

The Manorette

April 2023



Robotics Club & Miriam Kerns -Easter Bingo Prizes
Joyce Sones Family-Flowers, Puzzle books & Cards
Mr & Mrs. Gilsdorf- Magazines
Pam Anderson-Cards
Share and Care Center-Stuffed Animals
K-1st Graders-Beautiful art pictures to decorate
the facility for Easter.
Noah's Ark Preschool-Decorations
Michelle Forney-Books
Becky and Virginia-Puzzles
A big Thank you to all of our volunteers and
Music performers.

We Appreciate You!

Pioneer Manor
"Reaching For the Stars"
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Email: activities@pioneermanor.net



In Loving Memory

We would like to extend our love and
deepest sympathy to the family and
friends of:

Bonnie Marrs

&

Loretta Brickner

It was a privilege to know, love and
care for them

Sincerely,

Pioneer Manor Staff and Residents



Happy Birthday

Please join us in celebrating these residents for
their birthdays.

Please send a card to:

17-Darlene Hand

17-Larry Mills

21-Jim Black



The residents are presented a balloon and a card, and
we all get to enjoy cake and ice cream on their
Birthday.

Activities News

Well, what a crazy winter we have had with all the snow and now as we head into spring we are still getting that snow.

I would like to invite the community to come and spend some time with the residents- they love to sit and visit, play games and tell you their stories.

Every month we are having a community coffee day, where we are inviting the community to come and have afternoon coffee and a healthy snack while we do short presentations on different health topics. I promise the presentations are short but have a lot of good information.

Our presentation for the month of April will be on The Impact of Stress. We are also looking for volunteers that would come and do an activity with the residents, or perform your talent.

Donations of Bingo prizes or craft items are always welcomed with great joy!

Thank you-

Activities Team- Danelle Horton,
Teri Hunzeker, Nancy O Brian,
Char Pudelko.



The Last Laugh

Remember to Laugh outloud on April 14

International Moment of Laughter Day. Is laughing always the best medicine? Research shows that laughter does impart several health benefits. When we laugh, we inhale more air and oxygen, stimulating the heart, lungs, muscles, and brain. A good laugh also stimulates the body's stress response and then deactivates it, causing heart rates to rise and fall, leaving us with satisfied, relaxed feelings.

Laughter not only improves mood, but it encourages the positive thoughts that release *neuropeptides*, chemicals that fight stress and boost our immune systems. Laughter also stimulates chemicals that act as natural painkillers for our bodies. With laughter providing so many health benefits, communities are starting to form various laughter clubs in an effort to laugh more regularly.

While you are probably familiar with yoga, the ancient Indian practice of stretching, breathing, and meditation, are you familiar with laughter yoga? Laughter yoga draws upon many of yoga's foundational principles, such as its deep diaphragmatic breathing. Laughing produces full inhales and exhales. While the laughter is simulated at first, the giggles soon become contagious and real. And we shouldn't overlook the human connections forged by sharing laughter. After a laughing yoga session, participants report feeling their spirits lifted and a greater sense of community.

But fake laughter? Research shows that even fake laughs and forced smiling are enough to boost our moods. While our brains know that we're faking it, our bodies do not. Once the brain sends the signal to the body to laugh, all of the associated physiological actions follow: the relaxation, the mood boost, and the increased energy.

Perhaps this is the lesson of the old Chinese proverb:

"A hearty laugh makes you ten years younger."

Even if you're faking it.



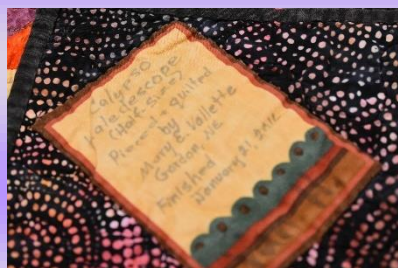
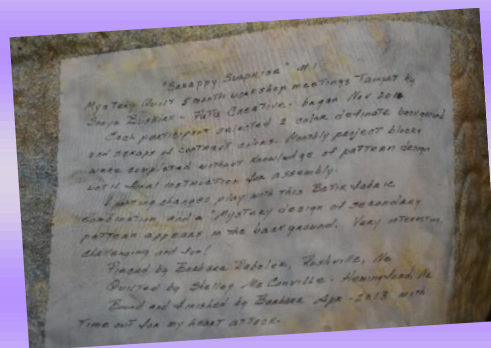


Beachball Hockey





Quilt Show



Spring Cleaning

The words listed below can be found vertically and horizontally.



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

BUCKET
CLUTTER
DUST
LAUNDRER
ORGANIZE



RINSE
SCRUB
SPONGE
SWEEP
VACUUM