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# The Savvy Seniors Journal

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## April Showers...

By: Robin R. Rinke

Remember being a child and going outside to run around in the rain? There was something so freeing about it. Stomping in the puddles and feeling the rain on your face was magical.

I have done this a few times with my grandchildren and it was so liberating. We forget as we age to take the time to experience life and it's beauty.

The word "April" in Latin, means "to open." This month take the time to be open to magic. Be open to enjoy the beauty around you on this earth. Be open to others and the beauty that is inside of them. Be open to being a child again and look for the magic within.

Many have called getting older, our second childhood. I like this! Go for it. This month's journal gives tips on how to incorporate a more childlike frame of mind and heart to your daily life.



## Author, Hollie Kemp, CDP CADDCT

### Mom, you have a really big head!

Did you know that laughing is good for your health? Laughing can be as effective in supporting person with dementia as some prescribed medicines. According to an Australian study focused on the effects of humor on people living with dementia in residential care. Humor therapy can be as effective as widely used antipsychotics.

What are some of the benefits of laughter?

**The body can release its feel-good chemicals.**

You can find relief from stress, anxiety, and even depression.

- **Pain relief**
- **A stronger immune system**
- **Protection from heart disease**

So, how do you use humor with persons with *dementia*?

Recount funny stories from the persons past. Watch a funny video. Put on a silly song, outfit, or just act silly. Sometimes you can just fake laughing until you laugh. You can also try to find humor in the day to day. Switch your perspective on things that may seem frustrating. Is there any humor in it? Can you laugh with your loved one instead of cry or get angry?

Life is hard and this journey is hard, but it is better when we learn to find the funny moments like Brigget Simms did one night during her caregiving journey...

One night, I was struggling taking off Mom's shirt to put on her pajamas. I said: "Mom, you have a really big head!" She questioned: "Is your head small?" I said yes, and she said: That is because you don't have much brains."



## **Affirmations to Start Each Day for the Month of April**

To feel like a kid again, you can repeat affirmations that focus on playfulness, curiosity, wonder, and a sense of freedom!

- **"I embrace the joy of discovery"**
- **"I laugh easily and often"**
- **"I am open to new experiences"**
- **"My imagination is limitless"**
- **"I play with enthusiasm"**
- **"Today is an adventure"**
- **"I am full of wonder"**
- **"I am carefree and lighthearted"**
- **"I allow myself to be silly"**
- **"I see the magic in everyday moments."**



# Benefits of Living in a Senior Living Community

Living in a senior living community offers a mix of independence and support, with amenities, social activities, and potential assistance with daily tasks, all while fostering a sense of community. Key Features & Benefits:

- **Social Connection:**

Senior living communities are designed to foster social interaction, with communal areas, activities, and events that encourage residents to connect with one another.

- **Convenience & Amenities:**

Many communities offer a range of amenities, such as fitness centers, libraries, dining options, and transportation services, making daily life easier.

- **Maintenance-Free Living:**

Residents often have the freedom from home maintenance responsibilities, with staff taking care of tasks like landscaping, snow removal, and repairs.

- **Safety & Security:**

Many communities prioritize safety and security, with measures like gated entrances, security personnel, and emergency response systems.

- **Flexibility & Choice:**

Senior living communities offer a variety of living options, from independent living apartments to assisted living facilities, allowing residents to choose the level of care and support that best suits their needs.

- **Access to Healthcare:**

Some communities have on-site medical facilities or offer easy access to healthcare services, which can be particularly beneficial for seniors with health concerns.

- **Active & Engaging Lifestyle:**

Senior living communities often offer a wide array of activities and events, from fitness classes and hobby groups to social outings and educational programs, encouraging residents to stay active and engaged.

- **Variety of Meals:**

Many communities offer a variety of meal options, from in-room dining to dining in on-site restaurants, with diverse menu options catering to dietary restriction



## Purpose

By: Liz Cruz, MPH, RCFE

It can be easy to underestimate a child or a senior regarding the worth they bring to the table. How they view themselves and how others view them can vary. I think we sometimes forget that all humans need purpose. There are proven links between purpose and better mental health and longevity. Imagination drives children, they often believe they can do anything until someone tells them otherwise. Experience drives seniors, they know they can do many things because they have done them. Purpose is primarily intrinsic but as caretakers, family and friends we can encourage our loved ones to cultivate and keep their purpose ignited.

Purpose is unique to everyone. Meg Selig, Counselor and Author of books on the topic of ageing, offer these nine paths to finding purpose:

1. **Work Mission -Volunteer, second career**
2. **Love & Friendship- Connect with others**
3. **Compassion for Others-Do something for someone else**
4. **Small Joys and Pleasures- Notice the little things**
5. **Staying strong and Healthy- Exercise, make good food choices**
6. **Creative Projects and Play – Try a new hobby**
7. **Contributing to the Repair and Improvement of the World – Find a cause that is important to you**
8. **Leaving a Legacy-Is there anything you want to leave behind?**
9. **Bearing Suffering with Grace, Courage and Dignity-Aging is going to happen, how will you take it on?**

Who we are is always evolving, and we all have a purpose. Having your purpose guide you, will help keep your life long, happy and meaningful.



# April Showers Bring May Flowers

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 plumeria  
 violet  
 lilac  
 lily

bleedingheart  
 moonflower  
 hibiscus  
 sweetpea  
 aster  
 pansy  
 rose

chrysanthemum  
 bluebell  
 hyacinth  
 wisteria  
 canna  
 tulip

cactusflower  
 daffodil  
 marigold  
 jonquil  
 daisy  
 iris



## Interesting Facts About April

- The birthstone for April is the diamond, which is the hardest natural substance on Earth.
- April babies are either Aries or Taurus. Aries are known for being passionate and confident, while Taurus are thought to be more sensible and pleasure-seeking.
- Holidays and observances April 22 is Earth Day, April is National Poetry Month, and The Boston Marathon is held in April.

### Historical events:

- The Revolutionary War began on April 19, 1775.
- The Titanic sank on April 15, 1912.
- The United States Library of Congress was established on April 24, 1800.
- George Washington was inaugurated on April 30, 1789.
- NASA announced America's first astronauts on April 9, 1959.
- Noah Webster copyrighted the first Webster Dictionary on April 14, 1828.

### Other facts:

- In the Roman calendar, April was sacred to the goddess Venus.
- In the Southern Hemisphere, April is the same as October in the Northern Hemisphere.
- The Japanese fiscal year for most businesses starts on April 1st.
- In England, the arrival of the cuckoo bird in April is a signal that spring has arrived.
- April 1 is All Fools' Day—otherwise known as “April Fools' Day.”
- April 12 is the start of Passover, which begins at sundown.
- April 18 is Good Friday
- April 20 is Easter Sunday
- April 22 is Earth Day
- April 24 is the birthday of Robert B. Anthony
- April 28 is National Arbor Day.



## Healthy Heart, Mind, & Soul “Second Childhood”

Some deem I'm gentle, some I'm  
kind:

It may be so,--I cannot say.  
I know I have a simple mind and see  
things in a simple way;  
And like a child I love to play.

I love to toy with pretty words  
And syllable them into rhyme;  
To make them sing like sunny birds  
in happy droves with silver chime,  
in dulcet groves in summer time.

I pray, with hair more white than  
grey, and second childhood coming  
on, that yet with wonderment I may  
see life as in its lucent dawn,  
and be by beauty so beguiled  
I'll sing as sings a child.

-Robert Willliam Service

## How to feel childlike again?

1. Look for awe in the mundane.
2. But don't forget to appreciate wonder in unsurprising places.
3. Allow yourself to be more playful.
4. Fill your life with people who expand your universe.
5. Slow down to appreciate things you take for granted.
6. Create new daily rituals, like 'awe walks'.





MEMORY  
MATTERS

*Surround yourself with supportive people.*



Facilitator:  
Hollie Kemp,  
CDP®  
CADICT

## Monthly Dementia Support Group

Do you have a loved one with dementia or Alzheimer's?  
Get the answers to questions from an expert, and support from others  
on the live monthly zoom call.

Our expert will help you navigate the future.



**Sign up for this support  
group with QR Code:**

Open camera in phone  
and place over code.

You will be directed to  
the sign up site.

### Testimony of Attendee:

"My mother is in the mid-level of cognitive decline. Dementia is hard, but a support group like this helps me process the disease. Hollie brings so much knowledge on simple things to try and implement, and I felt supported. At one point, I had tears knowing I wasn't alone."



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