

# SOUTHERN KNIGHTS | MEMORY CARE

Join Us for Activities! We Have LOTS of Fun!



**April showers bring May flowers!** We are kicking off our Garden Club this month! We will be meeting every 2 weeks and residents will be caring for their gardens every other day. Also, ask CeCe about the bird watcher activities. If you have a new or gently used feeder you would like to donate, we would gladly find a home here for the birds and residents to enjoy!

We are scheduling a very informative, interactive dementia training! Watch for new get-togethers and support on our activity calendar in the memory care community.

## Highlighting Our March Princess

Congratulations Ms Addie R. you were an AWESOME March princess!



Congratulations Mr Carl H. for your hard work with therapy! You are a BIG help!



*Happy Birthday*

April 14	Ms. Mary B.
April 18	Ms. Evelyn P.

## 18 Reasons to Volunteer

**APRIL 15-22, 2018  
IS NATIONAL  
VOLUNTEER WEEK!**

Have you thought about the benefits you will get from volunteering? **Consider these 18 reasons to volunteer some of your time:**

1. To make new friends
2. To build personal and professional contacts
3. To build your self-esteem and self-confidence
4. To develop new job skills
5. To make a difference in the world
6. To increase personal satisfaction
7. To add experience to your resume
8. To develop people skills
9. To develop communication skills
10. To do something as a family
11. To explore career possibilities
12. To feel needed and appreciated
13. To share your skills with others
14. To be challenged
15. To do something different
16. To earn academic credit
17. To improve your health
18. To have fun!

## April is Stress Awareness Month: Stressed Out? Give These Tips A Try!

The amount of stress that you endure has a direct impact on your health and overall well being. Pay close attention to the tips provided in this article for how to manage your stress.

**Don't worry about being totally stress free.** While it is important to lower our stress levels to maintain a good health, it is also important to have low amounts of stress to push us to succeed. If we had no stress in our lives, then we wouldn't accomplish much.

Stress can be a trigger for anxiety and panic attacks. Too much stress can contribute to hyperventilation and anxiety that can lead to a full-blown panic attack. If you suffer from stress and anxiety, find **ways to relax, breathe deeply and take a time-out.** If your stress is severe, it is wise to consult a doctor.

To handle stress in your life, start by **minimizing stress in your life.** Something as simple as laying out your work clothing for the next day can give you a better start in the morning; it may give you a few extra minutes to relax as well, instead of running around looking for a stray shoe or favorite blue sweater.

A great tip that can help you keep your stress levels down is to become aware of things that trigger your



stress. Once you become aware of what makes you stressed out, you'll be much better at handling your stress and avoiding it when you feel like you have to.

Stress can have a tremendous effect on the amount and types of food that we eat. We may have the tendency to gorge on junk food when we are stressed. Our stomachs may be so upset by the stress that we can barely eat anything. Either reaction is potentially dangerous. **Minimizing your stress level can radically improve your dietary choices.**

If your life is stressful and hectic, one great way to get some stress out is to take a short nap. A half hour nap in the afternoon after work can make you feel refreshed and ready to continue the day, rinsing away the stress that has built up.