

HAV-IT MONTHLY

April 2025



“Sing like no one is listening, love like you’ve never been hurt, dance like no one is watching...” -Mark Twain

Contact Us

Please send feedback/
contributions regarding our
monthly newsletter to:

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Visit us on the web at
www.hav-it.org

**Enjoy the
Sunshine!**

5 BRIGHTENING HEALTH BENEFITS OF NATURAL LIGHT

Before modern times, most of human life took place in the great outdoors with lots of sunshine. Natural light is crucial for optimal health and well-being. How? Read on for 5 important health benefits of sunshine and natural light!

1 REDUCES BLOOD PRESSURE

Exposure to sunlight causes small amounts of nitric oxide to transfer from the skin to circulation. This lowers blood vessel tone and blood pressure, which in turn reduces the risk of heart attack and stroke.

2 REDUCES STRESS / ANXIETY

A study in Denmark found that exposure to daylight can reduce our anxiety response, as well as help regulate natural circadian rhythms that control sleep cycles. Less stress, more calm, and more sleep? Sign us up!

3 IMPROVES MOOD

Winter's shorter days can be rough, making us feel cooped up and somewhat depressed. Sunlight, however, increases levels of serotonin, which is correlated with better mood and increased feelings of satisfaction and calm. According to at least one study from Australia, people can benefit from the mood-enhancing effects of sunlight regardless of the air temperature. So even when it's chilly, sunlight is still good for you!

4 MORE VITAMIN D

Vitamin D is associated with bone health and brain function, as well as other critical body functions. Making sure you get a little sunlight each day can increase your vitamin D levels and contribute to improved digestion/appetite, blood circulation, sleep quality, and even stronger bones.

5 MAKES LOSING WEIGHT EASIER

Yes, you read that right - sunlight can help make losing weight easier! Serotonin production stemming from sunlight exposure does more than just boost your mood. It also helps suppress your appetite. Extended hours of sunlight also tend to motivate us to get outside and exercise more often and for longer periods of time. Plus, the sunnier summer months mean more availability of healthy fresh fruits and vegetables. Bring on the extra sunlight!

Community Involvement



Delivering homemade treats to our local post office for National Mail Carrier Day!

BOARD OF DIRECTORS

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*Be somebody who makes
everybody feel like a
somebody.*

HUMAN RIGHTS COMMITTEE

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Lanae Strand, Member
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Sharing a thoughtful gift basket with our local library on National Librarian Appreciation Day!



Enjoying the extra attention on National Pet Day!



Spring into Action

It's that ever changing time of year in North Dakota. The days are getting longer and the nights shorter, the temperature (wind aside) is milder and gone are the hills of snow now replaced by blades of green. There is still some chill in the air, especially on extra windy days. The sun is shining bright, kids are enjoying the local playgrounds without mounds of gear, and people are out walking a lot more now.

Here at HAV-IT we are springing into action! Everyone is busy enjoying the outdoors, creating indoor games, conducting experiments, celebrating with parties, planning spring break outings and much more!

Patio furniture is making its debut. Gardens are being planned and prepped for a colorful view at all of our sites. Our Sensory Room at the Center is up and running. Our Center itself has received a face lift. Feel free to stop in and see all the new additions we've made to benefit the residents we serve.

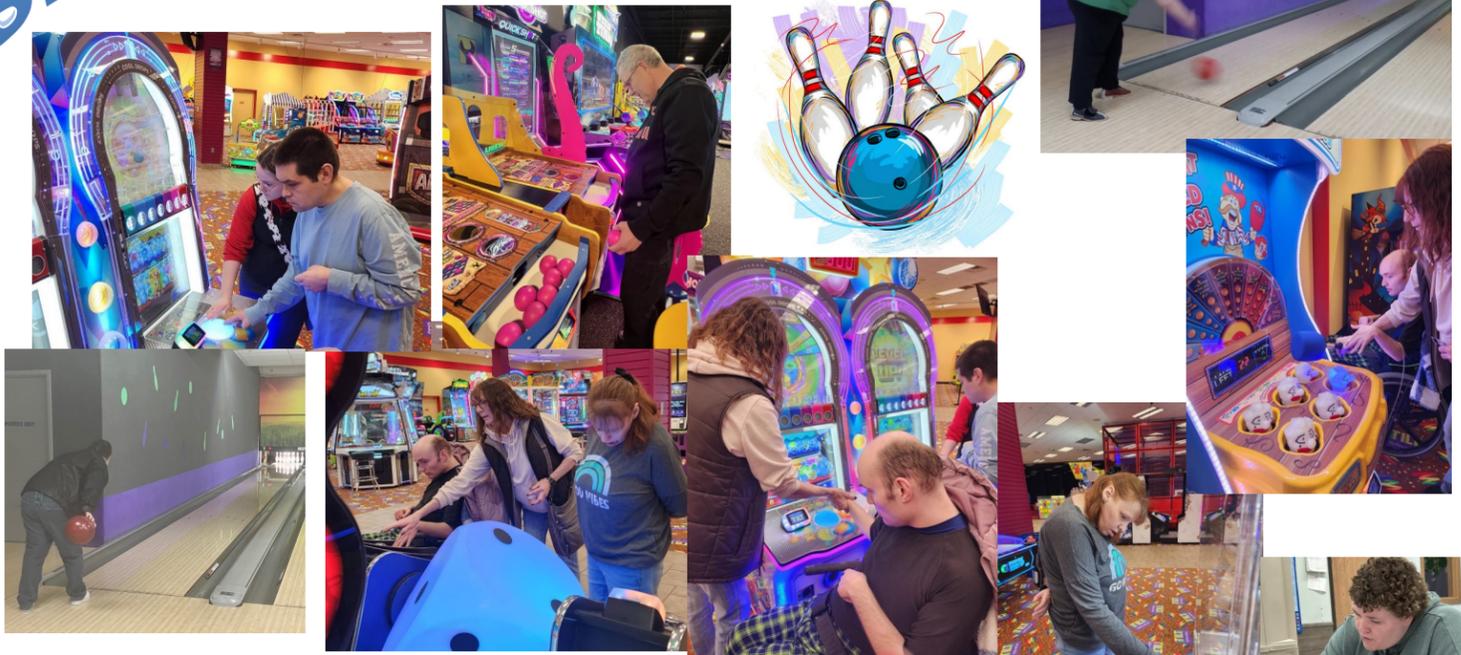
Do you have a hobby or fun presentation that you'd like to share with us? Contact our office and help us spring into action while making a difference.

Bloom
Your own way.
Every flower has
its own
Magic



Your mind is a garden. Your thoughts are the seeds. You can grow flowers or you can grow weeds.

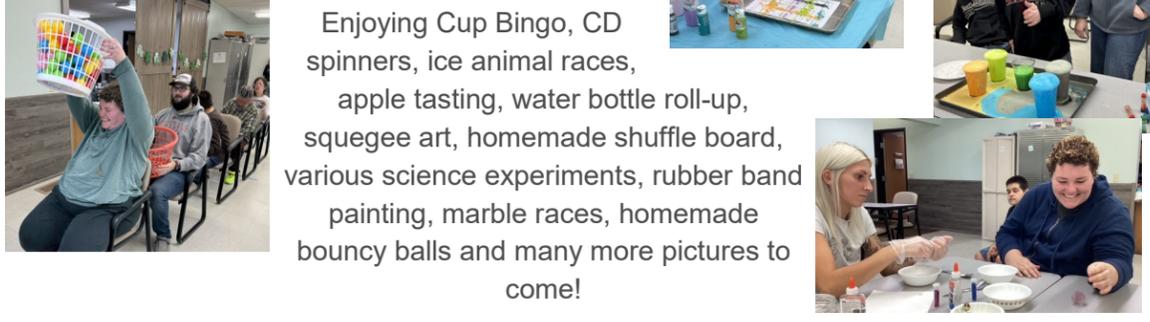
SPRING BREAK



It's Always a Good Day to Throw a Party!



"You do not need anybody's permission to live a creative life." - Elizabeth Gilbert



Enjoying Cup Bingo, CD spinners, ice animal races, apple tasting, water bottle roll-up, squeegee art, homemade shuffle board, various science experiments, rubber band painting, marble races, homemade bouncy balls and many more pictures to come!

“
CREATIVITY IS
INTELLIGENCE
HAVING FUN.
”
- Albert Einstein

