening or nighttime rituals, like grooming, sleeping, or eating.

**On birds and insects:** The effects of a solar eclipse on insects and birds are perhaps the most notable. From cicadas to robins, the moment before an eclipse totality is louder than usual. There's more buzzing, chirping, and chattering than at any other hour of the day. Then, once the eclipse hits its totality, everything falls silent. Some birds also change their song patterns, while others may fly in odd formations.

**On fish:** Another strange effect of an eclipse changes fish behavior completely. Anecdotal evidence from a number of sources claims that fish start biting at lures right before a totality. Scientists think that this behavior may be because fish feed during the early morning and evening. With the darkening of the skies, they may become confused — thinking that dusk was falling and that it was time to eat, leading to more bites.

**On wild animals:** Many wild animals also respond to solar eclipses because they are crepuscular. Any animal that's most active during dusk and dawn, including deer, bison, porcupines, rabbits, coyotes, and more, is going to react to a darkening sky. Their instincts are telling them that it's time to begin their routine for the evening — searching for food, grooming, and preparing for sleep.

**On pets:** Many pets react to an eclipse as they would to an earthquake or fireworks. It's something that disrupts their routine and changes the behavior of the humans in their lives. Some get nervous or spooked by the abrupt changes in light.

**On humans:** Some people report feeling tired or lethargic during a solar eclipse. This phenomenon can be attributed to the sudden change in natural light conditions. During a total solar eclipse, the darkening of the sky can disrupt the body's circadian rhythm.

