

April 1, 2020



INDEPENDENT AND ASSISTED LIVING

# Red Oak Residence



Dear Red Oak Family,

During these unsettling times, it is important to remember to enjoy each day to the best of our ability and not fixate on the current virus situation. Due to the nature of the virus, like other forms of the flu, we need to take extra steps to continue to be safe. Some of these steps include:

- ◆ Social distancing- being 6 feet apart
- ◆ Washing your hands often and covering your face with your elbow or the neck of your shirt to sneeze or cough.

Also please tell a staff member if you are not feeling well!

Our goal at Red Oak is to continue to provide a healthy environment while also providing you a safe home to live in. As mentioned in a previous letter, our staff is constantly cleaning public areas, door knobs and railings to ensure Red Oak is as safe as possible.

We want everyone to remember that it is not healthy to fixate on things because it can lead to fatigue, depression, and anxiety. I have personally decided to limit the amount of time I spend watching the news with all the reporting on the virus. I instead watch channels that tend to be a happier theme, which brings happiness to my day. I thought I would share some of the channels I would watch with my Red Oak family.

- ◆ **Channel 8 The Discovery Chanel**
- ◆ **Channel 19 The Hallmark Channel**

- ◆ **Channel 67 The AMC Channel**
- ◆ **Channel 42 The Cartoon Network**
- ◆ **Channel 43 The Animal Planet Channel**
- ◆ **Channel 500 The Hallmark Movies and Mysteries West Channel**

I hope you try them to see if they bring joy to your day. If you have a channel to share, please let us know at the front office and we will add it to our list!

Sincerely,

Amy Jarboe



## Wisdom With Age

Finally! Proof to share with your kids! Research at Texas A&M University found that older adults are better able to evaluate both the immediate and delayed benefits of a decision than younger adults.

Younger people primarily use the brain's ventral striatum to make choices; this area is associated with reflexive learning and impulsivity. Aging, however, prompts the brain to shift decision making to the pre-frontal cortices- the area that controls rational, deliberate thought. So celebrate that next birthday with gusto!







### Hay There !!

Spring's approach is the perfect time for walks in the park and to take in the sweet smells of blossoming flowers. Spring also marks the annual onset of hay fever and seasonal allergies. For some, however, spring can also mark the onset of seasonal allergies, also known as hay fever or allergic rhinitis. Spring, summer and early fall tend to be the worst times of the year for hay fever due to sensitivity to tree pollen, grasses or weeds, or airborne mold spores. Some people experience allergic rhinitis year round while others have it only occasionally due to sensitivity to household dust mites, animal dander, mold spores or hidden food allergies.

According to the 2018 National Health Interview Survey, over 19 million people in the US over the age of 18 were diagnosed with hay fever.

The symptoms are all too familiar: runny nose, itchy eyes, sneezing, stuffy nose and fatigue (due to poor quality of sleep as a result of the stuffy nose).

Don't let your spring fever turn into hay fever. Try and stay indoors during pollen season, keep windows closed when you sleep, and roll up your windows when you're in a vehicle.

Your healthcare provider may recommend you take one or more kinds of anti-allergy medications that help reduce symptoms.

Be proactive about your allergic rhinitis and enjoy spring in good

health.

### Humor Does Matter

"Laughter is the shortest distance between two people." \*Victor Borge

What the world needs now is laughter, sweet laughter. Laughter is good for you. The facts are in. Laughter has distinct effects on the body, mind, and spirit. Studies show that laughter increases the immune, cardiovascular, respiratory, digestive and muscular systems. It reduces pain and stress, increases alertness, energy and your sense of well-being. Laughter releases chemicals in the brain and makes muscles contract and relax.

Cheerful people are less depressed, bounce back faster from sad events, have higher achievement in school and at work, tend to have better health - and may even live longer.

April is National Humor Month, so have a good laugh!



Have you ever thought about the origin of April Fools' Day? It's not as easy to pinpoint this day's history as you might think. The history of April Fools' Day is a little more complicated than some other celebratory days.

Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563.



People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes.

These pranks included having paper fish placed on their backs and being referred to as "poisson d'avril" (April fish), said to symbolize a young, easily caught fish and a gullible person.

On the evening of April 1, 1957, thousands of British families tuned in to watch "Panorama" one of the day's top current events broadcasts to witness footage of a happy Swiss family harvesting their prized spaghetti trees. Unbeknownst to many viewers, the four-minute "news" segment, which literally showed strands of cooked pasta dangling from the trees in a family vineyard, was an intricate April Fools' Day hoax devised by a freelance cameraman and produced for a paltry 100 pounds.

Forget the hundreds of angry letters and bitter newspaper headlines that followed, the show's staff was "very pleased with themselves," having successfully elevated the centuries-old tradition of fooling people to a mass-media high.

