

April 2024

Tarkio News



*"April hath put a spirit of youth in everything."
-William Shakespeare*



— APRIL IS —
PARKINSON'S DISEASE
— AWARENESS MONTH —

Parkinson's disease is a common, progressive neurological condition affecting around one million Americans, with 90,000 new diagnoses yearly. It ranks as the second most prevalent neurodegenerative disorder & the 14th leading cause of death in the United States. Its origins involve a blend of genetic and environmental factors, though its precise cause remains elusive. Currently, there's no definitive test, cure, or treatment to halt its progression. Symptoms, including tremors, slowed movements, cognitive decline, mood disorders, and more, vary among individuals. Efforts from volunteers, researchers, caregivers, and medical professionals aim to enhance the lives of those with Parkinson's. Increased research, education, and support services, such as those offered by the Parkinson's Foundation, are crucial for better treatment and care.

To raise awareness about the impact of Parkinson's disease, we'll be sharing a weekly series on our Facebook page. Please follow us to stay informed: [f facebook.com/TarkioRHC](https://facebook.com/TarkioRHC)

April Fun Facts

Did you know...

- April is known for its spectacular meteor showers, including the Lyrids, which grace the skies from April 16th to April 26th annually.
- April marks the migration of birds as they journey northward and settle in for the summer months.

MANAGEMENT TEAM

Administrator
Afton Hannah

Director of Nursing
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*Please contact us if you would
like more information.*

"Caring with a Hometown Touch"

APRIL 16th

**National Healthcare
Decisions Day**

National Healthcare Decisions Day reminds us to engage in advance care planning, which entails discussing and preparing for future medical decisions in case of serious illness or incapacitation. Essential in this planning are meaningful conversations with loved ones. Many people also opt to document their preferences through legal instruments known as advance directives, such as living wills and durable powers of attorney for healthcare. Advance care planning is pertinent for people of all ages, as unforeseen medical crises can occur at any time. Taking steps now can help ensure that your healthcare preferences are honored and that someone you trust can make decisions for you.

April is Stress Awareness Month!



How to Manage Stress

1. Find time for yourself – relax, recreate, pause, enjoy.
2. Find time for your body to heal – a healthy diet, daily exercise, and a good night's sleep.
3. Build and utilize your social support – relatives, friends, family – catch up, chat, laugh and smile.
4. Focus on the stressors – identify, change the stress or improve your ability to cope.
5. Counter the ill effects of stress- meditate, practice yoga, rejuvenate.
6. Spend time with nature and slow down.



DATES TO REMEMBER

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| April 1 | April Fools- a day for harmless practical jokes |
| April 7 | World Health Day- to mobilize action around a specific health topic |
| April 16 | National Healthcare Decisions Day- to consider your healthcare decisions and planning |
| April 21-27 | National Volunteer Week- take an opportunity to engage in your community |



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Check us out online at:
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