

HEATON PLACE NEWS

APRIL 2024



The Puzzling Effects of Jigsaws

It's well documented that things like sudoku, crosswords, and word searches can help keep your brain healthy and active. But what about jigsaws? It turns out puzzling goes beyond entertainment. It helps cognitive, physical, psychological, neurological, and social skills. **Cognitive**- the processes of the brain and includes memory, problem solving, and ability to concentrate. **Physical**-the act of moving pieces is good for fine motor skills and improves dexterity. **Psychological**-spending time with a jigsaw puzzle helps reduce stress and anxiety. It quiets the mind by distracting you and providing you with an opportunity for an almost meditative state. Studies found that spending just 30 minutes a day for eight weeks working on a jigsaw puzzle can significantly reduce anxiety levels. **Neurological**-Research shows working on puzzles including jigsaw puzzles, may delay Alzheimer's and dementia. This activity promotes neuroplasticity or the ability to make new pathways in the brain when old ones have been damaged or pruned from lack of use. **Social**- Working on a jigsaw can be a rewarding social activity. Invite everyone to participate, but don't apply any pressure. You may be surprised at the results. There is something alluring about joining in on the quest to complete the picture. If you haven't completed a jigsaw puzzle for a while, or ever, I encourage you to give it a try. You may be surprised by how much you enjoy it.

RIDDLE OF THE DAY

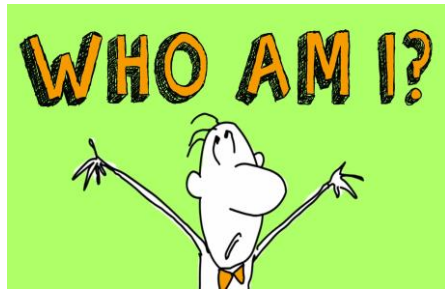
Q: What 5-letter word typed in all capital letters can be read the same upside down?

Q: The more you take, the more you leave behind. What am I?

Q: David's father has three sons: Snap, Crackle, and _____?

Q: What is more useful when it is broken?

*Answers will be on next newsletter



WHO AM I?

Last months Who Am I was Marian Hope!

Who Am I?

I have two sets of eyes, and although I am not driving any longer, I have a hot set of wheels to get around with. Reaching for things that are up high is not a problem for me. My career allowed me to fly all over the world, serving my country. We moved into Heaton Place from the big town of Vernon and enjoy being a part of the Heaton family. Life is about laughter, and I tend to have a funny sense of humor! While I have a proper name, most people refer to me by my nickname. WHO AM I?



Personal Touch Fashions

Personal Touch Fashions will be bringing their newest men's and ladies spring fashions to Heaton on March 12 at 1:30pm. Please come and join us for some shopping fun!



Gentle Reminders:

Some great suggestions from the fire department when they were here.

- Using an egg timer when cooking on the stove.
- Having flashlights at bedside table and or in walker.
- Blackout emergency LED flashlight. Outlet rechargeable, which acts like a nightlight when power goes out.



The cooks will be alternating soup and salad throughout the week!

Friends and family are welcome for Breakfast, Lunch, and Dinner. Breakfast is \$6.00, Lunch is \$8.00, and Dinner is \$20.00 per person. Please see Svenya at the front desk if you wish to have someone join you for a meal.



JOANN R.	APR 3
MAVIS S.	APR 3
MADDIE A.	APR 18
LEN T.	APR 19
HANK V.	APR 19
ERIC H.	APR 22
DEL H.	APR 23
FREYA S.	APR 24

Upcoming Events

Apr 2 - 10:30	Wii Bowling
Apr 3 - 7:00	Mount Ida
Apr 9 - 10:30	Pharmacist Presentation
Apr 10 - 2:00	Music with Mark
Apr 12 - 1:30	Personal Touch Fashions
Apr 19 - 2:00	Fifth Avenue Jewelry
Apr 26 - 2:30	Abe & Mary Happy Hour



Carrie's Corner

Happy April to all you wonderful residents! We are excited to see the sun shining and the all the beautiful blooms on the trees. This brings me to share with you some great news about our courtyard! Ladies, please see Tarrell if you wish to get your hands dirty and fill our planter boxes with flowers. This year the flowers will be purchased sometime before Mother's Day, and once we have them in the building, you gals are free to begin your planting as you see fit in the flower boxes provided! Gather your friends and have some fun working in the gardens!



Welcome to the Heaton Family

Please help us welcome:

Karen & Alan Martin

Eric & Del Hornby