

SPRING



Oak Terrace Senior Living of Le Sueur April Newsletter

Community Highlights

Scrambled Words

Unscramble the following supplies words that rhyme with Spring.

GSNIRT

ILCNG

GIHN

NRGI

GINLF

NTIG

INGHT

NIGLB

NIGG

GIND

GNWI

ISGLN

LIGN

IGNZ

NPGI

NGIK

IGSN

IYGN

BIGRN

ANSWERS:



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

April Birthdays



Mary A- 4/02

Donna B- 4/08

Dan D- 4/20

Shirley M- 4/21

David D- 4/27

Nancy M- 4/29



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 outside and enjoying a lemonade and good conversation outdoors.

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



Some of the April highlights are:

4/1- Donuts and Jokes

4/2- Allen Carlson

Performance

4/3- Twins Happy Hour

4/4- Lori Ronchak

Performance

4/11- Radermachers Grocery Trip

4/15- Cheese Shoppe Pizza Brought to You

4/16- Coloring Easter Eggs

4/17- Lemonade Social

4/18- Easter Egg Hunt

4/18- Easter Bingo

4/19- Easter Bunny Bash

4/22- Earth Day Appreciation

4/23- Mary Anne's Music

4/24- Cooking Time

4/25- Dollar General: Le Center

4/26- Resident Council

4/26- 3rd St Tavern: Lunch

Outing

4/29- Birthday Party for all

Residents

News

Upcoming Activities in the next Spring/ Summer months:

- Picnic in the park
- Lets go Fishing (weather permitting)
- Gardening & Planting
- Lemonade Social-Outside
- Ice Cream Social- Outside
- Mothers day Brunch
- Fathers Day BBQ
- Fun spring and summer NEW crafts

If you have any ideas or suggestions please talk to Lauren. 😊

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

