

### Notable Quotable

“People still come up to me and ask me to sign their records. That’s right, records! Man, they don’t even make records no more!”

~ Al Green  
born April 13, 1946

## April Birthdays

Ralph C.	4/1	Sandy D.	4/13
Amira M.	4/1	Morris H.	4/13
Carol H.	4/2	Marcie B.	4/15
Donna B.	4/4	Frank Z.	4/15
Judith W.	4/8	April G.	4/17
Boulos A.	4/10	Shirley C.	4/21
Linda Y.	4/10	Paul B.	4/28
Nancy S.	4/12	Matthew L.	4/29



## 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.

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, while others ditch the bread and slather 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.”

*The average American child eats about 1,500 PB&J sandwiches before adulthood.*



# Pomeroy Post

April 2026

Pomeroy Skilled Nursing Rehab Sterling  
34643 Ketsin Dr. Sterling Heights, MI 48310  
(586) 978-2280



## Rolling into Spring

### Upcoming Events



**Detroit Tigers Home Opening Party:**  
Friday, April 3<sup>rd</sup>, 2:30 p.m. Mackinac Dining Room

**Easter Fun:**  
Sunday, April 5<sup>th</sup>, 2:30 p.m. Mackinac Dining Room



**Chaldean Catholic Mass With Mother of God Church:**  
Tuesday, April 7<sup>th</sup>, 2:30 p.m. and Tuesday, April 21<sup>st</sup> 2:30 p.m.-  
Great Lakes Dining Room

**Visits from Simba the Therapy Dog:**  
Tuesday, April 7<sup>th</sup>, 6:00 p.m. and Tuesday, April 21<sup>st</sup> 6:00 p.m



**Lunch Outing- Olive Garden:**  
Thursday, April 23<sup>rd</sup>, 11:00 a.m.- Must Sign Up- See Activities Office

### Attention!

**We are always accepting donations to treat our residents for prizes, games, and the bingo store. We appreciate gently-used and new items. There are also various volunteer opportunities to enrich the lives of our residents.**

**Contact Activities at [activityss@pomeroyliving.com](mailto:activityss@pomeroyliving.com) or call (586) 978-2280 ext. 213.**

### Staff Directory

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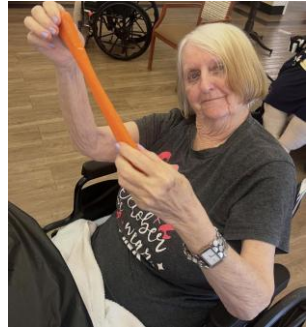
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# March Fun!

From guest dancers to celebrating March Madness, St. Patrick's Day, and slime-making to welcoming the arrival of spring, playing athletic games and enjoying the bingo store and entertainment (did we mention an outing to Golden Corral?), this month was packed with action!



## 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.

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

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 golden rule, which implied the sharing of good deeds

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*The Golden Rule is sometimes also known as the ethic of reciprocity.*



## One Last Powwow



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*Dancers compete in categories such as Traditional, Fancy, Grass, and Jingle.*

From April 24–25, Albuquerque, New Mexico, will host one of the largest gatherings of Indigenous Americans in the world when more than 700 tribes from the United States, Canada, and beyond arrive for the Gathering of Nations Powwow. First held more than 40 years ago, the Gathering of Nations has grown into the premier Native American cultural event in North America. Sadly, organizers have announced that the 2026 powwow will be its final year—"The Last Dance."

What makes the powwow so special? It is a shared celebration of traditional Indigenous cultures—a feast for the eyes, ears, and mouth. With more than 30 judged categories, spirited competition in Native music, singing, and dancing involves everyone from children to elders. It is a remarkable sight to see men and women perform many

different dances in their traditional regalia adorned with feathers, beads, and colorful clothing. Visitors should not miss the Grand Entry, when thousands of dancers in full costume enter the arena with great fanfare.

Another highlight is the Miss Indian World competition, where young Native women compete in public speaking, traditional talents, interviews, and dance, sharing their tribes' cultures and histories. Winners traditionally serve as cultural ambassadors and educators.

In the spirit of community, all are welcome to attend the powwow. Tickets grant access to the powwow grounds, Stage 49 (a live music stage featuring Native performers), the Indian Traders Market with hundreds of artisans and craft workers, the Native Food Court, and the Horse & Rider Regalia Parade.

# THE MONTHLY GAZETTE

April 2026

*"A gush of bird-song, a patter of dew,  
A cloud, and a rainbow's warning.  
Suddenly sunshine and perfect blue—  
An April day in the morning."*

~ Attributed to Harriet Prescott Spofford



## Animal of the Month – Peregrine Falcon

The majestic peregrine falcon is known for its spectacularly fast flying and is the fastest animal in the world. It averages between 25 and 34 miles per hour while traveling, but reaches 69 to 200 miles per hour when pursuing food. This powerful bird's meal of choice is small- to medium-sized birds, such as pigeons, sparrows, doves, and ducks. Bird-eating raptors are called *avivores*. They swoop down from high above, snatching prey from the air. If birds are scarce, they will hunt for rodents, bats, small reptiles, and insects. Peregrine falcons have been trained by humans



for hunting for more than a thousand years. They typically live well into their teens, with the oldest on record reaching nearly 20 years old. This falcon enjoys nesting on cliffs and lives in a range of habitats, from urban environments to shorelines. The females are larger than the males. Peregrines are found on all continents except Antarctica.

## Special Days

**April Fools' Day**  
April 1

**Good Friday**  
April 3

**Easter**  
April 5

**Last Day of Passover**  
April 9

**Orthodox Easter**  
April 12

**Tax Day**  
April 15

**Earth Day**  
April 22

## Flower – Daisy



April's flower is the dainty daisy. It gets its name from the Anglo-Saxon *day's eye*, as it looks like a sun and opens with sunshine, and it represents innocence and purity. Legend tells that the first daisy appeared when a young nymph transformed into one to avoid unwanted attention. In Norse mythology, the daisy is the flower of Freya, goddess of love, motherhood, and beauty. Romantics often pull off daisy petals one by one to tell if "he loves me" or "loves me not."

## Birthstone – Diamond



The gorgeous, glittery diamond is the birthstone for April. For centuries, this stone has been synonymous with romance, intrigue, power, greed, and magic. In the Middle Ages, it was believed to cure headaches and to create love potions. Today, diamonds symbolize everlasting love and devotion and are traditionally the stone of choice for engagement rings. The diamond is the hardest material in the world, making it useful for cutting, carving, and polishing.

## April Firsts in Sports

Many firsts in sports history happened in the month of April. Here are just a few of the highlights.

**1858** First U.S. billiards championship held

**1876** First National League baseball game played

**1893** Longest boxing match in history: 7 hours, 110 rounds

**1927** Stanley Cup played solely by NHL teams

**1947** Jackie Robinson broke the color barrier in MLB

**1947** First NBA (then BAA) Finals

**1950** Globetrotters embarked on their first international tour

**1954** Roger Bannister became the first to run a mile in under four minutes

**1972** Women were officially allowed to run the Boston Marathon for the first time

**1974** Hank Aaron topped Babe Ruth's career home run record

**2008** First woman to win an IndyCar race (Danica Patrick)

**2016** Franky Zapata set the world record for longest hoverboard flight



## The Cat's Meow

April is Jazz Appreciation Month. Jazz has a way of lifting the mood, moving people to tap their toes. Legendary musicians such as Duke Ellington, John Coltrane, Thelonious Monk, and Wynton Marsalis helped shape the sound of jazz and keep its spirit alive.

## April Zodiacs

**Aries (The Ram)**  
April 1–19

**Taurus (The Bull)**  
April 20–30

*April* is the fourth month of the year in the Gregorian calendar and one of only four that are 30 days long. (Do you know the other three?) The name *April* comes from the word *Aprilis*, derived from *aperture*, meaning "to open." Reportedly, the Romans gave the month this name in honor of the time of year when flowers begin to bud, or open. The Anglo-Saxons called the month *Eostre* (their word for Easter), as Easter often happens in April.

## April's Annual Run

The world-renowned Boston Marathon is run every April, and this year will be held on April 20. This prestigious 26.2-mile race debuted in 1897 and is the world's oldest annual marathon. Started in response to enthusiasm for the marathon at the 1896 Athens Olympics, the first Boston Marathon drew 15 runners. Today, around 30,000 participate, with 500,000 spectators cheering them on.

## What's Lucky in April?

Lucky Color: Green  
Lucky Animal: Leopard  
Lucky Letters: J and G  
Lucky Day: Friday  
Lucky Plant: Peonies



## April Birthdays

Marvin Gaye (musician) – April 2, 1939  
Eddie Murphy (comedian) – April 3, 1961  
Booker T. Washington (leader) – April 5, 1856  
Virginia Hall (WWII spy) – April 6, 1906  
Jackie Chan (martial artist) – April 7, 1954  
Patricia Arquette (actress) – April 8, 1968  
Beverly Cleary (author) – April 12, 1916  
Samuel Beckett (playwright) – April 13, 1906  
Emma Watson (actress) – April 15, 1990  
Jennifer Garner (actress) – April 17, 1972  
Joan Miró (painter) – April 20, 1893  
Isabella I of Castile (queen) – April 22, 1451  
Willem de Kooning (artist) – April 24, 1904  
Penélope Cruz (actress) – April 28, 1974