

News and Notes



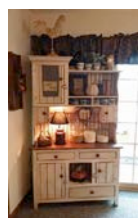
Carter Hearing Clinic will be seeing clients in their office at GYH Nursing Care. If you need an appointment, call 436-6400.

Reminder – Available to you at GYH (on site) is outpatient therapy. You can contact Jen Rowe, GYH Nurse or the Therapy Dept. if this service is needed. They can come to your apartment or you can come to the Therapy Center in the Core Building.

A Lighter Step foot clinic will be held on April 25th, 2017 at 8am. If you would like to schedule an appointment, please contact the office and we will be glad to assist you in scheduling an appointment.

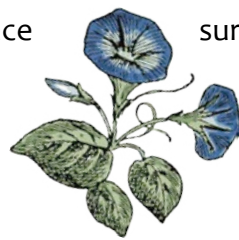


Reminder – If you have any suggestions, comments, or ideas for GYH, every 2nd Monday of the month is our Resident Council Meeting. This meeting is where you can voice your concerns and/or suggestions. It will start at 2:00pm.



We are looking for collections to feature each month in the Hutch. If you have any kind of collection that you would be willing to share, please call the front desk at 749-6725. There is help available for arranging your collection in the hutch.

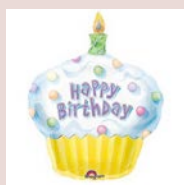
Our deepest condolences to The Kees family in the passing of Jonnie Kees. The Staff at Golden Years is praying for you to feel his love and peace surround you during this time.



April Birthdays

Happy Birthday, Y'all!!

4-04	Linda Thompson	3017
4-07	Ken Suesz	15A
4-16	Flo Carlson	3036-D
4-21	Margaret Clayton	11C
4-22	Margaret Pflueger	20A
4-28	Ken Swanson	3004-D



Searching for April

The following words can be found horizontally, vertically, diagonally, forward, and backward. Disregard spaces between words.

S Z S M A Y Y P L R A M R G M
 E L P Z P E H L I X W X A N C
 X A R O R M U Z P L D R A O V
 A U I C I B L W P G D N D R D
 T R N P L A E P T E E W S N D
 C J G V F Q A W N W G Y O A Y
 S N U D O D Y I W H L M I B A
 P W M S O N N A O J A S M E D
 Z G U V L G P U D I Y J T B R
 T A Y M S X M S D H T K M S O
 L A G R D P U Z C S T F O B B
 Y I U M A C S H O W E R S Q R
 Z I R R Y S E I R A Z X A R A
 Y E H P U X O R C Q B F P E G
 G B A A A S W N A E G D G T B

April	Gardening
April Fool's Day	Ram (Aries)
Arbor Day	Showers
Aries	Spring
Bull (Taurus)	Sweet Pea
Daisy	Taurus
Diamond	Taxes
Earth Day	

THE HOMESTEADER

Golden Years Homestead • 8300 Maysville Rd. • Phone (260)749-6725 • Fax (260)749-6873



Celebrating April

Humor Month

Hairstylists Month

Occupational Therapy Month

Baseball Month

April Fool's Day

April 1

Nat'l Library Week

April 10 – 14

Cherish an Antique Day

April 9

Good Friday

April 14

Easter

April 16

National Volunteer Week

April 23–29

He is RISEN, ALIVE and WELL!

We all know the account of the Resurrection of Jesus Christ; how there were those who rose up early in the morning to visit the tomb of Jesus. Mary Magdalene and Mary, Mother of James, Joanna, and others who brought precious spices, which they had prepared to anoint his body with, all went to the tomb. They went fully expecting to see Jesus' body still there. When they arrived, they found that the stone had been rolled away and that his body was no longer there.

The women were met by angels dressed as men who stated that, "**He is Risen! He is not here!**" And also, reminded them of the words of Jesus, "*the Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.*" (Luke 24:7) The women were instructed to go and tell of the risen Savior to the disciples. When they told the disciples of Jesus' resurrection, they did not believe it thinking the women were speaking nonsense.

The disciples were skeptic. They had unbelief. How could men who walked with Jesus, heard his sermons, and seen the miracles he performed, be skeptic of something that Jesus, himself, told them was going to happen?

I don't want to be like the disciples and not believe my Savior. I want to believe what he has said in his Word. He is **Risen!** He **IS NOT DEAD** but very much **ALIVE!** He is not confined to history nor the pages in a book. He is not confined to our church services and fine buildings. **JESUS is ALIVE and WELL!** He is omniscient, omnipresent, and omnipotent. He is the same yesterday, today and forevermore! How do I know this? I know this because He is **ALIVE in me!**

Tell your family, friends and neighbors of the Good News of Jesus. He is not dead as skeptics say he is, but very much alive. If you don't know of his resurrecting power, **you can find it!** He can show you his wonder working power for it is in the intimacy of fellowship with Him that we find Jesus and recognize him for who he really is.

To Wash or not to Wash



Washing one's hands is the first line of defense against killing germs. Germs can be transmitted many ways, including: touching dirty hands, changing dirty diapers, through contaminated surfaces, through contact with a sick person's bodily fluids, and going to the bathroom without washing your hands.

When we come in contact with germs, we can become infected simply by touching our eyes, nose, or mouth. Good handwashing is our defense against the spread of many illnesses from the common cold to more serious illnesses like influenza, meningitis, hepatitis A, and most types of infectious diarrhea.

Here is how to scrub those germs away:

- Wash your hands in warm water.
- Use soap and lather up for 20 seconds –any soap will do. Make sure to get in between your fingers and under your finger nails where the germs like to hide out. Don't forget your wrists!
- Rinse and dry well with a clean towel.

To minimize germs from being passed around to family and others, make sure you frequently wash your hands, especially:

- Before and after eating and cooking
- After using the bathroom
- After cleaning around the house
- After touching animals
- Before and after visiting or taking care of sick family or friends
- After blowing one's nose, coughing, or sneezing
- After being outside (gardening, walking dog, etc.)



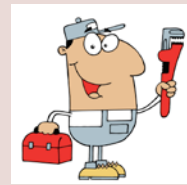
Don't underestimate the power of handwashing! The few seconds at the sink could save you time in the doctor's office and money.

From the Maintenance Desk of.....

I would like for you to know that sometime between the end of April and the beginning of May, maintenance will be replacing all filters in the Duplexes, Villas, Cottages, and Assisted Living apartments. The maintenance men will need access to your apartments to change these. If you would like to be there, please let the office know to make arrangements. Thank you so much for your cooperation in this matter.

Also, we will be tilling the gardens within the next month or two. If you do not want us to till your garden plot, we will have red stakes at the office for you to pick up and plant in your garden area. Any resident living in the duplexes who would like to have a garden plot this season, please call the office to let us know.

Thanks!
Brandon W.
GYH Maintenance
Supervisor



Activity Connection

Activity highlights for April:

- * Tuesday, April 4 @ 2pm – On the Edge of Illusion Variety Show w/John Louis
- * Friday, April 14 @ 10am – Good Friday Service
- * Tuesday, April 25 @ 2pm – Ballroom Dance Spring Fling

To our friends at GYH,

We can't begin to properly relate how thankful we are for your prayers and loving thoughts. You have been so encouraging and are so appreciated! Thank you also for the lovely plant. May you be blessed beyond measure.

Doug & Kay Holley

Benefits of Humor

This month is Humor Awareness Month. The following article is about the benefits we can receive from humor. Learn to laugh and find humor throughout your day. Offer humor to others that can benefit from it. Spread laughter and cheer throughout your life.



Humor is deeper than laughter and comedy. It is about happiness and joy. Proverbs 17:22 states that a joyful heart is good medicine, but a crushed spirit dries up the bones. The Bible also states in Proverbs

15:13 that a glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed.

Research for the benefits of humor within a human body began in the mid 1960's. As a result of this research, humor was found to be very beneficial to one's physiological and psychological health. Humor is an excellent muscle stimulator. It activates the face, neck, shoulders, and abdominal muscles. It releases endorphins within the body. Endorphins are chemicals that are naturally produced by the human body which creates a feeling of pleasure and produce a pain-relieving effect similar to morphine. Studies have validated the use of humor within daily activities as an intervention for pain.

Cardiac and Circulatory effects happen as a result of humor. After laughing, the heart rate and blood pressure drop. Humor improves blood circulation and circulation of oxygen throughout the body-this may result in the body's immune system to become more effective and prevent formation of clots. Also, a person may become more alert as a result of humor.

One psychological benefit from laughter is that it is a great coping mechanism. It can enable a person to face fears and to look at the situation from a brighter perspective and thereby make a problem appear less magnified.

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Humor can be a stress reliever. Laughter promotes a release of emotion such as anger and frustration in a socially acceptable way. A good laugh is often followed by a state of relaxation. It also promotes happiness and contributes to a more positive and optimistic mood, improves self-confidence and self-image, enhances creativity, and provides balance.

Laughter if often shared with others and fosters a sense of commonality and bonding which leads to an increase in social intervention. Overall, humor is a great benefit to the human body and improves the quality of life of an individual.

By Kim Poling

Now That's Funny!

What do you call a rabbit with fleas?

- Bugs Bunny

Why didn't Noah go fishing?

- He only had two worms

For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection.

(Romans 6:5)

The Christ will suffer and rise from the dead on the third day, and repentance and forgiveness of sins will be preached in his name.

(Luke 24:46-47)

Outside of the cross of Jesus Christ, there is no hope in this world. That cross and resurrection at the core of the Gospel is the only hope for humanity. Wherever you go, ask God for wisdom on how to get that Gospel, even in the toughest situations of life.

Ravi Zacharias

