



St. Patrick's Day Social

hello
spring!



Independence When You Want It, Assistance When You Need It

Oak Terrace Senior Living of Jordan April Newsletter

Community Highlights

Scrambled Words

Unscramble the following supplies words that rhyme with Spring.

G S N I R T

I L C N G

G I H N

N R G I

G I N L F

N T I G

I N G H T

N I G L B

N I G G

G I N D

G N W I

I S G L N

L I G N

I G N Z

N P G I

N G I K

I G S N

I Y G N

B I G R N

ANSWERS:



string, ring, thing, ding, ling, ping, sing, bring, cling,
fling, bling, wing, wring, zing, king, ying, hing, ting, ging, sling

April Birthdays



Bonnie N. – 4/7
Delmont W. -4/8
Dorothy W. – 4/9
Elaine H. - 4/18
Shirley L. – 4/23
Lester B. – 4/30



Believe it or not....there are some small hints of spring. If you listen carefully you just may hear birds chirping in the morning and the grass is beginning to make it's debut.

Sooner than later we will be walking along the path and enjoying a lemonade and good conversation outdoors.

The Activities Department plans to "spring" up some fun days. Take a look at your Activity Calendar so you don't miss out.

Some of the April highlights are:

- 4/3- Coffe Hour-Have you Heard of...
- 4/5- Bunny Plate Craft
- 4/5- Walmart
- 4/6- Chan-O-Laires Performance
- 4/7- Wear two different shoes day
- 4/7- Bingo and Beer
- 4/8- Scott County 4-H Pet Visit
- 4/10- Podiatry Clinic
- 4/10- Bunny Egg Bingo
- 4/10- Easter Social
- 4/11- Olive Garden
- 4/12- Radermacher's
- 4/12- Bailey's Buddy Social
- 4/13- Dye Easter Eggs
- 4/13-Concertina Fun Performance
- 4/13- Hoppy Hour
- 4/17- Coffee Hour-Design your own treat
- 4/19- Lunch and Shopping at Hy-Vee
- 4/20- Residents Birthday Party
- 4/21 Resident Council
- 4/21 Bill Mann Performance
- 4/24- Loren Wolfe Performance
- 4/25- Target
- 4/26- Coborn's
- 4/26 Bailey's Buddy Social
- 4/27- Science Show By Jamie and Tammy



Autumn Lane News

We are patiently waiting to get outdoors and enjoy our patio areas and some fun in the sun. Pretty soon we will need to figure out what we will want to plant in the raised gardens. ☺ We Can't wait to feel that warm sun shine down on us. Until then we have a fun filled month ahead of us!

The April activity highlights are:

- 4/3- Have you heard of...
- 4/5- Bunny Plate Craft
- 4/6- Chan-O-Laires
- 4/8- 4-H Visit
- 4/10- Podiatry Clinic
- 4/10- Bunny Egg Bingo
- 4/10- Easter Social
- 4/14- Dye Easter Eggs
- 4/17- Design Your Own Treat
- 4/20- Birthday Party
- 4/21-Bill Mann
- 4/24- Loren Wolfe
- 4/27- Science Show



Fishing for the First Day of Spring!! ☺

Welcome Our New Housing Director

Laura Lubiani

We are excited to announce that Laura is joining our Oak Terrace Team!! Laura is from St. Peter, MN her and her husband, Deano, have three children. Their daughter, Paige, is 20 years old and attends college at Winona State. Their sons are Eli who is 15 years old and Tony who is 12 years old. Laura enjoys spending time with her family and friends and being outdoors. Her favorite seasons are Spring and Fall.

Fun Facts about Laura:

Favorite Color: Red

Favorite Food: Seafood

Favorite Movies: Grease, Sound of Music and Annie



Allergic Reactions May Protect You from Brain Cancer

Could there be anything good about having allergies? Doctors tend to be optimists even though there's nothing fun about nonstop sneezing-blowing-dripping, right?

Wrong. There's some interesting research that reveals allergies protect you from brain cancer. No, this isn't BS (bad science), and it isn't the first evidence of this.

How the heck do allergies keep good brain cells from going rogue? Something in the immune system's overwrought reaction to allergens seems to help it recognize and wipe out bad brain cancer cells. This appears to be especially true in men, who are somewhat more susceptible to the often deadly brain tumors called glioma. Malignant glioma is what killed Ted Kennedy. It's the most common brain tumor and the type scientists have been worrying cell phones may cause.

If you don't have allergies, or even if you do, there are other ways to defend yourself against brain cancer. Do all the smart stuff that protects you from other cancers:

- .Eat and exercise as if your life depends on it.
- Don't give up morning coffee or tea.
- Take extra vitamin D3.
- Drink moderately if you drink.
- Don't smoke.

Actively patrolling your health can make your real age as much as 7 years younger.

Source: RealAge