

# BROOKHOUSE BEACON

APRIL 2025



## SPRING CLEANING

AT BROOKHOUSE HOME, WE ARE SO LUCKY TO HAVE AN INCREDIBLE HOUSEKEEPING TEAM WHO WORK DILIGENTLY TO ENSURE ALL RESIDENTS HAVE A CLEAN AND TIDY HOME. DO YOUR PART TO MAKE THEIR JOBS EASIER BY DECLUTTERING YOUR PERSONAL SPACE. THIS HELPS KEEP YOU SAFE FROM FALLS AND KEEPS OUR HOME IMPRESSIVELY CLEAN. THANK YOU TO OUR HOUSEKEEPING TEAM FOR ALWAYS GOING THE EXTRA MILE FOR OUR RESIDENTS, WE ARE VERY GRATEFUL FOR ALL OF YOUR HARD WORK!



## APRIL IS A PROMISE THAT MAY IS BOUND TO KEEP

SPRING HAS SPRUNG, AND ALONG WITH APRIL COMES BLESSINGS OF FLOWERS, REBIRTH, AND SUNSHINE. AS WE APPROACH SUMMER 2025, LET'S REFLECT ON THE LESSONS OF WINTER. WHILE WE ALL CONTINUE TO WARM OUR SPIRITS, LET'S LOOK FORWARD TO ALL OF THE SURPRISES THE YEAR HAS IN STORE FOR US.

TO OUR RESIDENTS, STAFF, AND FAMILY WE WISH YOU A HAPPY EASTER, AND A BLESSED PASSOVER. WITH SPRING, WE MUST ALL EMBRACE CHANGE, TRANSFORMATION, AND GROWTH. REMEMBER, NOTHING IN NATURE BLOOMS YEAR ROUND, SO BE PATIENT WITH YOURSELF.



## PROJECT UPDATE

THE END OF OUR ONGOING ELEVATOR PROJECT IS IN SIGHT! BY SUMMER, WE WILL BE HAVING COOKOUT PARTIES AND PATIO SOCIALS AND THIS WILL JUST BE A DISTANT MEMORY. OUR DIRECTOR OF BUILDING & GROUNDS, JULIA, HAS BEEN SPEARHEADING THIS PROJECT FLAWLESSLY. WE HAVE ALL HAD TO ADJUST TO THE HURDLES THROWN OUR WAY, BUT WE WILL COME OUT ON TOP. IN NO TIME, OUR WAY OF LIFE AT BROOKHOUSE WILL RETURN TO NORMAL. THANK YOU ALL FOR YOUR PATIENCE & UNDERSTANDING DURING THIS PROCESS.

**JOKE: WHO CLEANS THE BOTTOM OF THE OCEAN? A MER-MAID**

# PAUL REVERE'S MIDNIGHT RIDE

IN 1775, PAUL REVERE WAS EMPLOYED AS AN EXPRESS RIDER TO CARRY NEWS, MESSAGES, AND IMPORTANT DOCUMENTS AS FAR AWAY AS NEW YORK AND PHILADELPHIA.

ON THE EVENING OF APRIL 18, 1775, DR. JOSEPH WARREN GAVE PAUL REVERE THE TASK OF RIDING TO LEXINGTON, WITH NEWS THAT BRITISH SOLDIERS STATIONED IN BOSTON WERE ABOUT TO MARCH INTO THE COUNTRYSIDE NORTHWEST OF THE TOWN.

ACCORDING TO WARREN, TROOPS PLANNED TO ARREST SAMUEL ADAMS AND JOHN HANCOCK, TWO LEADERS OF THE SONS OF LIBERTY, WHO WERE STAYING IN LEXINGTON. IT WAS THOUGHT THEY WOULD CONTINUE TO THE TOWN OF CONCORD, TO CAPTURE OR DESTROY MILITARY STORES THAT HAD BEEN STOCKPILED THERE. IN FACT, BRITISH TROOPS HAD NO ORDERS TO ARREST ANYONE — DR. WARREN'S INTELLIGENCE ON THIS POINT WAS FAULTY — BUT THEY WERE ON A MAJOR MISSION OUT OF BOSTON. REVERE CONTACTED ROBERT NEWMAN, THE SEXTON OF CHRIST CHURCH IN BOSTON'S NORTH END, AND INSTRUCTED HIM TO HOLD TWO LIT LANTERNS IN THE OLD NORTH CHURCH AS A SIGNAL TO FELLOW SONS OF LIBERTY ACROSS THE CHARLES RIVER IN CASE REVERE WAS UNABLE TO LEAVE TOWN.

THE TWO LANTERNS WERE A SIGNAL STATING THAT THE BRITISH TROOPS PLANNED TO ROW "BY SEA" ACROSS THE CHARLES RIVER TO CAMBRIDGE, RATHER THAN MARCH "BY LAND" OUT OF BOSTON NECK.

REVERE STOPPED BY HIS OWN HOUSE TO PICK UP HIS BOOTS AND OVERCOAT, AND PROCEEDED THE SHORT DISTANCE TO BOSTON'S NORTH END WATERFRONT. THERE TWO FRIENDS ROWED HIM ACROSS THE RIVER TO CHARLESTOWN. SLIPPING PAST THE BRITISH WARSHIP HMS SOMERSET IN THE DARKNESS, REVERE LANDED SAFELY.

AFTER INFORMING COLONEL CONANT AND OTHER LOCAL SONS OF LIBERTY ABOUT EVENTS IN BOSTON AND VERIFYING THAT THEY HAD SEEN HIS SIGNALS IN THE NORTH CHURCH TOWER, REVERE BORROWED A HORSE FROM JOHN LARKIN, A PATRIOT SYMPATHIZER.

WHILE THERE, RICHARD DEVENS WARNED REVERE THAT THERE WERE A NUMBER OF BRITISH PATROLS IN THE AREA WHO MIGHT TRY TO INTERCEPT HIM.

AT ABOUT ELEVEN O'CLOCK REVERE SET OFF ON HORSEBACK. AFTER AVOIDING CAPTURE OUTSIDE OF CHARLESTOWN, REVERE CHANGED HIS PLANNED ROUTE AND RODE THROUGH MEDFORD, WHERE HE ALARMED ISAAC HALL, THE CAPTAIN OF THE LOCAL MILITIA, INFORMING HIM OF THE BRITISH MOVEMENTS. HE THEN ALARMED ALMOST ALL THE HOUSES FROM MEDFORD, THROUGH ARLINGTON AND ARRIVED IN LEXINGTON SOMETIME AFTER MIDNIGHT.

IN LEXINGTON, AS HE APPROACHED THE HOUSE WHERE ADAMS AND HANCOCK WERE STAYING, SERGEANT MONROE, ACTING AS A GUARD OUTSIDE THE HOUSE, REQUESTED THAT HE NOT MAKE SO MUCH NOISE. "NOISE!" CRIED REVERE, "YOU'LL HAVE NOISE ENOUGH BEFORE LONG. THE REGULARS ARE COMING OUT!" JOHN HANCOCK, WHO WAS STILL AWAKE, HEARD REVERE'S VOICE AND SAID "COME IN, REVERE! WE'RE NOT AFRAID OF YOU". HE ENTERED THE HOUSE AND DELIVERED HIS MESSAGE.



ABOUT HALF PAST TWELVE, WILLIAM DAWES, WHO TRAVELED THE LONGER LAND ROUTE OUT OF BOSTON NECK, ARRIVED IN LEXINGTON CARRYING THE SAME MESSAGE AS REVERE. AFTER BOTH MEN HAD SOMETHING TO EAT AND DRINK, THEY DECIDED TO CONTINUE TO CONCORD TO VERIFY THAT THE MILITARY STORES WERE PROPERLY DISPERSED AND HIDDEN AWAY. A SHORT DISTANCE OUTSIDE OF LEXINGTON, THEY WERE OVERTAKEN BY DR. SAMUEL PRESCOTT, WHO THEY DETERMINED WAS A FELLOW "HIGH SON OF LIBERTY."

A SHORT TIME LATER, A BRITISH PATROL INTERCEPTED ALL THREE MEN. PRESCOTT AND DAWES ESCAPED; REVERE WAS HELD FOR SOME TIME, QUESTIONED, AND LET GO. BEFORE HE WAS RELEASED, HOWEVER, HIS HORSE WAS CONFISCATED TO REPLACE THE TIRED MOUNT OF A BRITISH SERGEANT. LEFT ALONE ON THE ROAD, REVERE RETURNED TO LEXINGTON ON FOOT IN TIME TO WITNESS THE LATTER PART OF THE BATTLE ON LEXINGTON GREEN.

**A HORSE WALKS INTO A BAR. "HEY," SAYS THE BARMAN. "YES PLEASE," SAYS THE HORSE**



**'ASSISTED LIVING': NEW ENGLAND  
AQUARIUM CREATES NEW SPACE  
FOR SENIOR PENGUINS**

BY BRYAN LAMBERT, BOSTON 25 NEWS



BOSTON — IN AN EFFORT TO TAKE CARE OF ITS AGING PENGUINS, THE NEW ENGLAND AQUARIUM HAS ESTABLISHED A NEW LIVING SPACE FOR THEIR MORE SENIOR FLIGHTLESS FEATHERED FRIENDS.

ONE ISLAND HAS BEEN SEPARATED FROM THE MAIN PENGUIN COLONY SO THAT THE ANIMAL CARE TEAM CAN HAVE A “BIRD’S EYE” VIEW TO MONITOR THE GERIATRIC BIRDS.

SIX PENGUINS HAVE ALREADY TRANSITIONED TO THEIR SENIOR LIVING SPACE, WHICH IS FLATTER THAN THE OTHER ISLANDS IN THE PENGUIN EXHIBIT AND HAS MATS.

“OUR GOAL IS TO TAKE A PROACTIVE APPROACH TO MANAGING GERIATRIC ANIMALS IN AN ENVIRONMENT THAT BETTER MEETS THEIR PHYSICAL AND BEHAVIORAL NEEDS,” SAID KRISTEN MCMAHON, THE AQUARIUM’S CURATOR OF PINNIPEDS AND PENGUINS.

CAREFUL RECORDS ARE KEPT ON EACH PENGUIN’S BEHAVIOR, FEEDINGS, AND MORE SO THAT STAFF CAN QUICKLY SPOT AILMENTS THAT AFFLICT OLDER PENGUINS, SUCH AS FOOT INJURIES AND CATARACTS.

“WE THINK OF THIS ISLAND LIKE ASSISTED LIVING, WHERE WE’RE HELPING THE BIRDS BE MORE COMFORTABLE IN A CALMER ENVIRONMENT,” SAID DIANA MAJOR, MANAGER OF PENGUINS.

# DIAMONDS ARE FOREVER



APRIL’S BIRTHSTONE IS THE DIAMOND AND THE FLOWERS THAT REPRESENT THIS MONTH ARE DAISIES & SWEET PEAS.

DAISIES SYMBOLISE INNOCENCE AND PURITY AND HAVE A RICH HISTORY DATING BACK TO ANCIENT EGYPT. SWEET PEAS, WITH THEIR SWEET FRAGRANCE, REPRESENT DELICATE PLEASURE, FRIENDSHIP, AND GRATITUDE.

APRIL ZODIAC SIGNS:

ARIES (MARCH 21 - APRIL 19):

ARIES IS KNOWN FOR ITS FIERY, ENERGETIC, AND INDEPENDENT NATURE.

TAURUS (APRIL 20 - MAY 20):

TAURUS IS ASSOCIATED WITH GROUNDEDNESS, PRACTICALITY, AND A LOVE FOR THE FINER THINGS IN LIFE.

RESIDENT BIRTHDAY’S THIS MONTH

REGINA G, AUDREY H, LONNIE B, KAREN L

**JOKE: WHY DON’T FLOWERS HAVE BAD DAYS? BECAUSE THEY LOOK ON THE BRIGHT SIDE**

## MIND YOUR MANNERS

TABLE MANNERS HAVE EVOLVED OVER CENTURIES TO MAKE EATING WITH OTHERS PLEASANT AND SOCIABLE. WITH SO MANY TABLE MANNERS TO KEEP TRACK, KEEP THESE BASIC, BUT IMPORTANT, TABLE MANNERS IN MIND AS YOU EAT:



- CHEW WITH YOUR MOUTH CLOSED.
- KEEP YOUR SMARTPHONE OFF THE TABLE AND SET TO SILENT OR VIBRATE. WAIT TO CHECK CALLS AND TEXTS UNTIL YOU ARE FINISHED WITH THE MEAL AND AWAY FROM THE TABLE.
- HOLD UTENSILS CORRECTLY. DON'T USE YOUR FORK OR SPOON LIKE A SHOVEL OR STAB YOUR FOOD.
- WASH UP AND COME TO THE TABLE CLEAN. DON'T GROOM OR ATTEND TO HYGIENE AT THE TABLE.
- REMEMBER TO USE YOUR NAPKIN.
- WAIT UNTIL YOU'RE DONE CHEWING TO SIP OR SWALLOW A DRINK.
- PACE YOURSELF WITH FELLOW DINERS. CUT ONLY ONE PIECE OF FOOD AT A TIME.
- AVOID SLOUCHING AND DON'T PLACE YOUR ELBOWS ON THE TABLE WHILE EATING, IT IS OKAY TO PROP YOUR ELBOWS ON THE TABLE WHILE CONVERSING BETWEEN COURSES.
- INSTEAD OF REACHING ACROSS THE TABLE FOR SOMETHING, ASK FOR IT TO BE PASSED TO YOU.
- BRING YOUR BEST SELF TO THE MEAL. TAKE PART IN THE DINNER CONVERSATION.

## UPCOMING ACTIVITIES



### **REIKI WITH KELLEY ANNESE APRIL 3RD**

REIKI MASTER KELLEY ANNESE WILL BE OFFERING ONE ON ONE 15-MINUTE REIKI SESSIONS. SPACE IS LIMITED TO 6 APPOINTMENTS

### **HARBOR SWEETS FACTORY TOUR APRIL 4TH**

**EASTER EGG PAINT & SIP APRIL 9TH**  
SIP PEACH BELLINIS WHILE WE DECORATE FAUX EASTER EGGS

**HIGH SCHOOL STUDENT VISIT APRIL 9TH**  
HANG OUT, CHAT, AND PLAY GAMES WITH OUR STUDENT VISITORS FROM BISHOP FENWICK!

**ROMAN HOLIDAY MOVIE SHOWING AT THE CABOT APRIL 14TH**

**TITANIC MOVIE SHOWING & CRAFT APRIL 15TH**  
WE WILL BE WATCHING THE FIRST HALF OF TITANIC (1997) AND MAKING HEART OF THE OCEAN SUNCATCHERS

**DOLLAR TREE TRIP APRIL 16TH**  
THIS SHOPPING TRIP WILL BE FOR THIRD FLOOR RESIDENTS ONLY. SPACE IS LIMITED TO 10 PEOPLE

**THE PERFECT DATE APRIL 25TH**  
MISS CONGENIALITY MOVIE SHOWING & PIZZA PARTY

**JOKE: WHY DON'T MELONS GET MARRIED? BECAUSE THEY CANTALOUPE**