

FRIENDSHIP HAVEN



Superpowers, Strength, and Everyday Heroes

Every year on April 28, we celebrate National Superhero Day, a time to honor both the fictional heroes who inspire us and the real-life heroes who make a difference in our world. **First recognized in 1955, this day serves as a powerful reminder that courage, strength, and selflessness are qualities we all admire**, whether they exist in comic books or in everyday life.

Superheroes first soared into popularity in the 1930s and 40s, with iconic characters like Superman, Batman, Wonder Woman, and Captain America making their debut. With extraordinary abilities—flying, super strength,

invisibility, and mind-reading—these heroes became symbols of hope and justice.

While we celebrate these fictional icons, **let's also take a moment to honor the everyday heroes among us, including nurses, EMS, firefighters, police officers, and first responders.** They may not wear capes, but their superhuman strength and resilience are on display every day. Whether they're saving lives, protecting our communities, or providing care in moments of crisis, they embody the same values of courage, sacrifice, and selflessness that we admire in our favorite superheroes.

If you could have any superpower, what would it be?

The ability to heal? To fly? To be invisible? Or perhaps the strength to lift entire buildings with ease? While most of us won't develop superhuman abilities, we all possess unique strengths that have the power to create change.

There is a bit of a superhero in all of us. We may not wear capes or leap tall buildings, but through acts of kindness, resilience, and perseverance, we can make a lasting impact.

This National Superhero Day, take a moment to celebrate the heroes—both fictional and real—who inspire us to be braver, kinder, and stronger. And remember, the world could always use another hero.


Maybe that hero is YOU!




Celebrating Creativity: World Art Day is April 15


World Art Day, observed April 15, is an international celebration of the fine arts, established by the International Association of Art (IAA/AIAP) in 2012 to promote creative expression. The date honors Leonardo da Vinci's birthday, recognizing his lasting impact on the art world.

Art has the power to inspire, connect, and bring joy. Art is a wonderful way for families to bond and create lasting memories. Try these fun projects with loved ones:

 **Collaborative Canvas** – Take turns adding colors and designs to a shared canvas, creating a family masterpiece.

 **Storytelling Through Art** – Illustrate a favorite childhood memory through drawings, comics, or watercolor paintings.

 **Photo Collage & Scrapbooking** – Preserve memories by combining photos, drawings, and handwritten notes.

 **Upcycled Art** – Transform recycled materials into mosaics, sculptures, or mixed-media collages.

World Art Day is a time to embrace creativity and celebrate artistic expression. Whether crafting something simple or creating a masterpiece, the joy of art brings people closer. So pick up a brush, a pen, or scissors, and let your imagination lead the way!

Laughter!

A Simple Remedy for Stress



Stress is a part of life, but humor can help lighten the load. While it may not eliminate stress entirely, laughter triggers brain chemicals that boost mood and promote relaxation.

Make it a habit to laugh often, whether through TV, movies, online videos, or jokes. Humor is personal, so find what genuinely makes you laugh, even if others don't share your sense of humor. With endless sources of comedy online, from memes to funny stories, a daily dose of laughter is always within reach.

Surround yourself with things that bring joy, like joke-a-day calendars, funny T-shirts, or lighthearted stickers. Keep a "humor file" filled with comics, memes, and jokes for an instant mood boost; one you can also share with others who might need a lift.

Best of all, laughter requires no prescription and has no side effects. If stress feels overwhelming, consult a physician to rule out underlying health concerns and explore additional ways to manage it.



The Joy of Volunteering: Finding Purpose Through Giving Back

Studies show that volunteering can help us age better through dedicated socialization and fulfillment, increasing both happiness and self-esteem. Seniors who volunteer also experience other benefits such as better health, making friends, learning new skills, and keeping their minds sharp with new experiences.



HONORING EARTH DAY: INSPIRING ENVIRONMENTAL AWARENESS

On April 22, we celebrate Earth Day, a global reminder of our shared responsibility to protect and preserve our environment. First observed in 1970, Earth Day has grown into a worldwide movement that encourages people everywhere to care for the planet and protect its future.

For some, the environment means the natural world, including mountains, forests, rivers, oceans, wildlife, and the air we breathe. For others, it represents the green movement and the principles of reduce, reuse, and recycle. In truth, the environment encompasses everything around us, from the air and water we depend on to the safety of our communities and our overall quality of life.

Simple Ways to Be Earth-Friendly:

✔ **Conserve Energy** – Turn off lights and appliances when not in use.

✔ **Upcycle Unwanted Items** – Repurpose or donate instead of discarding.

✔ **Recycle Thoughtfully** – Sort paper, plastic, cardboard, and cans properly.

✔ **Plant Pollinator-Friendly Gardens** – Support bees and butterflies with native plants.

✔ **Use Reusable Shopping Bags & Containers** – Cut down on plastic waste.

✔ **Walk, Bike, or Carpool** – Reduce carbon emissions when possible.

✔ **Buy Secondhand** – Choose thrifted clothing, books, and furniture to minimize waste.

✔ **Reduce Food Waste** – Plan meals, compost scraps, and store food efficiently.

The choices we make today shape the future of our planet. Whether through small lifestyle changes or broader community efforts, every action matters. This Earth Day, let's renew our commitment to a healthier, cleaner, and more sustainable world.

OCCUPATIONAL THERAPY MONTH

Disabilities, illnesses, and injuries can often cause difficulties in daily living. Activities such as bathing, getting dressed, cooking, or driving may be challenging. Occupational therapy is a beneficial resource for addressing these challenges and improving capabilities.

Occupational therapy practitioners help their patients accomplish their goals through a variety of methods, including:

- Demonstrating exercises that will help increase mobility
- Developing techniques to aid concentration, memory, and executive function
- Recommending appropriate adaptive equipment such as eating aids, shower chairs, or walkers, and teaching the patient how to use the equipment
- Recovering and improving the patient's skills through the therapeutic use of daily activities
- Intervening with preventative measures or exercises to reduce the risk of future illness or injury



April is Occupational Therapy Month and is a great time to show appreciation for the occupational therapy practitioners who help people live their lives to the fullest.



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WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



WORD LIST

- ART
- CREATE
- EARTH
- ENERGY
- EVERYDAY
- GREEN
- HERO
- LAUGH
- PHOTO
- POWER
- REDUCE
- STORIES
- SUPER
- THERAPY
- VOLUNTEER