

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



Alice K.-4/3

Delmont W.- 4/8

Norma D.-4/18

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 its 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:

- 4/1-Have You Heard of Coffee Hour
- 4/1-Jokes on you bingo
- 4/2-Bailey’s Buddy Social
- 4/3-Target Outing
- 4/3-Bingo W/St John’s
- 4/8-Golden Girls Social
- 4/9-Olive Garden Restaurant
- 4/9-Bailey’s Buddy Social
- 4/10-Coborn’s Outing
- 4/11-Concertina Fun
- 4/15-Have You Heard of Coffee Hour
- 4/15-Easter Social
- 4/16-Baileys Buddy Social
- 4/17-Coloring Easter Eggs
- 4/17-Walmart
- 4/18-Robert Bozaich Performance
- 4/19-Bingo & Beer
- 4/22-Resident Council
- 4/22-Earth Day
- 4/23-Clancy’s Restaurant
- 4/23-Bailey’s Buddy Social
- 4/24-Radermacher’s
- 4/25-Magnet Succulent Plant Craft
- 4/25-Todd Anderson
- ~Cowboy Show
- 4/29-Have You Heard of Coffee Hour
- 4/29-Resident Birthday Party
- 4/30-Fleet Farm Outing
- 4/30-Baileys Buddy Social

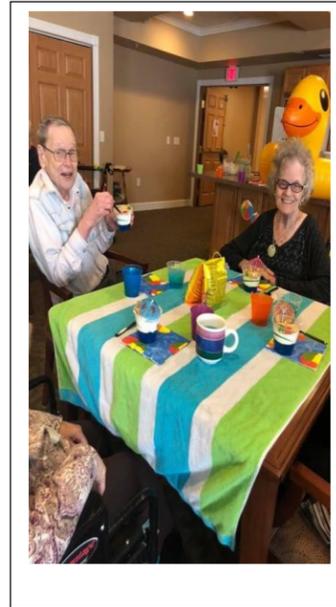


Autumn Lane News

We are patiently waiting to get outdoors to enjoy the sunshine on our patio ☺ We Can't wait to feel that warm sun shine down on us. Until Then we have some fun filled April activities ahead of us. Lots of socials and spending time with friends!!

The April activity highlights are:

- 4/1-Joke's on You Bingo
- 4/8-Golden Girls Social
- 4/8-Coloring Easter Eggs
- 4/11-Concertina Fun
- 4/15-Easter Social
- 4/18-Robert Bozaich
- 4/22-Resident Council
- 4/22-Earth Day Social
- 4/25-Succulent Plant Craft
- 4/25-Todd Anderson Cowboy Show
- 4/29-Resident Birthday Party



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

