FA-569 - Mira Vie at Forsgate - AL - Issue: 04/01/25



ASSISTED LIVING | MEMORY CARE

319 Forsgate Drive • Monroe, NJ 08831 • 732.656.1000

Directors

Executive Director Health & Wellness Business & People Sales & Marketing Resident Experience Resident Care Coord Cottage Coordinator Restaurant & Hospitality Plant Operations Sean Schittig Dannielle DiSanto Shelly Gasataya Sunny Burrough Susan Tchelebi Kneesaa King Jessica Torres Krista Barfield Angel Flores



April 2025



Wild World: Mallard Duck

The most common wild duck in the U.S., the mallard is also thought to be the most abundant and wide-ranging duck in the world. It is found in fresh bodies of water throughout North America, Europe and Asia. Male mallards, called drakes, have a green head, a white neckband and a brown and gray body. Females have mottled brown and white feathers all over their bodies except for an iridescent blue patch on their wings. Mallards are dabbling ducks, meaning they tip their bodies vertically into the water, with their tail in the air, to feed on fish, frogs and plants. Female mallards quack, but males do not; instead, they make a soft, raspy sound.

Blown Away by Spring

Spring and strong winds often go hand in hand. This is due to shifting atmospheric pressure and temperature changes. According to the World Meteorological Organization, the maximum natural wind gust ever recorded clocked in at 253 mph on April 10, 1996, in Barrow Island, Australia.

"This Month In History" APRIL

1902: Tally's Electric Theater in Los Angeles opens. It was the first theater in the U.S. to be built with the sole purpose to show movies, not stage shows.

1917: The United States formally enters World War I, marking a turning point in the conflict that had been ongoing for nearly three years. The Great War ended just over a year and a half later.

1923: Yankee Stadium in New York City hosts its first baseball game. The Yankees defeated the Red Sox 4–1.

1938: Bugs Bunny makes his first cartoon appearance in "Porky's Hare Hunt."

1954: The United States Air Force Academy is established just north of Colorado Springs, Colo. Cadets attend the academy to receive military training for either the Air Force or Space Force.

1969: The first temporary artificial heart is used to successfully sustain a patient for 65 hours while waiting for a human heart to become available.

1977: Fifteen women in the House of Representatives hold the first Women's Caucus meeting. The bipartisan organization is now known as the Congressional Caucus for Women's Issues.

1997: At age 21, golfer Tiger Woods takes the title of Masters champion, becoming the tournament's youngest winner—a record he still holds today.

2004: Google launches the free email service Gmail. Since the announcement was made on April Fools' Day, the public was skeptical of its authenticity. Today, Gmail is actively used by 1.8 billion people around the globe.



Directory of Email Addresses Sean - ED@miravieforsgate.com Dannielle DiSanto - DHW@miravieforsgate.com Shelly Gasataya - DBP@miravieforsgate.com Susan Tchelebi - DRE@miravieforsgate.com Sunny Burrough - DSM@miravieforsgate.com Angel Flores - DPO@miravieforsgate.com Jessica Torres - DMS@miravieforsgate.com Kneesaa King - RCC@miravieforsgate.com Krista Barfield - DRH@miravieforsgate.com

