

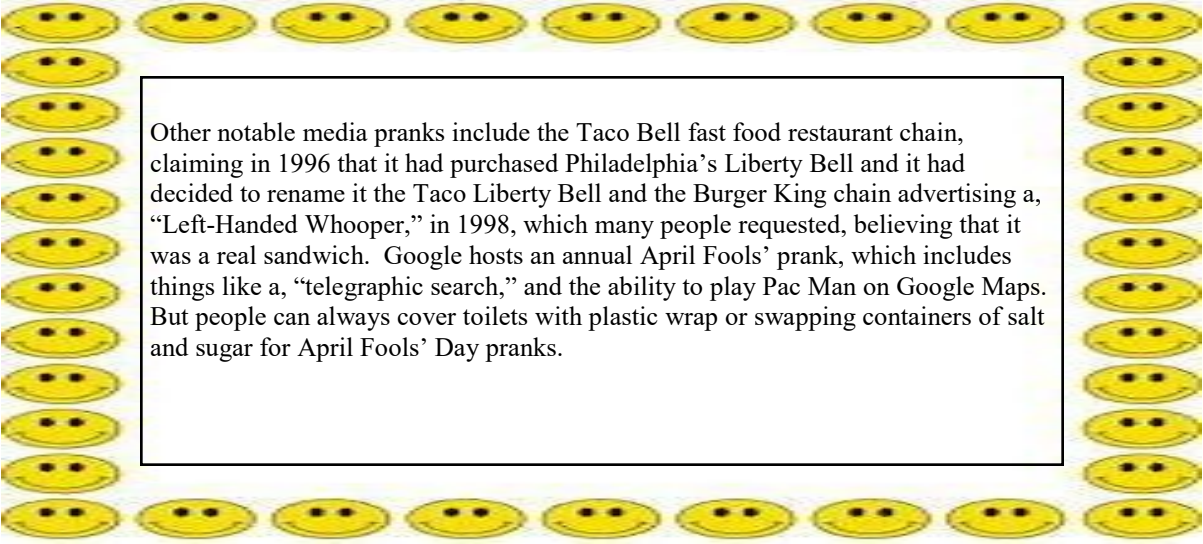
NEWS & KNOWLEDGE...
NEWS YOU CAN USE....
APRIL, 2024





The History of April Fools' Day:
(From: www.history.com, Written by Various Editors):

For several centuries, different cultures have celebrated April Fools' Day and these cultures still celebrate April Fools' Day. No one knows the origins of this holiday. The traditions of April Fools' Day include people playing hoaxes or practical jokes on other people, yelling, "April Fools!," at the end of the prank to let the subject of the joke/prank know that it is a joke. The long life of April Fools' Day jokes have been assured by the media and major brands. Some historians believe that April Fools' Day goes back to the year of 1582, when France switched from the Julian calendar to the Gregorian calendar, as requested by the Council of Trent in 1563. In the Julian Calendar, the new year started with the spring equinox, which started around April 1. People, who did not know that the start of the new year had moved to January 1 and still celebrated the last week of March through April 1 as the new year, became the butts of jokes and pranks and they were also called, "April fools." One of the pranks played on people included putting paper fish on people's back and those people were called, "poisson d'avril," (French for, "April fish"). The paper fish symbolized a young, easily caught fish, as well as a gullible person. Historians have also linked April Fools' Day to festivals such as Hilaria (Latin for "joyful"), which people celebrated at the end of March by followers of the cult of Cybele. On that day, people dressed up in disguises, mocking fellow citizens and magistrates in their area. This festival day was supposedly inspired by the Egyptian legend of Isis, Osiris, and Seth. Some historians also think that April Fools' Day was tied to the vernal equinox, or the first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather. During the 18th century, April Fools' Day spread throughout Great Britain and, in Scotland, people celebrated April Fools' Day with a two-day festival, starting with, "hunting the gowk," in which people were sent on phony errands (The word, "gowk," is a Scottish word for the cuckoo bird, which symbolizes fools). The following day, the Scottish celebrated Tailie Day, where people played pranks on other people's bottoms, such as pinning fake tails on people's bottoms or put, "kick me," signs on them. Throughout history, newspapers, television stations and website have celebrated April Fools' Day by reporting outrageous news items that have fooled their audiences. For example, in 1957, the British Broadcasting Channel (BBC) reported a record, "spaghetti crop," in Switzerland and it also showed footage of Swiss farmers harvesting spaghetti noodles from trees. Another prank in 1992 involved the National Public Radio running a spot where former President Richard Nixon said that he would run for president. The spot included an actor impersonating Richard Nixon and the segment was an April Fools' Day prank that caught many American people off guard.



Other notable media pranks include the Taco Bell fast food restaurant chain, claiming in 1996 that it had purchased Philadelphia's Liberty Bell and it had decided to rename it the Taco Liberty Bell and the Burger King chain advertising a, "Left-Handed Whooper," in 1998, which many people requested, believing that it was a real sandwich. Google hosts an annual April Fools' prank, which includes things like a, "telegraphic search," and the ability to play Pac Man on Google Maps. But people can always cover toilets with plastic wrap or swapping containers of salt and sugar for April Fools' Day pranks.



Clubhouse International Standards for Clubhouse Programs:
(From: www.clubhouse-intl.org):

MEMBERSHIP:

1. Membership is voluntary and without limits.
2. The Clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness, unless that person poses a significant and current threat to the general safety of the Clubhouse community.
3. Members choose the way they utilize the Clubhouse, and the staff with whom they work. There are no agreements, contracts, schedule, or rules intended to enforce participation of members.
4. All members have equal access to every Clubhouse opportunity with no differentiation based on diagnosis or level of functioning.
5. Members at their choice are involved in the writing of all records reflecting their participation in the clubhouse. All such records are to be signed by both members and staff.
6. Members have right to immediate re-entry into the Clubhouse community after any length of absence, unless their return poses a significant and current threat to the Clubhouse community.
7. The Clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community or hospitalized.



**Weird Holidays for April, 2024:
(From: www.savingtalents.com):**

Monday, April 1, 2024-International Pillow Fight Day/April Fool's Day.
Tuesday, April 2, 2024-National PB&J Day.
Wednesday, April 3, 2024-World Party Day.
Thursday, April 4, 2024-International Carrot Day.
Friday, April 5, 2024-National Deep Dish Pizza Day.
Saturday, April 6, 2024-National Twinkie Day.
Sunday, April 7, 2024-National No Housework Day.
Monday, April 8, 2024-Step Into the Spotlight Day.
Tuesday, April 9, 2024-National Name Yourself Day.
Wednesday, April 10, 2024-International Safety Pin Day.
Thursday, April 11, 2024-National Pet Day.
Friday, April 12, 2024-National Grilled Cheese Day.
Saturday, April 13, 2024-Scrabble Day.
Sunday, April 14, 2024-Moment of Laughter Day.
Monday, April 15, 2024-World Circus Day/Tax Day.
Tuesday, April 16, 2024-Go Fly a Kite Day.
Wednesday, April 17, 2024-Haiku Poetry Day.
Thursday, April 18, 2024-Velociraptor Awareness Day.
Friday, April 19, 2024-National Garlic Day.
Saturday, April 20, 2024-National Cheese Fries Day.
Sunday, April 21, 2024-Bulldogs are Beautiful Day.
Monday, April 22, 2024-National Jelly Bean Day.
Tuesday, April 23, 2024-National Picnic Day.
Wednesday, April 24, 2024-National Pigs in a Blanket Day.
Thursday, April 25, 2024-National Mani-Pedi Day.
Friday, April 26, 2024-Hug a Friend Day.
Saturday, April 27, 2024-Morse Code Day.
Sunday, April 28, 2024-National Blueberry Pie Day.
Monday, April 29, 2024-International Dance Day.
Tuesday, April 30, 2024-International Jazz Day.

Some Clean Jokes:
(From: www.letterpile.com, written by Stephanie Marshall):

- How do you know that carrots are good for your eyes? You never see a rabbit wearing glasses!
- How does a farmer count a herd of cows? With a cow-culator!
- What's a cow's favorite moo-sical note? Beef-flat!
- What do you get when you cross a dog with a telephone? A Golden Retriever!
- MERGER ANNOUNCEMENT: Polygram Records, Warner Brothers, and Keebler: The new company will be named Poly-Warner-Cracker!
- Why was the computer so tired when it got home? Because it had a hard drive!

- Signs that you need to get away from the computer:
 - You try to enter your password on the microwave!
 - You email your son in his room to tell him dinner is ready, and he emails you back, "What's for dinner, dad?"
 - Your daughter sets up a website to sell Girl Scout Cookies!
 - You chat several times a week with a stranger from South Africa, but you haven't spoke to your next door neighbor yet this year!

- When a man opens the door of his car for his wife, you can be sure of one thing: Either the car is new or the wife is.

If you need help in stopping smoking, you can contact the QuitlineNC (Website address: <https://quitlinenc.dph.ncdhhs.gov>). QuitlineNC helps smokers by providing free smoking cessation services to anybody in North Carolina struggling with smoking cessation from commercial tobacco use. The QuitlineNC website defines commercial tobacco as any tobacco products offered for sale, excluding sacred and traditional ceremonies by many American Indians tribes and communities. You can go to the website address as listed above to enroll online or text, "Ready," to 34191. You can also call 1-800-QUIT-NOW (1-800-784-8669). To help teenagers with vaping, you can text, "VAPERFREENC," to 873373. Support from QuitlineNC is available 24 hours, 7 days a week. The service is free and it is nonjudgmental.

Clubhouse Updates:

Right now, Jason is setting our new greenhouse and, hopefully, Connections members will start growing fresh flowers in it very soon.

Also, our lawn crews will start working on the Connections grounds the week of April 1, 2024 to April 5, 2024.

GOOD NEWS!:

Recently, Catawba Valley Healthcare (CVH), of which Connections is a part, received CARF Accreditation, which is good until December 31, 2026. WAY TO GO, CVH AND CONNECTIONS!

Interview with Robert Lawing: (Interview conducted by Jennifer and article edited and typed by Dawn):

The members of Connections Clubhouse would like to welcome their new staff member, Robert Lawing. Robert lives in Newton, North Carolina with his wife. Some of the things he enjoys doing in his leisure time include reading, biking, cooking, and home improvement projects. Robert's education was in the areas of Christian Education and Youth Ministry. He also spent a number of years working in other areas of ministry. Robert's work experience also includes working over 10 years as a case worker with the ACTT (Assertive Community Treatment Team) Team of Catawba Valley Healthcare. While working there, he was involved with one to one coaching with people with mental health struggles in both Hickory, North Carolina and Newton, North Carolina. Before coming to Connections Clubhouse, Robert also worked as a delivery driver for FedEx Ground. Robert applied to work at Connections Clubhouse because he found the Clubhouse Model appealing. He states, "I like the structure of the work-ordered day and I believe it is an effective therapeutic tool to help individuals develop healthy relationships as part of the recovery process." Robert also states that, "I look forward to working with members, helping them achieve successes by daily working side-by-side (with) the members to help them reach personal goals." Robert also brings over 16 years of experience working in the therapeutic rehabilitation field. His strengths include great interpersonal skills and his ability to help foster interpersonal relationship building. Once again, **WELCOME** to Connections Clubhouse, Robert!



**Suggested Servings from Each Food Group:
(From: www.heart.org):**

If you are looking for a simple way to eat healthy, this guide by the American Heart Association will help you by suggesting healthy food servings that will help you get the right balance of nutrition on your plate. The American Heart Association recommends a diet that is balanced nutritionally that takes your personal preferences and your cultural food preferences as well. The diet recommended by the American Heart Association suggests a wide variety of vegetables, fruits, whole grains, legumes, nuts, fish, fat-free and low-fat dairy products and liquid, non-tropical plant oils. If you eat poultry or red meat, you need to choose lean or extra lean meats and/or skinless poultry. Try not to eat too many unprocessed and/or minimally processed foods if possible. You should try to balance energy intake (Calories consumed) and your personal output (Physical activity) to maintain a health body weight.

A serving size serves as a guide that does not recommend how much you should eat or drink. Nutrition Facts labels on packaged food show the nutrients and the calories in a typical serving. The serving that you consume may be more or may be less than the recommended serving on the package, so you may need to do a little math in order to figure out the calories on your serving of food. Be careful of, "portion distortion," where the suggested serving is less than the amount you would typically eat or be served in a restaurant. Restaurants tend to serve more food than you can eat and the calorie counts on the portions you are served tend to be more calorie laden than your needed nutritional requirements.

The American Heart Association has developed a plan with the recommended number of daily or weekly servings of each food group based on a 2,000-calorie diet. Your calorie needs may vary, depending on your age, your activity level, and whether you are trying to lose, gain, or maintain your weight. Here are some serving suggestions for each food group you need to eat for a healthy as follows:

Vegetables-You can consume a wide variety of vegetables-Fresh, frozen, canned or dried. Look at nutrition information on vegetable packages to get products with the lowest amounts of added sugars and sodium. Skip any vegetables with salty sauces. Please remember to drain and rinse canned vegetables and beans. You should strive to eat two-and-a-half servings of vegetables each day, including dark green, red/orange, starchy, and other vegetables. An example of such a serving includes 2 cups of raw, leafy salad greens, 1 cup of cut-up vegetables, and/or 1 cup of 100% vegetable juice that is low sodium or has no added salt.

Fruits-You can eat a wide variety of fruit that is fresh, frozen, canned or dried. Please look at nutrition information on fruit packages to get products with the lowest amounts of added sugars and sodium. Look for fruit that is packaged in its own juices or water, instead of heavy syrups. You can consume one medium-sized piece of fruit, 1 cup of cut-up fruit, 1 cup of 100% fruit juice and/or 1/2 cup of dried fruit.



Grains-Whole grain, rather than refined grain products, six servings of grain per day. Examples of one serving of grains as follows: One slice of bread, one small tortilla, 1 cup ready-to-eat cereal flakes, 1 ounce (1/8 cup) of uncooked pasta or rice, 1/2 cup of cooked rice, pasta, or cereal, and/or 3 cups of popped popcorn.

Dairy-Low fat and fat-free, 3 servings per day. Examples of one dairy serving as follows: 1 cup of milk, 1 cup of yogurt, and 1 ounce of cheese.

Protein Foods-They should be from plant sources (Legumes and nuts), fish and seafood, non-fat and low-fat dairy products in place of full-fat versions. If you eat meat, lean cuts and skinless poultry, avoid processed foods. Five and a half-ounce (5 1/2 ounce) equivalents of protein per day, including as follows: 5 ounces per week of nuts, seeds, bean, peas, or lentils, 6 to 8 ounces per week of seafood, preferably, oily fish such as salmon, mackerel, cobia, and striped bass. Examples of one ounce protein equivalents include 1/4 cup of cooked beans, peas or lentils, 1/4 cup or 2 ounces of tofu, 1/2 ounce nuts or seeds or 1 tablespoon of peanut butter, 1 ounce cooked seafood, meat or poultry, and/or on egg or two egg whites.

Fats and Oils-Liquid plant oils, instead of tropical oils (Coconut, palm and palm kernel) and animal fats (Lard or butter) or partially hydrogenated fats. Strive for 3 tablespoons of fat and oil per day (Or 9 teaspoons). Examples of one serving of fats and oils include as follows: 1 tablespoon of vegetable oil (Canola, corn, olive, soybean and safflower), 1 tablespoon of soft margarine, 1 tablespoon of low-fat mayonnaise and/or 1 tablespoon light salad dressing.

Hopefully, these guidelines from the American Heart Association will help you to plan healthier meals and to help you to cut back on unhealthy foods, as well as to help you increase the consumption of heart-healthy foods in your daily diet.

pageborders.org

Your
success and
happiness
lie in you

- Helen Keller

Small Business
TRENDS



National Humor Month:
(From: www.yearindays.com):

Do you know that laughter is the best medicine? Just in case you don't know and you may not know, but April is National Humor Month! In April, 1976, a man named Larry Wilde, who was an author and a humorist, started National Humor Month in order to bring awareness to the therapeutic value of humor in human life. He stated, "The idea of laughing and the use of humor as a tool to lift ailing spirits is growing. Scientific research now indicates that the curative power of laughter and its ability to relieve debilitating stress and burnout may indeed be one of the great medical discoveries of our times." When we laugh, we reduce our stress and pain levels, strengthen our immune systems, and recharging our bodies. Scientific research has shown that humor is a useful tool for emotional and physical healing. Laughter is part of human behavior that the brain regulates. It expresses happiness and inner joy. In social interactions, laughter serves as a sign of acceptance and positive interactions with other people. People love to laugh because it brings happiness and joy into their lives. On average, people laugh about 17 times a day! The more that people can laugh at themselves, the more they are able to share funny moments with friends and family. Industries built around laughter such as jokes, sitcoms and stand-up comedians serve to make people laugh because laughing makes people feel good. Laughter affects the body positively as it helps to relax muscles, as well as to increase blood flow, and it also boosts the heart rate.

Some National Humor Month activities include surrounding yourself with funny people. Get together with some friends and reminisce about funny things that make you laugh until it hurts. Also, you can tell daily jokes, act silly for a minute, or tell a friend a funny joke. Use the hash tag, #NationalHumorMonth, online to share silly and funny jokes with both friends and family. The reasons why people love National Humor Month include the fact that laughter makes people feel good and it also brings people together. Laughter is healthy in that it is good for the human brain and it helps to reduce stress levels. Laughter is also a good personality trait that encourages people to make friends with people with a good sense of humor and National Humor Month is a great time to make connections with other people and to make new friends.

Here are some facts about National Humor Month as follows: (1). National Humor Month is in the same month as April Fool's Day, (2). Larry Wildes not only created National Humor Month. He also served as the Director of the Carmel Institute of Humor as well, (3). 2024 marks the 48th anniversary of National Humor Month, (4). The current director of National Humor Month is Steve Wilson, who founded the World Laughter Tour, and (5). National Humor Month is also in the same month as Stress Reduction Month, which focuses on the importance of reducing stress in our daily lives.



CONNECTIONS CLUBHOUSE MARKET ON THE LAWN:

In honor of Mental Health Awareness Month in May, 2024, Connections Clubhouse will hold its annual Market on the Lawn on Saturday, May 4, 2024 from 9:00 a.m. to 2:00 p.m. The Clubhouse will be hosting local vendors, craftspeople and artisans on the beautiful grounds of its historic five-acre property. Everybody at Connections Clubhouse hopes to see you at the Market on the Lawn. If you are a local artisan, craftsperson, and/or vendor, and you are interested in attending our events, please call (828) 466-0030 for more information. The address for the Market on the Lawn is 1679 Southwest Boulevard, Newton, North Carolina, United States, 28658.

PARTNERS CRISIS LINE: If you are experiencing a non-medical mental health emergency, you can call the Partners Crisis Line at 1-833-353-2093. They are available 7 days a week and 24 hours per day. If you are experiencing a medical emergency, please call 911 or go to your local emergency room.

May is Mental Health Month. To support Mental Health Month, you can come to the Market on the Lawn at Connections on Saturday, May 4, 2024 from 9:00 a.m. to 2:00 p.m. You can also make donations to local mental health agencies and/or volunteer at them. You can also provide emotional support and/or others supports to people who are dealing with mental health issues. **YOU CAN MAKE A DIFFERENCE!!**



CONNECTIONS CLUBHOUSE
Market on the Lawn
May 4th, 2024
10am-2pm

2024

Applications Due by: April 16th

What is CONNECTIONS: Connections is a private non-profit clubhouse operated by Catawba Valley Healthcare. We are located at 1679 Southwest Blvd in Newton (beside Southside Park). Our mailing address is PO Box 1256, Newton, NC 28658. We have been in operation since 1990, serving community adults who live with symptoms associated with severe and persistent mental illness.

Booth Space: Booth rental for Market on the Lawn is \$40.00 for a 10'x10' space. Vendors will need to provide their own fire retardant canopy, tables/shelving, chairs and the like. All booths must be sturdy and prepared for weather conditions. **Sites do not have access to electricity. This will be a rain or shine event.** Booths will be pre-assigned.

Set Up Time: Setup time will be between 8 am and 10 am (*all set up must be complete by 10 am. Late arriving vendors will not be able to participate. The event is scheduled from 10 am to 2 pm.*) **Vehicles need to be unloaded as quickly as possible and then parked in a designated parking area.** (*All vendors will be directed to park in designated parking. Please see map attached. Future maps will be provided with acceptance package.*) **After parking, the booth can be set up thus enabling other vendors access to unload their equipment/merchandise.**

Tear down time is between 2 pm and 3pm (*tear down should not start until 2 pm and be completed by 3pm*). Vehicle access to tear down is on a first-come, first-serve basis. All items need to be packed and ready to load in the vehicle before moving the vehicle to the booth site, thus enabling access for all vendors to pack up as timely as possible.

Entry Checklist:

1. Fill out the attached application form completely.
2. Include website or other social media sites to share your booth profile.
3. Submit payment of \$40.00 Checks payable to: Connections Clubhouse.
(*All accepted vendors, booth payment are nonrefundable. If not selected for the event, your check will be returned.*)
Or email forms/photos to jbolton@cvhnc.org and pay thought square.

If you have any questions you may contact us at Connections:
828-466-0030
Ask for Jean Bolton Or email: jbolton@cvhnc.org

Vendor Application
CONNECTIONS: MARKET on the LAWN
Saturday, May 4th, 2024 10am—2 pm
Physical address: 1679 Southwest Blvd, Newton NC 28658
Mailing address: PO Box 1256, Newton, NC 28658
(828)-466-0030
Application Due by April 16th, 2024

Name: _____ Business Name: _____

Mailing Address: _____

Phone: _____ Email: _____

Emergency Contact: _____ Telephone: _____

_____ Email: _____

Briefly list what types of products you will be selling during the event:

- I have read the informational sheet and understand the requirements of participation.
- Connections Clubhouse will not be held liable for any damage incurred to any equipment/merchandise/personal property brought to Market on the Lawn by participating vendors for any reason.
- I give permission to Connections Clubhouse to reproduce, use, and edit the images that I am submitting with this application for advertising purposes, and hereby certify that I am the owner of such images and have the right to grant their use.

Signature of Applicant(s): _____ Date: _____

Signature of Applicant(s): _____ Date: _____

Make check payable to Connections and mail with application to:

Connections Market on the Lawn
PO Box 1256
Newton, NC 28658

If you have questions you may contact us at Connections:

828-466-0030

Ask for Jason Bolton Or email: jbolton@cvhnc.org