

Potomac Place Tribune

April 2025

**Celebrating
April**

**Stress
Awareness
Month**

**Jazz
Appreciation
Month**

**Golden Rule
Week
April 1–7**

**Passover
April 12–20**

**Metric System
Day
April 7**

**Easter
April 20**

**Earth Day
April 22**

**DNA Day
April 25**

**Hug an
Australian Day
April 26**

Potomac Place Assisted Living | 2133 Montgomery Avenue, Woodbridge, VA 22191 | (703) 494-3817 | For Tours and move-in Information contact our marketing department Brie and Matilda



Raining Cats and Dogs

Cats and dogs have long held the title of “humans’ best friends,” but April shines a special spotlight on their roles in our lives. From cuddly companions to tireless helpers, these animals bring joy and purpose to millions. This month, three events highlight their importance and the amazing humans who support them.

World Stray Animal Day on April 4 reminds us of the countless cats and dogs in need of loving homes. Globally, millions of strays live on the streets or in shelters. Organizations worldwide work to rescue and rehome these animals, giving them a second chance at life. If you’ve been considering adopting, now’s the

perfect time to meet your future furry best friend. Can’t adopt? Donating time, money, or gently used blankets and towels can make a world of difference.

Later in the month, Therapy Animal Day on April 30 celebrates the unique bond between people and therapy animals. Did you know therapy dogs and cats can lower blood pressure and reduce stress levels? These specially trained animals provide comfort and emotional support in hospitals, schools, and senior living communities.

(cont. on pg. 4)



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. 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 wax. Some upscale salons offer a relaxed vibe, pairing nail care with beverages like beer or scotch and the option to watch a game on a big-screen TV.

April Horoscopes and 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 and are undeterred when the going gets rough. Those born from the 20th to the 30th in April 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. Here are celebrities who share this birthday month:

- Marlon Brando – April 3, 1924
- Spencer Tracy – April 5, 1900
- General Colin Powell – April 5, 1937
- Walter Winchell – April 7, 1897
- Jackie Chan – April 7, 1954
- Paloma Picasso – April 19, 1949
- Shirley Temple – April 23, 1928
- Carol Burnett – April 26, 1933
- Jerry Seinfeld – April 29, 1954

Raining Cats and Dogs *(cont. from pg. 1)*

Their calming presence has even been shown to improve recovery times in patients.

Let’s not forget Volunteer Appreciation Week, running April 20–26. Behind every happy adoption are volunteers who give their time and hearts to help animals. Whether it’s walking dogs, cleaning kennels, or fostering kittens, these heroes make a significant impact. This

week is a great opportunity to thank them—or even join their ranks!

This April, whether you’re celebrating a beloved pet, supporting therapy animals, or helping stray cats and dogs find homes, take a moment to appreciate the furry friends that make life brighter. Remember, even small acts of kindness can make a major difference.

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?

Perhaps the best way to settle the debate is to take one of Chicago’s Deep Dish Pizza Tours. You may not reach a factual conclusion, but at least you can sample the goods until you’re as stuffed as a Chicago-style pizza pie.



Notable Quotable

“People say, ‘Oh, to be the daughter of Picasso!’ But it’s not as extravagant as it seems. He was very special, very vibrant, but he was my father. I didn’t have another.”

~ Paloma Picasso (born April 19)



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 pull out some jokes of your own, 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; it comes from spending time with friends and family. Furthermore, people tend to laugh more when they're in groups. Laughter truly is contagious, and doctors have become wise to its positive health effects. Laughter strengthens immune systems by increasing infection-fighting

“Louie Louie” Lives On

Some call “Louie Louie” the most popular party song of all time. Others call it the most incomprehensible. Try your best to decipher the lyrics on April 11, International Louie Louie Day, in honor of composer Richard Berry's birthdate in 1935.

Berry recorded the first version of this song, with the Pharaohs signing along, in 1957. But it was the Kingsmen who made “Louie Louie” a hit in 1963.

antibodies. It has been shown to decrease blood pressure, improve the function of blood vessels, increase blood flow, and decrease stress hormones. Laughter even reduces pain by stimulating the release of endorphins. One doctor calls it “internal jogging.” He says that one minute is equal to 10 minutes on a rowing machine.

Laughter is good for the mind as well as the body. 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, and your body will thank you.

A year later, the FBI opened an investigation into the song's mysterious lyrics. One concerned listener believed they contained obscene language. After months of analysis, the FBI concluded the song lyrics were unintelligible. Today we know that it is a simple song about a seafaring man pining for his love as he makes his way to see her in Jamaica.



The science of laughter is called gelotology.



“Louie Louie” has been covered over 1,600 times by various artists.



The inch was historically defined as the length of three barleycorns laid end to end.



George Washington was one of the first Americans to breed mules.

The Metric Divide

Feet, inches, pounds, teaspoons, tablespoons, miles, and degrees Fahrenheit. What do these types of measurements have in common? They are all part of the United States' customary measurement system, closely akin to Britain's imperial units—a standard many say has outlived its usefulness.

After all, only three countries—the United States, Myanmar, and Liberia—use this system. If you're ready to join the rest of the world in adopting the metric system, then take a stand on April 7, Metric System Day.

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 to 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.” Today, Mule Day features mule-driving contests, mule parades, a flea market,

The metric system was developed in France during the French Revolution and was officially adopted on April 7, 1795. Nearly every nation in the world has adopted it since.

Yet Americans still bake using cups, measure height using inches, and fill up gas tanks by the gallon. This persistence is largely due to the time and cost associated with changing the country's infrastructure, as well as pushback from big businesses and citizens reluctant to undergo such a significant transition.

music, and food and drink. No other town loves its mules as much as Columbia, Tennessee.

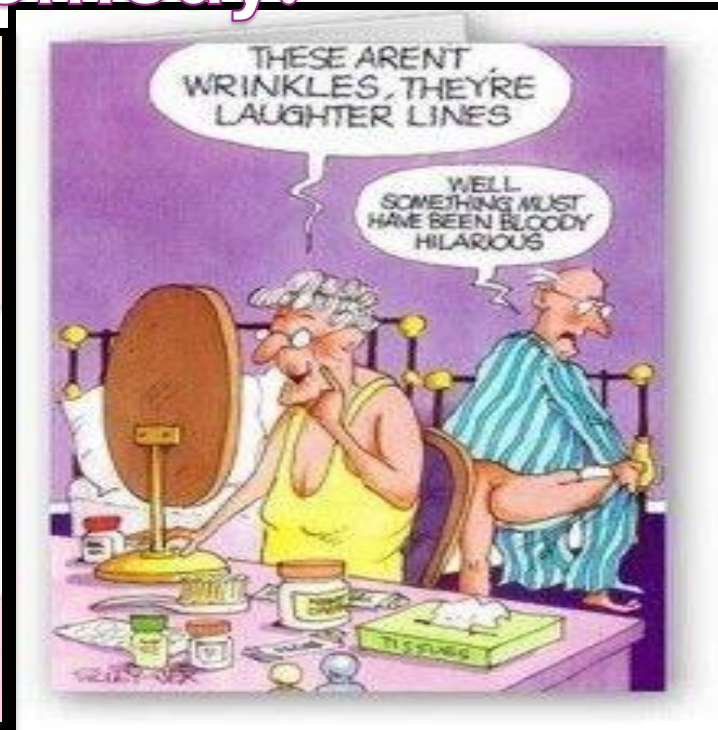
However, Matanzas, Cuba, comes pretty close. This Cuban city celebrates April 27 as Matanzas Mule Day. On April 27, 1898, Matanzas became the site of the first military action of the Spanish-American War. American naval ships amassed in the bay and bombarded the city with artillery. Amazingly, the only 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 band played for hundreds of mourners. Some claimed this story was made up as propaganda meant to humiliate the American forces, but the tradition continues.

It's Just Comedy!

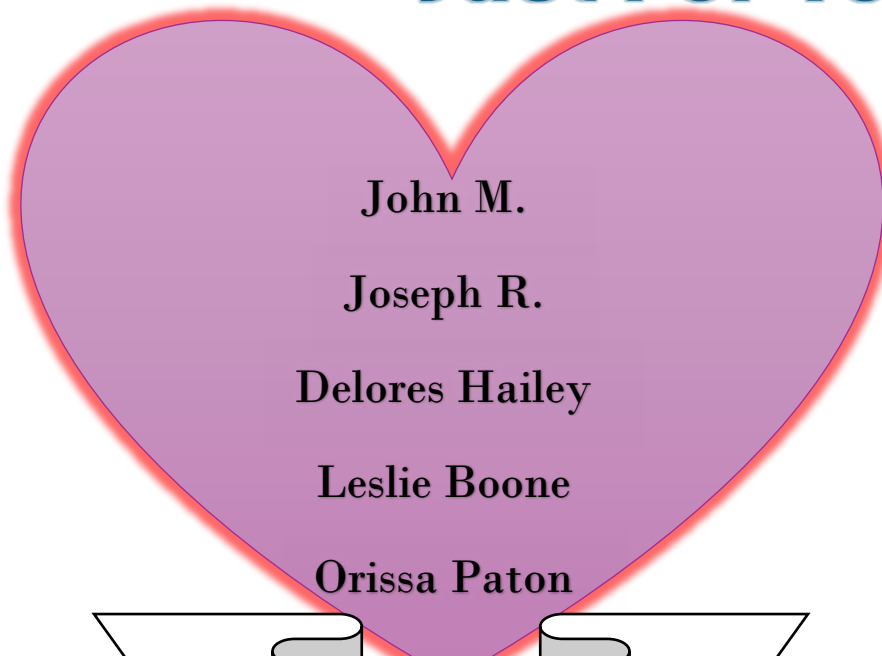
The FIVE STAGES of a Woman's Life



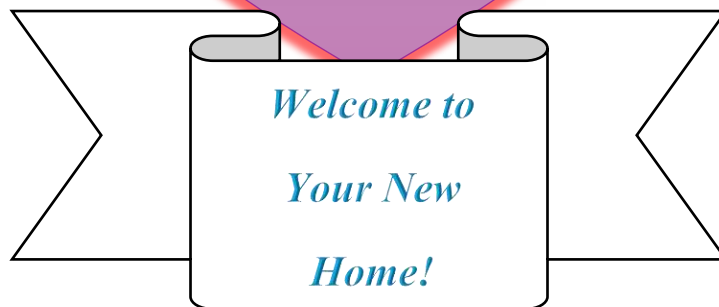
To grow up
To fill out
To slim down
To hold it in
To hell with it



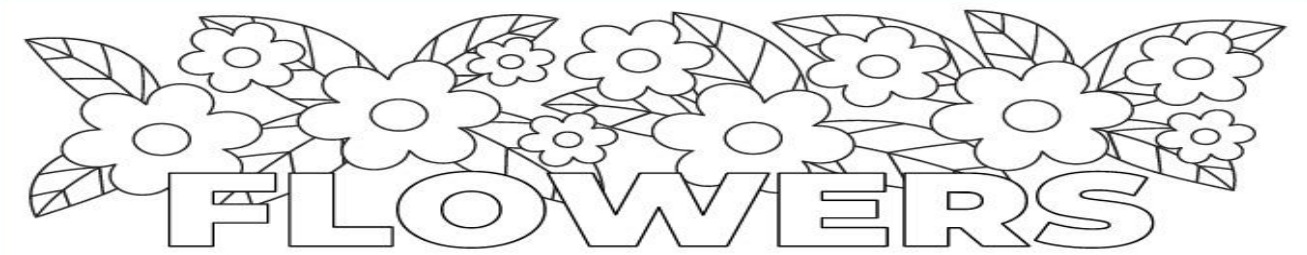
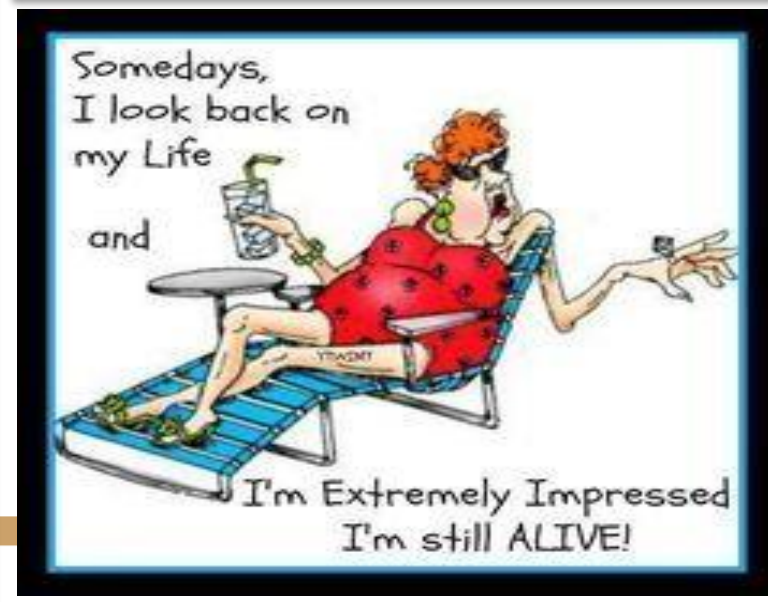
Just For You!



John M.
Joseph R.
Delores Hailey
Leslie Boone
Orissa Paton



Welcome to
Your New
Home!



WORD SEARCH

Q	D	J	P	F	R	E	E	S	I	A	W	X	D	L
E	T	A	Y	I	S	A	R	J	D	I	H	C	R	O
E	R	S	N	V	G	H	A	P	T	M	B	Z	G	T
C	D	M	T	D	A	F	F	O	D	I	L	E	K	U
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| ASTER | DAFFODIL | LAVENDER | PANSY |
| CHAMOMILE | DAISY | LILY | POPPY |
| CARNATION | FREESIA | LOTUS | ROSE |
| CROCUS | IRIS | NARCISSUS | TULIP |
| DANDELION | JASMINE | ORCHID | VIOLET |



POTOMAC PLACE DEPARTMENT HEADS

Fredy Montes: Executive Director

fmontes@potomacplace.com

Kadie Sessay: Director of Nursing

ksessay@potomacplace.com

Director of Admissions: Brie Proctor

bproctor@potomacplace.com

Matilda Gyamfuaa: Director of Community Relations

mgyamfuaa@potomacplace.com

Alex Aleman: Business Office Director

officemanager@potomacplace.com

Unisa Sanoh: Director of Dining Service

usankoh@potomacplace.com

James Jones: Director of Maintenance

jjones@potomacplace.com

Tina Hudson: Director of Life Enrichment

lifenrichment@potomacplace.com

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