



April 2024

- **April 1** is “All Fools’ Day—otherwise known as “**April Fools’ Day**.
- **April 8** – Total Solar Eclipse
- **April 22** is the start of **Passover**, which begins at sundown.
- **April 22** is **Earth Day**.
- **April 28** is **National Arbor Day**.

Community Services, Inc. is closed on Monday, April 8, 2024, for the safety of staff and clients.

The Texas Department of Transportation advises that residents limit travel on major roadways due to increased traffic and visitors coming through Central Texas to view the eclipse.

If you need assistance with transportation, rent, utilities, and/or if you have questions regarding any of our services, please reach out to us @ (903)872-2401. Also, please let us know when you will not be home as a courtesy to the drivers.



Monday	Tuesday	Wednesday	Thursday	Friday
4/1/2024	4/2/2024	4/3/2024	4/4/2024	4/5/2024
Dijon Beef Meatballs Whole Kernel Corn Brussels Sprouts Dinner Roll Fresh Fruit Milk	Turkey Rice Casserole Broccoli Diced Beets Texas Bread Chocolate Chip Cookie Beverage Mix	Spinach Chicken Whipped Potatoes Spring Vegetable Blend Wheat Bread Oatmeal Cream Cookie Milk	Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Apple Crisp Milk Mustard and Ketchup	Spaghetti Torte Green Beans Glazed Carrots Multigrain Bread Nutty Buddy Bar Milk
4/8/2024	4/9/2024	4/10/2024	4/11/2024	4/12/2024
Closed for Holiday	Mexican Beef Picadillo Pinto Beans Olé Mixed Vegetables Flour Tortilla Fudge Cream Cookie Beverage Mix Taco Sauce	BBQ Pork Rib Patty Sweet Tater Puffs Green Beans with Red Peppers Wheat Bread Fresh Banana Milk	Chicken Enchilada Bake Spanish Rice Dilled Carrots Multigrain Bread Oatmeal Cookie Milk	Turkey Pastrami & Swiss Cheese Lettuce and Tomato Pasta Salad Wheat Bread (2) Cinnamon Graham Sticks Milk Mustard
4/15/2024	4/16/2024	4/17/2024	4/18/2024	4/19/2024
Meatloaf with Tomato Gravy Whipped Potatoes Catalina Vegetable Blend Texas Bread Fresh Fruit Milk	Moroccan Chicken Stew Parslied Rice Spinach Multigrain Bread Chocolate Graham Crackers Milk	Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Hot Pineapple Tidbits Milk Mustard and Ketchup	Chicken Etouffee Corn Casserole Mixed Greens Texas Bread Fresh Fruit Beverage Mix	Swiss Steak Delmonico Potatoes California Vegetable Blend Wheat Bread Oatmeal Cream Cookie Milk
4/22/2024	4/23/2024	4/24/2024	4/25/2024	4/26/2024
Potato Crusted Pollock Parslied Rice Mixed Vegetable Blend Wheat Bread Fresh Fruit Milk Tartar Sauce	Beef Tamale Casserole Hominy Green Beans Texas Bread Fresh Banana Beverage Mix	Oven Fried Chicken Black-Eyed Peas Country Tomatoes Multigrain Bread Nutty Buddy Bar Milk	Sloppy Joe Oven Roasted Potatoes Medley Cabbage Hamburger Bun Fudge Cream Cookie Milk	Three Cheese Ziti Italian Herb Broccoli Cauliflower Wheat Bread Cinnamon Sugar Cookie Milk
4/29/2024	4/30/2024			
Beef Enchilada Pie Confetti Rice Glazed Carrots Wheat Bread Fresh Fruit Milk	Turkey Macaroni and Cheese Broccoli Squash and Zucchini Multigrain Bread Sugar Cookie Milk			



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FARM TO FORK: embrace SEASONAL eating



Seasonal produce is food purchased and eaten around the time it is harvested. Eating produce in season means eating it in peak freshness. By choosing to eat in season, you not only enjoy the benefits of fresher, more flavorful, and nutrient-dense foods but also contribute to a more sustainable and environmentally friendly food system.

Benefits of Eating in Season:

- **Better Nutrition** – Because seasonal produce is often harvested at its peak ripeness, it has higher nutrient content. Fruits and vegetables allowed to ripen naturally on the plant tend to have more vitamins, minerals, and antioxidants.
- **Peak Flavor** - Seasonal produce tastes better because it is harvested at its flavor peak, providing a more enjoyable and satisfying eating experience.
- **Cost-Effectiveness** - In-season produce is usually more abundant, leading to lower prices and reduced transportation costs. In-season foods are more likely to be grown locally, reducing the need for long-distance transportation.
- **Sustainable** - Eating in season often means consuming locally grown produce, which can reduce the carbon footprint associated with transportation and minimizes packaging waste. Many local farmers prioritize sustainable farming practices too.
- **Support Your Local Farmers** - When you buy seasonal produce, you are more likely to support local farmers and contribute to the local economy.

Where to Find Foods in Season:

- **Farmer's Market** - Local farmers bring their fresh, locally grown produce. Shopping here ensures that you are getting the freshest seasonal produce.
- **CSA – Stands for Community Supported Agriculture.** These programs allow you to subscribe to a local farm and receive a share of their harvest regularly. They offer a variety of in-season fruits and vegetables and may include dairy, meat, and egg products.
- **Grow-Your-Own** - Consider starting a small garden at home. This allows you to control what you grow and eat, ensuring that your produce is in season.
- **Food Co-ops and other Grocery Stores:** Look for locally grown signs and labels at member-owned food co-ops, health food stores, and grocery stores. These places often bring in seasonal produce from local farms.



MOVE MORE



NATIONAL **PHYSICAL FITNESS & SPORTS NUTRITION** MONTH

Taking part in more movement every day can help you feel your best. Physical activity provides many mental and physical health benefits, such as improving your mood, helping you perform the activities of daily living, and preventing and managing health conditions and diseases. Stay motivated by finding pleasure in the activities you choose to do, by surrounding yourself with other active people, and by tracking your progress through technology like an app or a fitness watch or on a paper calendar.

Physical Activity Guidelines for Adults 65+

- 150 minutes (about 2 and a half hours) or more a week for moderate-intensity activity or a minimum of 75 minutes or more a week of vigorous activity
- Include the following each week:
 - Muscle-strengthening physical activity at least two days per week involving all the major muscle groups
 - Multi-component activities that include more than one type of physical activity, such as aerobic, muscle strengthening, and balance training. Examples: dancing, yoga, tai chi, gardening, and sports
- If chronic conditions prevent reaching 150 minutes a week of moderate-intensity activity, be as active as your abilities and conditions allow

Moderate vs Vigorous

Be sure to determine the level of effort you may need for a physical activity relative to your fitness level and understand how chronic conditions may affect your ability to do regular physical activity.

Moderate-intensity Activity – A rule of thumb is that you can talk but likely cannot sing. Activities may include walking 2.5 miles per hour or faster, swimming, hiking, kayaking, bicycling slower than 10 miles/hour, yard and home repair, active yoga (Vinyasa or power yoga), tennis (doubles), ballroom or line dancing, and exercise classes like water aerobics.

Vigorous-intensity Activity – It should be difficult to say more than a few words. Activities may include sports, jogging or running, cross-country skiing, swimming, tennis (singles), bicycling faster than 10 miles/hour, heavy yard work (digging or shoveling), hiking uphill, high-intensity interval training (HITT), and some exercise classes (vigorous aerobics or kickboxing).



plant-forward eating

GOOD
FOR YOU
AND THE
PLANET

Are you looking to eat less meat and other animal products but concerned about not getting enough protein? Whether you skip or limit, your protein requirements can be easily met with a variety of plant-based foods and proper meal planning.

PROTEIN REQUIREMENTS

Most people eat more protein than they need. To help preserve muscle mass, adults 65 years of age and older should consume 1.0 – 1.3 gm of protein per kilogram (kg) of body weight. (Divide body weight in pounds by 2.2 to get kg). Examples: A person who weighs 180 pounds needs 82 – 106 gm protein per day and a person who weighs 130 pounds needs 59 – 77 gm protein per day.

PLANT-BASED PROTEIN MEETS PROTEIN NEEDS

All plant food sources provide protein and will add to total protein intake throughout the day. Bonus: plants provide other key nutrients like fiber and antioxidants and less unhealthy fats compared to animal foods.

EXAMPLE OF PROTEIN WITHIN A PLANT-BASED DIET	PROTEIN (GM)
Breakfast: 2 tbsp peanut butter + 1 small banana on whole grain toast + 8 oz glass of soy milk	23
Lunch: Salad with 2 cups spinach, ½ cup broccoli, ½ cup kidney beans, 1 oz almond slices, 1 cup quinoa, 2 tbsp dressing, + apple	29
Snack: ¼ cup hummus + ½ cup raw vegetables + 1 oz roasted pumpkin seeds	15
Dinner: Stir-fry with 4 oz tofu + 1.5 cup veggies + 1 cup soba noodles + 1 oz peanuts	30
Total:	97 gm

GETTING STARTED

- **Include a variety of plant proteins within a balanced diet**, such as legumes, nuts, seeds, whole grains, tofu, tempeh, and edamame. While it is not necessary to combine specific plant foods at one meal, including a variety of plant protein sources over the day helps ensure you get all essential amino acids.
- **Consult a registered dietitian nutritionist (RDN)** to help you plan a well-balanced plant-based diet that meets your individual nutritional needs.



Tuna Salad



INGREDIENTS

- 1 (6 ounce) can **tuna in water**
- 1 **egg** (boiled)
- 1 tablespoon **Miracle Whip light**
- 3 tablespoons relish

DIRECTIONS

- 1. Chop boiled egg into small pieces.
- 2. Add drained can of tuna.
- 3. Add Light Miracle Whip and relish as desired.
- 4. Spread on crackers for appetizers or bread for a sandwich.

SPRING

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

Y O U N C A S N C U T A L L
T P H R E D S U N S H I N E
F L L O U G N I M R A W O W
E A B B E B U T T E R F L Y
S N L W R T S B S N I A R U
R T O E W T A R B G R A S S
E Y S N O O E V U I T C A N
W S S N O W B T I U R K E B
O M O E O W T N O T P D R S
H R M L G H I R I P L E S R
S O F I A R P N N A E U G F
R T O W M S O C D Z R O C M
I S N G Q R D W E L R R J Q
N L J N P T S D U O L C N P

By Jimmy and Evelyn Johnson - www.qets.com

Birds	Flowers	Showers
Blossom	Grass	Sprout
Breeze	Grow	Storms
Buds	Newborn	Sunshine
Butterfly	Plant	Thaw
Clouds	Rain	Warming
Cultivate	Rainbow	Wind

Everything You Should Know About April!

By April, spring has finally sprung, and if we're lucky, the weather will reflect that! We hope that your sky is bright and clear, and your grass is growing green. See your April weather forecasts, the many spring holidays and festivals this month, seasonal recipes, garden tips, and more!

The Month of April

The month of April gets its name from the Latin word *aperio*, meaning “to open [bud],” because plants really begin to grow now.

Passover 2024:

Passover 2024 begins at sundown on Monday, April 22. What does this annual holiday celebrate? Learn about Passover's meaning and find traditional recipes, including charoset and beef brisket.

What Is Passover? The holiday of **Pesach**, or **Passover**, is an annual weeklong festival commemorating the emancipation of Jewish peoples from slavery (in ancient Egypt). The Hebrew name, *Pesach*, means “to passover” because the plague in Egypt that killed all firstborns passed over the Israelites' homes, sparing the lives of their children.

When Is Passover 2024? The dates are based on the Hebrew calendar, from the 15th day of the Hebrew month of *Nissan* (or *Nisan*) through the 22nd day.

Passover 2024 will be celebrated from April 22 to April 30. The first Seder will be on April 22 after nightfall, and the second Seder will be on April 23 after nightfall.

The Meaning of Passover

(Note: To some followers of Judaism, it is considered disrespectful to write out the name of the Lord in full. Because Passover is primarily a Jewish holiday, we have elected to follow this custom on this page by using “G-d” to refer to Him. Thank you for your understanding.)

In Hebrew, this festival is known as Pesach (which means “to pass over”), because G-d passed over the Jewish homes to spare them from death that first Passover eve.

The Israelites had been enslaved by Egyptian pharaohs for many decades. Moses tried to appeal to the Egyptians with a message from G-d, but this was ignored. Devastating plagues destroyed crops and livestock.

On the 15th day of the Hebrew month of Nissan in the year 2448 from creation (1313 BCE), the last of the 10 plagues afflicted the Egyptians, killing all their firstborn. However, G-d spared the children of Israel; the plague “passed over” their homes because G-d had instructed Moses to tell them to mark their doorposts with lamb’s blood. The Pharaoh relented. Six hundred thousand adult males, plus many more women and children, left Egypt on that day and began the trek to Mount Sinai.

Earth Day 2024:

The 54th Earth Day is Monday, April 22. So, what is Earth Day? How did it come to be? How do we celebrate Earth Day?

What Is Earth Day?

Ever wonder how Earth Day began? The first Earth Day was held on April 22, 1970, when San Francisco activist John McConnell and Wisconsin Senator Gaylord Nelson separately asked Americans to join in a grassroots demonstration. Dealing with dangerously serious issues concerning toxic drinking water, air pollution, and the effects of pesticides, an impressive 20 million Americans—10% of the population—ventured outdoors and protested together.

President Richard Nixon led the nation in creating the Environmental Protection Agency, which was followed with successful laws, including the Clean Air Act, the Clean Water Act, and the Endangered Species Act.

McConnell originally had chosen the [spring equinox](#) (March 20, 1970), but Nelson chose April 22, which ended up becoming the official celebration date. (Given that the date of the spring equinox changes over time, it may have made things more complicated to go with the astronomical event rather than just a calendar date.)

Today, not only is Earth Day meant to increase awareness of environmental problems, but it is also becoming a popular time for many communities to gather together to clean up litter, plant trees, or simply reflect on the beauty of nature. Further down the page, we’ve provided a list of activities and projects that you can do to improve your local environment!

When Is Earth Day? Earth Day is always celebrated on **April 22**.

10 Earth Day Activities and Ideas

1. Support Our Pollinators!
2. Clean Up Plastic in Your Neighborhood or Local Park
3. Swap Out Your Kitchen and Household Products!
4. Plant a Tree!

5. Use Wildflowers and Native Plants
6. Reduce, Reuse, and Recycle in the Garden
7. Stop Pesticide and Chemical Use in the Garden
8. Conserve Water!
9. Think About Your Diet!
10. Get Kids Involved!

Arbor Day 2024:

When Is Arbor Day? Arbor Day is celebrated on the **last Friday in April**, although some states observe it on dates that better coincide with the local area's planting times. For instance, Hawaii celebrates Arbor Day on the first Friday of November, and Alaskans celebrate it on the third Monday in May.

Arbor Day, much like [Earth Day](#), is a holiday that celebrates nature.

Its purpose is to encourage people to plant trees, and many communities traditionally take the opportunity to organize tree-planting and litter-collecting events on or around the holiday.

The History of Arbor Day

Arbor Day sprouted from the mind of a zealous tree lover named **Julius Sterling Morton**, who had a passion for planting all kinds of trees.

The first Arbor Day occurred on April 10, 1872, in Nebraska City, Nebraska. It's estimated that nearly one million trees were planted on this day.

By 1885, Arbor Day had become a legal holiday in Nebraska. (The date was changed to April 22 to honor Morton's birthday, which was also the 22nd of April.) On that day, thousands of Nebraska City citizens turned out for one big party, including 1,000 school-children who formed a parade.

Within 20 years of its creation, the holiday was celebrated in every American state except Delaware, which eventually joined in.

Particularly pleasing to Morton was the fact that schools across the country began celebrating Arbor Day by dedicating the trees they planted to special people.

SPRING

HIDDEN QUOTATION
BY
Pablo Neruda

