



Notable Quotable

"It don't mean a thing if it ain't got that swing."

~ Duke Ellington, composer and band leader



April Birthdays

Melba Lee 4/4
Wilma Taylor 4/5
Joan Joyner 4/2
Kathryn Carter 4/7



Out of the Mouths of Babes *continued from pg. 1*

Children are filled with the sense of wonder that comes with constantly learning new things. Not only is laughter a normal response to a delightful and unexpected outcome but a sense of humor is critical to developing self-esteem, practicing social skills, and learning to solve problems. Kids who laugh at themselves demonstrate the ability to accept their own imperfections. This lightheartedness attracts other

friends, which in turn makes children feel better about themselves, resulting in higher self-esteem. The funny thing is that all of these social benefits continue into adulthood. As we grow, we should never stop delighting in the unexpected and laughing at ourselves, for these traits will keep our friends close and keep the laughs coming—and the more we laugh, the happier and healthier we will be for many years to come.

Employee of the Month

Joyce was born in South Carolina to parents in their forties. She is an only child and her aunt helped raise her. Joyce was raised on a farm and had a produce stand in her front yard. Joyce said, "I have an old soul. My passion in life is working with senior citizens." God has always blessed Joyce. He has given her life and she attends New Spring Church with her family. God has blessed her with two wonderful children. Joyce's son Anthony is married to Kristin. Anthony works in the automotive industry and Kristin is

a dog groomer. Joyce's daughter Miranda is married to Heath. Miranda is studying to be a teacher and Heath works in landscaping. Together they have Joyce's only granddaughter Olivia who is the apple of Joyce's eye. Joyce loves her job as a housekeeper. She enjoys coming in to work everyday and being a team player at Oakview Park. Most of all she loves all the residents.

Oakview Holler

April 2020



Oakview Park
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Celebrating April

Arab American Heritage Month

Poetry Month

Jazz Appreciation Month

Passover Begins April 8

Easter April 12

Chuck the Wildlife Geek Bringing Live Animals April 13

Earth Day April 22

Arbor Day April 24

International Dance Day April 29

Out of the Mouths of Babes

Oodles of evidence exists demonstrating that laughter is a powerful medicine. A good laugh stimulates the heart and lungs, releases feel-good endorphins from the brain, decreases stress, strengthens the immune system, lifts the mood, and just plain makes us happier people overall. The only problem is that many adults don't laugh enough. Scientists have run the numbers, and most adults, on average, laugh 20 times per day. This may seem like a lot, but children laugh up to 300 times a day! Humor Month, which begins with the foolishness of April Fools' Day, seems the perfect time to get to the root cause of this laughter deficit.

Psychologist and laughter expert Robert Provine began collecting laughter samples in the 1980s. He wanted to understand why people laughed. Interestingly, laughter did not occur most often when people heard a funny joke. Instead, people laughed most at everyday remarks made by friends. Laughter, Provine discovered, was an incredibly important type of social glue and a healthy way to engage the world. And this may be why kids laugh so much more than adults.

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Selfies Around the World

Even NASA is getting in on the selfie photo craze, declaring April 22 Global Selfie Earth Day. April 22 is well known as Earth Day, a day to demonstrate support for the conservation of the planet. Global Selfie Earth Day proposes an interesting twist. Everyone is invited to step outside, snap a selfie, and share it with the world on social media. By the end of Global Selfie Earth Day, NASA

hopes to create a photo tapestry of our planet, aggregating tens of thousands of images and sculpting them into a unique image of the globe. During years past, over 50,000 images have been submitted from over 100 different countries. It's your planet, so snap a picture of yourself and post it. You just might be included in NASA's next photo tapestry.

Veteran of the Month

Michael Orr was a Marine from 1976-1979. He went into the Marines just after the Vietnam War ended. Michael could see how some of his instructors were still affected by what they had seen and done. He was stationed at Camp Lejeune in North Carolina. Michael said that one of the first things the Marines did when he got to basic training was to cut off all his long hair. He did not like the loss of personal freedom at first but enjoyed the challenge and loved learning new skills. He began his career in the Marines as an infantry man and then switched to reconnaissance. This of course required a great deal of training. He remembers the forced marches with full gear the most. Thankfully, as he had grown up hunting in the mountains of Carolina, he was an excellent shot. He won many awards for being a skilled marksman. His favorite gun to shoot was the M-16.

Michael went into the military because his father and grandfather had both been in different

branches of the military. He also was using his years of service to be on his own and learn to take care of things. Michaels only big regret is that while he was in the Marines, he did not learn how to fly a helicopter. Whenever they were transferred by helicopter, he would wish that he knew how to fly one.

Michaels wisdom for the next generation of soldiers would be: "Accept that life is going to be different. It's a different lifestyle. You are not losing your freedom. You are being taught to fight for freedom. Be proud of it. You might be afraid that you night might not make it through all the training but be proud and do what you have to do to survive. You will be a part of a team and help each other out. Be proud of that."



Recipe of the Month

Mr. Marlowe's aunt taught him this recipe over 70 years ago. She was from the old country.

Boil a pot full of **potatoes** (maybe 7 or 8) that are a little smaller than a baseball until cooked but not mushy. They need to be somewhat firm with a little bit of crunch left. Peel the potatoes then grate them so that you end up with disc shaped slices like a potato chip. Set aside.

Cut up one **large bell pepper** into little squares. Peel **one red onion**. Have a jar of **Duke's Mayonnaise** on hand. You will also need a **jar of red pimento peppers** cut up small and a good size mixing bowl.

Put all the potatoes in the mixing bowl and salt and pepper them just a little. Add almost all the pimento and bell pepper. (You want to save a little of the bell pepper and pimento pepper for garnish.) Grate with the finest size of your grater some of the red onion over the top. You really want the juice of the onion and the pieces to be like dust. Add a half of a cup of mayonnaise and then gently toss all the ingredients, **salt and pepper** to taste. Scoop the mixture on a platter and do not pack down. Garnish with the remaining bell pepper and pimento pepper. Sprinkle a dusting of **paprika** on the top. Serve and enjoy!



The Titanic had four smokestacks but only three worked. The fourth was added to make the ship look more impressive.



The first Jeeps for civilian use were marketed to farmers and construction workers.

The Flying Debutante



Nichols flew every possible type of aircraft: dirigible, glider, landplane, seaplane, biplane, triplane, twin engine, supersonic, and more.

Ruth Rowland Nichols was a pioneer of aviation during the 1920s and '30s, setting world records for speed, altitude, and distance. She received her pilot's license in 1924 after graduating from Wellesley College, becoming the first woman to receive such a license in the state of New York. It was on April 13, 1931, that Nichols established her most

daring record of all. Flying a state-of-the-art 1928 Lockheed Model 5 Vega Special at a three-kilometer course in Carlton, Minnesota, she recorded a speed of 210.64 mph, a new world record. Nichols became known as "The Flying Debutante." Her Lockheed Vega is on display at the Smithsonian's Air and Space Museum.

Resident of the Month

Glenda Taylor is originally from Jackson, Mississippi. She grew up on a 17-acre farm that fed the family and then some. She remembers her mom freezing corn, English peas and black-eyed peas. Glenda's mom even sold some of the corn. Her mother was an excellent seamstress and quilter. The quilt that graces her bed today was made by her mother. The petals of the flower's fabric are made from some of the dresses that were once her mothers or Glenda's. One petal is a pink and blue seersucker plaid which was one of Glenda's favorite dresses. When she was seven or eight, her aunt's dog kept playfully chasing her and nipping at her dress until he ruined it by tearing it off her. She also remembers playing with her siblings Duncan and Kay; they especially loved to climb trees. In addition to the beautiful quilt in her room Glenda has a shelf full of family photos of her children, grandchildren, and great grandchildren. All of whom she loves. There is a photo of Kim and Jim, her son and daughter in law, when they first met. There are some photos of her children Karen

and Paul as well as grandchildren and great grandchildren Madison, Megan and Grayson. There was even one of her and her late husband Bob who was a Methodist minister. Glenda worked for Blue Cross and Blue Shield for over 30 years. Some of that time she was an independent Agent selling Health Insurance. It was a tough business. One year, she was awarded the Top Sales Agent for the State of SC. which was presented by the mayor of Greenville. She was the first woman to receive this award for the state. Glenda is a good listener and encourager to her new friends at Oakview Park. She also enjoys a good game of Noodle Ball. The other residents love to see her adorable great granddaughter when she and her mother visit each Friday. We are happy to have Glenda Taylor as our Oakview Park Resident of the Month for April.

