

Across Faiths and Time



April 1–7 may be Golden Rule Week, but the message of doing unto others as you would have them do unto you is timeless. While many know the Golden Rule to

come from Jesus' Sermon on the Mount, it might be a surprise to hear that a version of the Golden Rule appears in almost every major religion. The Bible tells the story of how Jesus, in order to better address the great crowds following him, ascended a mountainside. His moving proclamations became known as the Sermon on the Mount. As told by his apostle Matthew, Jesus said, "So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets."

Jesus, in this teaching, was actually summarizing the Jewish Torah. Elsewhere in the Talmud, Rabbi Hillel taught, "What is hateful to yourself, do not do to another." This is a sentiment that echoes other religious teachings. The Chinese philosopher Confucius said, "Do not do to others what you would not like yourself." The Buddha preached, "Hurt not others in ways that you yourself would find hurtful." It is written in the Hindu text Mahabharata, "Do naught unto others what you would not have them do unto you." The Quran advises Muslims, "None of you has faith until he loves for his brother what he loves for himself."

Though many now call these teachings the Golden Rule, it was never called that in the Bible or elsewhere. The term originated in the 17th century in reference to the courts of old England, where golden law implied that judges could be bought with gold. From this cynical view of law sprouted a more optimistic and common-sense golden rule, which implied the sharing of good deeds between citizens in order to sidestep corrupt courts. The Golden Rule is found in so many different cultures that some believe it to be the fundamental quality of human nature.

April Birthdays

Del – April 6
Edie – April 14
Wendy – April 15
Roger – April 15
Barbara – April 17
Kathy – April 22
Ivan – April 25
Joseph – April 30

Buddy Ebsen (actor) – April 2, 1908
 Eddie Murphy (comedian) – April 3, 1961
 Gregory Peck (actor) – April 5, 1916
 Loretta Lynn (singer) – April 14, 1932
 Clarence Darrow (lawyer) – April 18, 1857
 Elizabeth II (queen) – April 21, 1926
 Shirley Temple (actress) – April 23, 1928
 Carol Burnett (comedian) – April 26, 1933
 Willie Nelson (musician) – April 30, 1933

A Perfect Pairing

Is there a more perfect sandwich than peanut butter and jelly? In celebration of one of the best food combinations of all time, April 2 is Peanut Butter and Jelly Day. When it comes to PB&J, many think, "If it ain't broke, don't fix it." However, if you're looking to expand your PB&J horizons, do what Elvis did and swap the jelly for fresh fruit. Bananas, strawberries, or even pomegranates fit the bill. More adventurous types opt for grilling their sandwiches in a frying pan, while others ditch the bread and slather their pancakes with PB&J.



When it comes to food combinations, PB&J certainly tops the list. But is this humble sandwich tastier than bacon and eggs? Macaroni and cheese? Spaghetti and meatballs? A burger and fries? Cookies and milk? Dietician Katherine Brooking offers some insight into PB&J's allure. "Humans have an innate predilection for salt, sweet, and fat," she says. Add the creamy texture of peanut butter, and this sandwich becomes "one of the hardest foods to eat in moderation."

Select Senior Living

11350 Martin Street NW, Coon Rapids, MN 55433



Celebrating April

Staff Directory

763-767-1127

Vanessa Nguyen
 Executive Director

Katie Bauer
 Director of Nursing

Ashley Roy
 Director of Marketing

Renee Voyce
 Life Enrichment Director

Eric Gebel
 Director of Maintenance

Jameel Robertson
 Director of Culinary

Hello Residents, Families, and Friends!

Welcome to April! This month is filled with opportunities for joy, learning, and creativity. Easter reminds us of renewal, hope, and togetherness, bringing light to the season.

This month also has many other fun days to explore..

April 3 is the Twins Home Opener- Make sure to dress up in Twins Gear or just wear blue to support them

April 15 is World Art Day. We will be testing your art knowledge or challenging you to learn more.

April 22 is Earth Day. We will be learning about Un-Creepy Insects.

World Book Day is on April 23. It encourages us to celebrate the magic of storytelling, and the wisdom found in books, reminding us that every page holds the power to transport us to new Worlds. Remember to check out our book club or library in the Community Room.



From Our Director of Nursing

Kindness is a simple thing—but it has a powerful way of making each day brighter.

Here in our community, we all share something special: this is home. And just like any home, the way we treat one another helps shape how it feels. A kind word, a friendly smile, or a small gesture can turn an ordinary day into a meaningful one.

Kindness can be as simple as greeting a neighbor in the hallway, inviting someone to join you at a table, or taking a moment to listen and share a story. These small acts help build friendships and remind us that we are not alone—we are part of a caring community.

Each of you brings something valuable to this community—your experiences, your stories, your sense of humor, and your heart. When kindness is shared, it creates a sense of comfort, belonging, and connection for everyone.

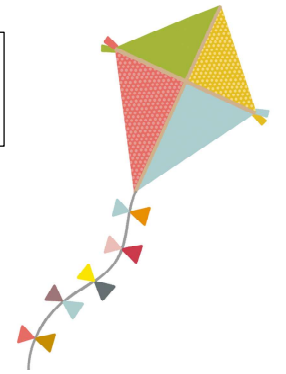
Kindness also has a way of spreading. When one person offers a smile or a helping hand, it often encourages others to do the same. Before long, that kindness grows and touches many people in ways we may not even realize.

As we go about our days, let's continue to look out for one another and take those extra moments to be kind. It doesn't take much—but it can mean everything.

A simple idea for the week:

Try one small act of kindness each day—say hello to someone new, share a compliment, or brighten someone's day with a smile. Kindness doesn't have to be grand or complicated. In fact, it's often the smallest gestures that mean the most. A warm smile in the hallway, a few extra minutes spent listening to a someone's story, or a helping hand offered without being asked—these moments can leave lasting impressions.

Updates from Life Enrichment



“Despite the forecast, live like it's spring.” – Lilly Pulitzer

This month we will be having a couple of activities that you need to aware of.

On Friday, **April 3** we will be having fun and games with Easter. Make sure to check out the calendar. It will also be the Home Opener for the Twins, so wear the blue and red or wear your Twins gear.

On Wednesday, **April 8th**, we will be Art Quiz to celebrate World Art Day. That will be at 1:00 in the Community Room.

Earth Day is on **April 22**, we will be talking about Insects and all the useful things they provide for us.

Lunch and Bingo at the VFW starts back up again. This is a free event and is sponsored by the VFW. It will be on **Tuesday, April 28** at 11. **Make sure to sign up by April 10 to reserve a spot on the bus!**

Outings-

Thursday, April 16 – Walmart

Monday, April 20 – Dollar Tree

Tuesday, April 28 – VFW Bingo

Crafts-

Wednesday, April 1 – Card Making with Judy

Thursday, April 2 – Bunny Craft

Music and Happy Hour

Friday, April 10 – Philip Westfall

Friday, April 17 – Mark Milner