

Lebensraum

LEBESRAUM 118 INGALLS ST GRAND ISLAND, NE 68803



Celebrating April

Get to Know our Staff

Deb Halm-Owner

Megan Corona- Owner

Lasha Hudson- Manager

Giann Willey-
Activity Director



Hello Friends & Family Spring has Sprung

Well we are ready for Spring, Gardening and of course the sweet sunshine! We have had a lot of fun things going on so far this year and look forward to what spring has in store! April is national Gardening month so we are going to try and get out to the green house and plant our garden depending on the weather! Mayday and Mother's Day is right around the corner! Time really does fly around here! One thing is for sure we always try to wear a smile on our faces! They say laughter is the best medicine and it is so very true! As a matter of fact April 14th is International Moment of Laughter Day! Research shows that laughter does impart several health benefits. When we laugh, we inhale more air and oxygen, stimulating the heart, lungs, muscles, and brain. A good laugh also stimulates the body's stress response and then deactivates it, causing heart rates to rise and fall, leaving us with satisfied, relaxed feelings. Laughter not only improves mood, but it encourages the positive thoughts that release *neuropeptides*, chemicals that fight stress and boost our immune systems. Laughter also stimulates chemicals that act as natural painkillers for our bodies.

With laughter providing so many health benefits, communities are starting to form various laughterclubs in an effort to laugh more regularly. While the laughter is simulated at first, the giggles soon become contagious and real. And we shouldn't overlook the human connections forged by sharing laughter. After a laughing yoga session, participants report feeling their spirits lifted and a greater sense of community. A hearty laugh makes you ten years younger.

We hope everyone has a wonderful Easter and a very special Mother's Day!

Recipe from the Kitchen

Cowboy Caviar

Ingredients

- 1/3 cup olive oil
- 1/3 cup white wine vinegar
- 1 teaspoon chili powder
- 1 teaspoon cumin
- Juice of 1/2 a lime
- 1 teaspoon salt
- 1 pound Roma tomatoes seeded and diced
- 15 ounces 15 ounce can black eyed peas, drained and rinsed
- 15 ounces 15 ounce can black beans, drained and rinsed
- 11 ounces 11 ounce can super sweet corn, drained
- 1 red onion diced
- 1 cup red bell pepper diced
- 1 cup fresh cilantro chopped
- 1 tablespoon sugar optional (up to 1/4 cup if preferred)

Instructions

1. In a large bowl, blend the olive oil, white wine vinegar, chili powder, cumin, lime juice and salt together.
2. Add the tomatoes, black - eyed peas, beans, corn, red onion, bell peppers and cilantro.
3. Cover and chill for at least 1 hour for flavors to blend.
4. Serve with your favorite chips, as a side dish or as a topping for fish or chicken



St. Patty's Day Fun!

The Funnies

Crabby Road

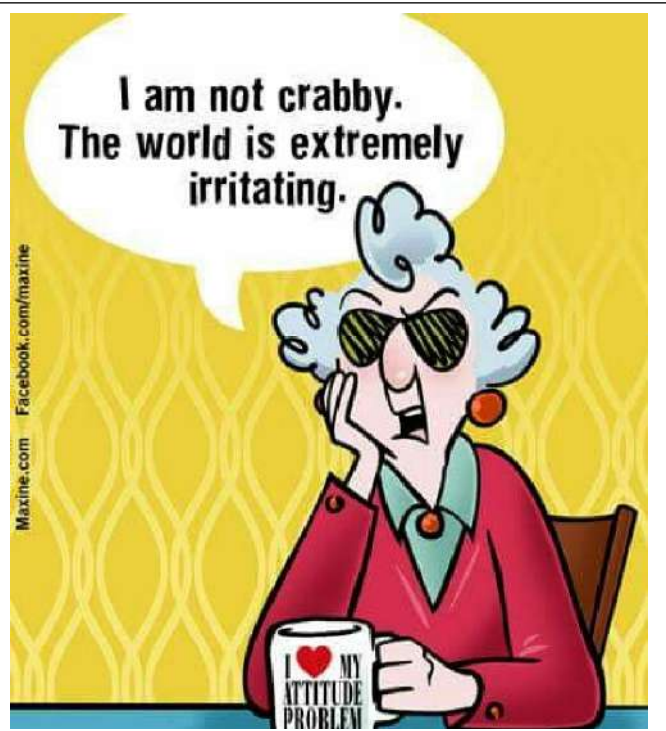
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Wouldn't it be great if we could put ourselves in the dryer for a short time and come out wrinkle free and two sizes smaller



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Making Valentine Center pieces for the Grand Generation Center!

April, May, June Birthdays

April

1st- Richard Enevoldsen

May

8th –Bob Steele

15th - Vivian Wjada

22nd - Shirley Hilligas

June

1st – Joyce Fix

6th –Janet Mcavaly

22nd Rosie Fenton

