



World Health Day is April 7th!

Supporting Health and Well-Being in Skilled Nursing Facilities

Residents in skilled nursing facilities benefit from daily support that helps them stay active, engaged, and well. Regular physical activity--such as walking or chair exercises--can help residents maintain strength, mobility, and overall health. Mental and social well-being are just as important. Activities like puzzles, games, reading, and group programs provide meaningful engagement and opportunities for connection with others.

Practices such as mindfulness and relaxation can also support emotional health by helping reduce feelings of anxiety or depression. Encouraging residents to maintain as much independence as possible promotes dignity, self-esteem, and a sense of autonomy. Nutritious meals and consistent hydration are also essential for supporting a healthy lifestyle in long-term care settings. And along the way, it is important for celebrate residents' achievements and milestones, both big and small.

Ideas for Celebrating World Health Day

Looking for ways to promote World Health Day in your facility? Consider hosting a special Bingocize session with healthy refreshments. You might also engage residents in conversation during exercise sessions by asking questions like, "What activities help you feel your best?" Simple moments of reflection and connection can make a meaningful impact.

Caring for Yourself While Caring for Others

Finally, as you support the health of residents, remember to care for your own well-being, too. Even taking five minutes a few times a day to pause, stretch, breathe, or reset can help bring balance to your day. When caregivers prioritize their own health, they are better able to support the residents they serve.



Celebrate Earth Day--April 22nd

Earth Day is a wonderful opportunity to connect residents with nature and celebrate the beauty of the world around us. Simple activities can bring joy while also encouraging creativity and time outdoors.

Consider installing a bird feeder or making seed balls to hang outside so residents can watch birds visit throughout the day. Craft projects using recycled materials are another fun way to celebrate, or residents could decorate reusable items such

as tote bags or planters. You might also host a nature-themed movie afternoon or plant a small tree together.

If space allows, residents could help create a small flower garden or plant seeds in pots that they can care for and watch grow over time. Gardening activities provide a meaningful way for residents to nurture something and enjoy the rewards of their efforts.

With warmer weather and spring in full swing, Earth Day is also a perfect reminder to spend a little time outdoors each day. Whether watching clouds drift by, observing birds in the trees, or simply enjoying the sunshine, a few moments in nature can brighten everyone's day.

Bingocize Certificates

As you know, our current Bingocize license will expire at the end of April. Some facilities may choose to continue the program by purchasing a license directly. We've previously shared instructions on how to do this, and we're happy to assist if you need support during the transition.

To celebrate the success and enjoyment of the program, some facilities are hosting Bingocize parties. We will be sending an electronic certificate that you can print and personalize for residents who participated.

If permitted, please share photos from your celebrations--we love to highlight them! We'll also send a final newsletter in June with overall participation numbers and program highlights made possible by your engagement.

Other Fun Days in April

April Fool's Day--1st; National Stress Awareness Day--7th; National Pet Day--11th; High Five Day--20th; International Jazz Day--30th.

Attendance Reminder

Please have your monthly attendance in to Simone by April 7th. If you have attendance due from March, please have that to us by April 7th. Thank you for all of your hard work and for partnering with us for Bingocize NC!

Questions? Email Simone at slipscomb@wcu.edu or call 828-227-2893.