

April 2021

Christopher Heights Highlights

Christopher Heights | 338 Thompson Road Webster, Ma 01570 | 508-949-0400

SPECIAL DAYS!

April Fools' Day
April 1

Good Friday
April 2

Easter
April 4

Last Day of Passover
April 4

Tax Day
April 15

Earth Day
April 22

Arbor Day
April 30

APRIL FLOWER - DAISY

APRIL BIRTHSTONE DIAMOND

April Zodiacs
Aries (The Ram)
April 1-19

Taurus (The Bull)
April 20-30)

APRIL is the fourth month of the year in the Gregorian calendar. It was originally the second month of the Roman calendar, before the edition of January and February. No one knows for sure how April got its name. Some say it comes from the Latin *aperire*, meaning "to open," alluding to the opening of buds of springtime. Others say April was named after Aphrodite, and still others say it was named for the goddess Eostre. Whatever the case, the onset of April means that spring has arrived.



Easter & April

Have you ever wondered why
Easter isn't always in April?

The holiday falls on the first Sunday after the first full moon after the Spring Equinox. (The first full moon after the Equinox was March 28th this year). Thousands of years ago, Christians would often make a pilgrimage to the Holy Land to celebrate Easter. Most traveled by foot, and they needed a light in the darkness of night to guide them as they walked. Thus, the holiday's date was set to follow and center around the full moon.

Upcoming Events!

We are working to confirm some dates for Programs such as:



The Horizon Wings Raptor Rehab Program which includes an Eagle!

The Webster Police K-9 Unit Demonstration and

The Great Garage Band Reunion

Just to name a few.

These Programs would be offered in warmer months outdoors.

Watch for updates!

MANAGING YOUR MEDICATIONS

Sometimes managing medications can seem like a full-time job. The main goal, of course, is to avoid poor interactions, but there is a lot more to the process than that. To begin with, many people are taking medications they no longer need, either because the original condition is no longer an issue or because a newer drug prescribed for something else also covers the older condition. It is

advisable, therefore, to go over all your medications, over-the-counter as well as prescribed, with your primary care physician at least once a year. Otherwise, conditions

like “medication fog,” which is often dismissed as dementia but can be resolved with change in medicine cocktails, can easily be missed. Medications come with unique risks and benefits and can even interact with each other to create additional risks and/ or benefits that are sometimes unexpected. When you make an appointment with your doctor, think ahead about the information you need. Arrive with your questions already written out and a complete list of all the medications you currently take. This will help you and your doctor look at the big picture and develop a care plan that will work for you.

P.S. Medications like muscle relaxers, antihistamines, and sleep aids are among the medications people often take for much longer than necessary.

THE ACTIVITIES CORNER

With the nice weather approaching we are trying to shift some activities outdoors. So PLEASE check the daily sheets for any changes.

We have been offering a Balance class on Mondays with Amy at 10:00 a.m.

and are now offering a

Falls Prevention Exercise Class with Joe Fish on Zoom

Tuesdays and Thursdays at 9:45 a.m.

Our usual exercise will be held on Wednesday and Friday.

We are also looking to start a Community Garden and are looking for residents to join the club.

If interested, please attend the first meeting on April 22nd at 6:00 p.m.



April Birthdays!

4/2 Marcia G

4/4 William H

4/5 Louise O

4/6 Marie F

4/9 Edwina H

4/15 Joan B

4/25 Virginia R