

Here is your April BOREDOM BUSTERS packet



Since April is National Stress Awareness Month, we hope these activities will give you an opportunity to slow down and engage with your loved ones. We're also including some information on health resources and events that may be of interest.

What You Don't Know About High Blood Pressure

Look inside to get the facts about the relationship between, stress, sleep, and high blood pressure.



How to Sign Up . . .

Have a friend or loved one who would like to receive a monthly Boredom Busters packet? There are three easy ways to register:

1. Scan QR Code and complete the online form
2. Email Shelby Kline at skline@htanc.com
3. Call Shelby Kline at 336-707-6285



. . . or Sign Off We hate to see you go, but if you no longer wish to receive the monthly packet, you may also use one of the methods above to have your name removed from the mailing list.



Facts vs Fiction

What You Don't Know About High Blood Pressure

"I have had high blood pressure for years, there is nothing I can do to improve my readings."

FICTION! Taking medication as prescribed is important to improve blood pressure readings. You should take your medication even if you feel well. Incorporating a heart-healthy diet and exercise can help you prevent heart attack or stroke. Losing weight can also help to improve your blood pressure.



"I noticed that when I am stressed, my blood pressure is elevated."

FACT: High levels of stress and decreased sleep can increase blood pressure. Improving sleep can be as easy as improving your sleep routine/sleep hygiene. If you are having problems with stress or sleep, contact your primary care provider to talk about treatment options.

"High blood pressure is more common in older people."

FACT: Yes, but younger people are at risk, too. High blood pressure is more common in older people because the arteries in our bodies harden and stiffen as we age. This causes resistance in our arteries, which causes high blood pressure.



"I feel fine. I can stop taking my blood pressure medication."

FICTION! High blood pressure is considered a lifelong disease. Most people do not have any symptoms unless their blood pressure is dangerously high. You should not stop taking your medication without first consulting your doctor.



For more information about blood pressure, scan this QR code with your smart phone.



healthteam
advantageSM

Facts vs Fiction

What You Don't Know About High Blood Pressure

"I stopped using table salt. I don't have to worry about my sodium."

FICTION! High amounts of sodium can be hidden in the prepared foods we eat. Even foods from the grocery store such as canned goods, soups, potato chips, pizza, salad dressings, and deli meats may have high amounts of sodium. It is important to read food labels to determine the amount of sodium in them. Items that have 400mg or more of sodium are considered high in sodium.



"I have high blood pressure, so I am at risk for other chronic conditions."

FACT: Having high blood pressure puts you at risk the following conditions:

- ◆ heart disease
- ◆ heart attack
- ◆ stroke
- ◆ heart failure
- ◆ kidney disease
- ◆ vision loss
- ◆ sexual dysfunction
- ◆ atherosclerosis

"My doctor checks my blood pressure, so I don't need to check it myself."

FICTION! Even though your doctor checks your blood pressure reading in the office, it is important to check your blood pressure regularly at home. Here are tips to ensure an accurate reading:

- ◆ Do not talk while measuring your blood pressure.
- ◆ Put both feet flat on the floor and uncross your legs.
- ◆ Avoid drinking or eating 30 minutes before.
- ◆ Use the bathroom before taking your reading.
- ◆ Make sure to calibrate your blood pressure cuff according to the package insert.
- ◆ Record your readings so you can discuss them with your doctor.

Sources: <https://cancertrials.keckmedicine.org/blog/10-blood-pressure-myths-and-facts/> and <https://www.cdc.gov/high-blood-pressure/data-research/facts-stats/index.html>



For more information about blood pressure, scan this QR code with your smart phone.



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HealthTeam Advantage, a product of Care N' Care Insurance Company of North Carolina, Inc., is a PPO and HMO Medicare Advantage plan with a Medicare contract. Enrollment in HealthTeam Advantage depends on contract renewal. MULTI-PLAN_25195_C



#onemoremission

★ ★ ★ ★ ★
Join us ★ ★ ★ ★ ★

TRIAD HONOR FLIGHT

WELCOME HOME CELEBRATION

WEDNESDAY, APRIL 30TH

PARADE ON UPPER LEVEL DEPARTURE

PIEDMONT TRIAD INTERNATIONAL AIRPORT - AMERICAN AIRLINES

Arrive at 7:30 for the 8:15 Flight Arrival

Park in economy lots. Parking is free.

Shuttles will be available.

Please join us as we
welcome our heroes home.

Our Triad Honor Flight
veterans will have visited
Washington, DC and their
memorials for the day. This
evening will be a moving
tribute to our Veterans that
you will never forget.



Visitors are
encouraged to wear
red, white and blue.
Bring your flags and
welcome home
banners to cheer on
our Veterans.

www.triadhonorflight.org

Join Us for a Seminar on National Healthcare Decisions Day:

The Most Critical Legal and Medical Decisions to Consider Now



Wednesday, April 9th
12:15-2:00pm

Kathleen Clay Library
1420 Price Park Rd.
Greensboro, NC 27410

Speakers:

- **Risa Hanau,**
LCSW, Clinical
and Community
Educator from
AuthoraCare
Collective
- **Dennis Toman,**
JD, CELA, Owner
of The Elderlaw
Firm
- **Angela Lewis-
Myers,** LCSWA
of Cone Health



You Will Learn:

- Resources and tools for end-of-life planning, including materials from The Conversation Project
- The importance of expressing healthcare wishes and how to communicate them effectively
- Information about local organizations and services that support healthcare decision-making.
- The role and significance of a Health Care Power of Attorney (POA). All participants will be offered a free one. (Bring your photo id)



Register At: <https://www.well-springsolutions.org/events/>

or contact Jodi Kolada at JKolada@Well-Spring.org or 336-545-4245



Cats and Dogs Trivia

(Questions Only)

1. What dog breed do the Martins have in the classic TV show *Lassie*?

Answer: _____

2. What famous sled dog is remembered for bringing a diphtheria antidote to Nome, Alaska, in 1925?

Answer: _____

3. Sinbad, a famous mixed-breed dog, served in World War II aboard a cutter in the service of which military branch?

Answer: _____

4. What is the name of Dorothy's dog in *The Wizard of Oz*?

Answer: _____

5. In addition to cats and dogs, which president kept pets like snakes, birds, and a badger at the White House?

Answer: _____

6. What famous author associated with the Florida Keys is also remembered for his love of polydactyl cats?

Answer: _____

7. The oldest known cat to ever live, Creme Puff, lived to what age?

Answer: _____

8. In which ancient civilization were cats considered sacred?

Answer: _____

9. Which former president's White House pets included dogs Grits and Lewis Brown and a cat named Misty Malarky Ying Yang?

Answer: _____

10. Which animal is more likely to win a long-distance race: a cheetah or a greyhound?

Answer: _____

11. What are the names of the parent Dalmatians in Disney's *One Hundred and One Dalmatians*?

Answer: _____

12. What alien species from the *Star Wars* universe was inspired by the creator George Lucas' pet Brussels griffon, a toy breed similar to a Yorkie?

Answer: _____

13. Which of these is *not* a breed of domesticated cat: British shorthair, munchkin, or Friesian?

Answer: _____

14. One of the most famous presidential pets, Millie the English springer spaniel, was referenced in campaign speeches by which former U.S. president?

Answer: _____

15. What type of pets, named Tabby and Dixie, did Abraham Lincoln keep in the White House?

Answer: _____

16. Orangey, a beautiful tabby, appears in *Breakfast at Tiffany's* alongside what starring actress?

Answer: _____

17. The Manx cat breed is noted for often lacking what physical feature?

Answer: _____

18. What author of *The Adventures of Tom Sawyer* was also the caretaker of Bambino the black cat?

Answer: _____

19. The Akita is a breed of dog named for a prefecture in what country?

Answer: _____

20. In the movie *Lady and the Tramp*, what breed of dog is Lady?

Answer: _____

21. Which dog breed is older: the German shepherd or the Greenland sled dog?

Answer: _____

22. How many eyelids do dogs have?

Answer: _____

23. Laika was a stray dog who is remembered for traveling where?

Answer: _____

24. For roughly what percentage of their lives do cats sleep?

Answer: _____

25. Throughout the 1990s and early 2000s, Gidget the chihuahua worked as the mascot for what fast-food chain?

Answer: _____

26. A cat named Stubbs held what elected position in an Alaskan town for 20 years?

Answer: _____

27. In the 1993 movie *Homeward Bound: The Incredible Journey*, Chance, Sassy, and Shadow are pets trying to find their way home. How many of the trio are dogs?

Answer: _____

28. Though thoroughly discredited, legend persists that what famous scientist invented the cat door?

Answer: _____

29. What breed is the title dog in the 1992 film *Beethoven*?

Answer: _____

30. Based on brain wave patterns, scientists believe dogs can experience what sleep phenomenon?

Answer: _____

Cats and Dogs Trivia

(Questions with Answers)

1. What dog breed do the Martins have in the classic TV show *Lassie*?

Answer: Collie (or rough collie). Several dogs appear in the role of Lassie throughout the show's run, most of whom lived to be at least 17 years old.

2. What famous sled dog is remembered for bringing a diphtheria antidote to Nome, Alaska, in 1925?

Answer: Balto. He led a team of sled dogs through the final leg of 55 miles of rough and frigid terrain.

3. Sinbad, a famous mixed-breed dog, served in World War II aboard a cutter in the service of which military branch?

Answer: The U.S. Coast Guard. He retired from active duty in 1948 and lived at the Barnegat Coast Guard Station in New Jersey until his death.

4. What is the name of Dorothy's dog in *The Wizard of Oz*?

Answer: Toto. The dog playing the role was paid \$125 weekly, which outearned some of his human costars.

5. In addition to cats and dogs, which president kept pets like snakes, birds, and a badger at the White House?

Answer: Theodore Roosevelt. The family pony even came for a visit inside the White House when Roosevelt's son was sick and needed cheering up!

6. What famous author associated with the Florida Keys is also remembered for his love of polydactyl cats?

Answer: Ernest Hemingway. Many polydactyl cats still reside in the Hemingway Home and Museum.

7. The oldest known cat to ever live, Creme Puff, lived to what age?

Answer: 38. To be precise, she lived to 38 years, three days. Born in 1967, Creme Puff enjoyed eating bacon, eggs, and even the occasional sip of red wine!

8. In which ancient civilization were cats considered sacred?

Answer: Ancient Egypt. There have even been mummified cats discovered in ancient tombs, indicating their importance.

9. Which former president's White House pets included dogs Grits and Lewis Brown and a cat named Misty Malarky Ying Yang?

Answer: Jimmy Carter. Grits the border collie was a gift to Amy Carter from her teacher.

10. Which animal is more likely to win a long-distance race: a cheetah or a greyhound?

Answer: A greyhound. Because cheetahs are sprinters, the greyhound's ability to maintain speed for up to seven miles would make them the likely victor.

11. What are the names of the parent Dalmatians in Disney's *One Hundred and One Dalmatians*?

Answer: Pongo and Perdita. Author Dodie Smith based the original story on her own pet Dalmatians, who had a litter of 15.

12. What alien species from the *Star Wars* universe was inspired by the creator George Lucas' pet Brussels griffon, a toy breed similar to a Yorkie?

Answer: Ewoks. These cute aliens have been likened to teddy bears or stuffed animals.

13. Which of these is *not* a breed of domesticated cat: British shorthair, munchkin, or Friesian?

Answer: Friesian. The munchkin cat breed is noted for its cute, stubby legs.

14. One of the most famous presidential pets, Millie the English springer spaniel, was referenced in campaign speeches by which former U.S. president?

Answer: George H. W. Bush. Millie is honored with a dog park in Houston, Texas, that bears her name.

15. What type of pets, named Tabby and Dixie, did Abraham Lincoln keep in the White House?

Answer: Cats. According to folklore, Lincoln once claimed Dixie was smarter than some of his cabinet.

16. Orangey, a beautiful tabby, appears in *Breakfast at Tiffany's* alongside what starring actress?

Answer: Audrey Hepburn. Orangey was known to bite and scratch his human costars. Talk about a diva!

17. The Manx cat breed is noted for often lacking what physical feature?
Answer: A tail. These cats may have originated around the Isle of Man sometime in the mid-1700s.
18. What author of *The Adventures of Tom Sawyer* was also the caretaker of Bambino the black cat?
Answer: Mark Twain. Twain fondly described the cat in letters to his daughter as an able mouser.
19. The Akita is a breed of dog named for a prefecture in what country?
Answer: Japan. Developed as a hunting and working dog, Akitas were once restricted to only the imperial family or their court.
20. In the movie *Lady and the Tramp*, what breed of dog is Lady?
Answer: Cocker spaniel. She is voiced by Barbara Luddy in this 1955 classic.
21. Which dog breed is older: the German shepherd or the Greenland sled dog?
Answer: Greenland sled dog. They hold the Guinness World Record for the oldest dog breed, dating back 9,500 years.
22. How many eyelids do dogs have?
Answer: Three. The third lid is called a nictitating membrane and functions as translucent “goggles” to protect the eye.
23. Laika was a stray dog who is remembered for traveling where?
Answer: Into Earth’s orbit. Laika became the first mammal in space in 1957. She is honored with a monument at a Russian research facility.
24. For roughly what percentage of their lives do cats sleep?
Answer: 70 percent. This is about 13 to 16 hours daily.
25. Throughout the 1990s and early 2000s, Gidget the chihuahua worked as the mascot for what fast-food chain?
Answer: Taco Bell. A book based on her life was published in 2011.
26. A cat named Stubbs held what elected position in an Alaskan town for 20 years?
Answer: Mayor. Through several uncontested elections, Stubbs held this (honorary) office in Talkeetna, Alaska.

27. In the 1993 movie *Homeward Bound: The Incredible Journey*, Chance, Sassy, and Shadow are pets trying to find their way home. How many of the trio are dogs?

Answer: Two. Chance is an American bulldog, Shadow is a golden retriever, and Sassy is a Himalayan cat. The film is an adaptation of an earlier film, 1963's *The Incredible Journey*.

28. Though thoroughly discredited, legend persists that what famous scientist invented the cat door?

Answer: Isaac Newton. The rumor that he created the door to prevent his cat from interrupting his experiments has lasted for centuries, though there is no evidence that Newton had a cat.

29. What breed is the title dog in the 1992 film *Beethoven*?

Answer: Saint Bernard. The star pooch was trained for the film by Eleanor Keaton, Buster Keaton's widow.

30. Based on brain wave patterns, scientists believe dogs can experience what sleep phenomenon?

Answer: Dreams. The area of a dog's brain that lights up when dreaming is the same as in humans.

Savory Seasoned Pretzels

Makes 20–25 servings

Ingredients:

- 1 2/3 cups olive oil
- 1 (1-ounce) package Hidden Valley Ranch seasoning mix
- 2 teaspoons lemon pepper
- 2 teaspoons garlic powder
- 2 teaspoons dill weed
- 2 (16-ounce) bags sourdough pretzels, broken into pieces



Directions

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. Whisk olive oil, ranch seasoning, lemon pepper, garlic powder, and dill in a medium bowl. Toss in pretzels.
3. Spread pretzels evenly on the baking sheet.
4. Bake 15 minutes, toss, and bake an additional 10–15 minutes. Allow to cool before serving and storing.

Cooking Tidbit

Did you know that Puritan parents often brought small containers of mixed carminative seeds, such as dill, fennel, anise, and caraway, to lengthy church services? These seeds, known as “meetin’ seeds,” were given to children to chew, helping to keep them quiet while easing hunger and boredom during the service.

Fruit Party on a Chip

Makes 10 servings | A diabetic-friendly recipe

Ingredients:

- 2 kiwis, peeled and diced
- 2 Golden Delicious apples, peeled, cored, and diced
- 8 ounces raspberries
- 1 pound strawberries
- 2 tablespoons plus 1 cup granulated Splenda, divided
- 1/2 tablespoon Splenda Brown Sugar Blend
- 3 tablespoons no-sugar-added fruit preserves, flavor of choice
- 2 teaspoons ground cinnamon
- 10 (10-inch) flour tortillas
- Butter-flavored cooking spray



Directions

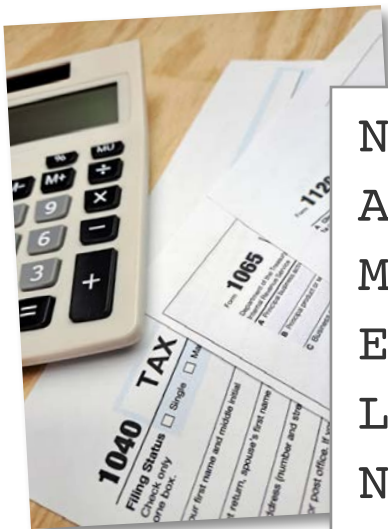
1. Toss fruit, 2 tablespoons granulated Splenda, Splenda Brown Sugar Blend, and preserves in a large bowl. Cover and chill.
2. Preheat oven to 350°F.
3. Combine 1 cup granulated Splenda and cinnamon in a small bowl.
4. Spray both sides of each tortilla with the butter-flavored cooking spray and cut into small wedges. Place wedges in a single layer on a baking sheet and sprinkle all sides evenly with the cinnamon sugar mixture. Spray wedges again lightly on all sides.
5. Bake 10 minutes. Allow to cool before serving. Serve with fruit salsa.

Cooking Tidbit

Try the spoon trick to get the skin off kiwi: slice each kiwi in half and place a spoon between the fruit and the flesh and scoop.

Tax Time Search and Solve

Find each of the items from the categories listed below.
Search vertically, horizontally, diagonally, forward, and backward.



N	L	S	L	L	T	A	S	B	O	C	G
A	L	L	O	X	D	P	Y	E	M	X	L
M	Q	C	S	D	Y	R	N	I	X	U	Q
E	A	U	R	B	A	I	Z	D	X	A	G
L	M	E	N	U	P	L	Q	U	X	M	T
N	S	A	N	F	E	B	R	U	A	R	Y
S	O	A	R	C	U	Y	K	M	V	L	D
B	J	S	N	C	B	H	O	T	F	I	G
R	D	A	U	G	H	T	E	R	O	N	B
S	R	U	O	H	H	R	E	H	T	A	F
M	S	A	L	E	S	W	Q	A	E	U	R
S	W	G	R	O	L	A	R	E	D	E	F

Find five things on a paystub.

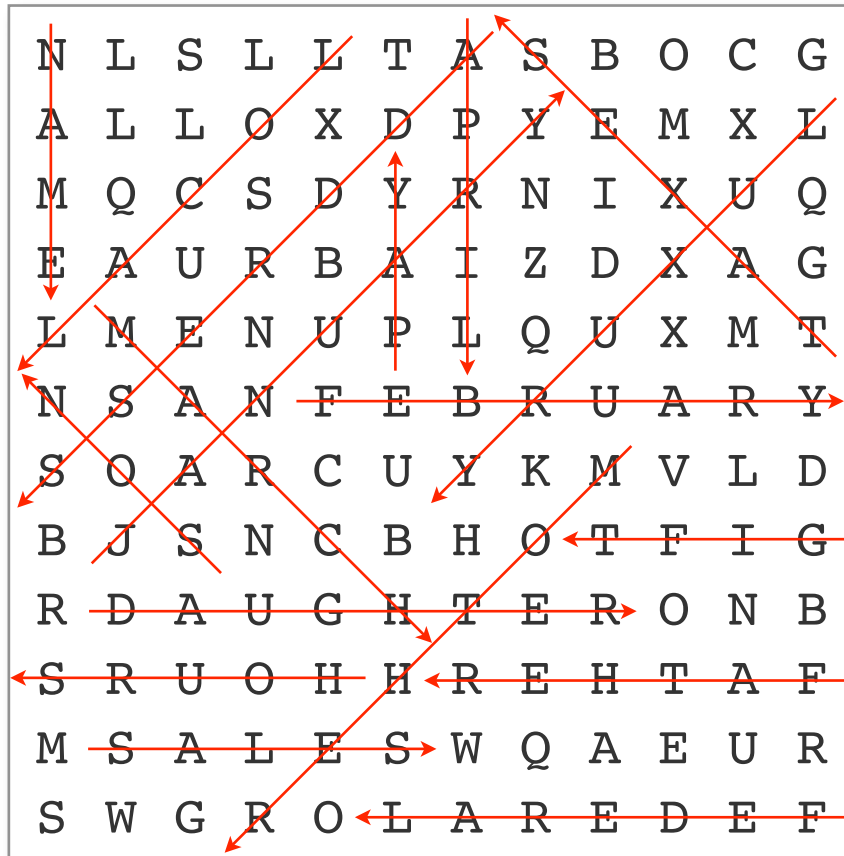
Find first four calendar months.

Find five types of taxes.

Find four family members.

Tax Time Search and Solve

(solution)



Find five things on a paystub.

address, hours, name, pay, taxes

Find first four calendar months.

April, February, January, March

Find five types of taxes.

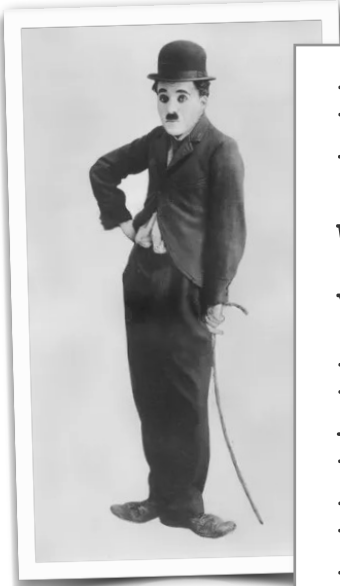
federal, gift, local, luxury, sales

Find four family members.

daughter, father, mother, son

Charlie Chaplin

The **bold** words listed below can be found vertically, horizontally, diagonally, forward, and backward.



F	J	E	Q	K	M	T	B	Z	W	O	M	A	N	M
Y	E	M	R	O	R	O	Q	P	M	A	R	T	K	U
W	H	D	D	D	W	O	X	T	R	E	R	T	Y	S
V	Z	E	I	L	L	J	Y	A	F	A	O	V	D	T
F	R	K	E	N	Q	I	W	W	O	F	T	C	N	A
N	I	R	T	W	A	M	V	Z	E	E	A	W	T	C
B	P	O	O	G	N	I	K	I	L	N	T	V	G	H
P	B	T	A	S	F	Q	D	L	N	N	C	C	W	E
G	L	C	D	L	O	G	I	E	V	G	I	A	B	U
U	O	E	H	Q	J	V	B	O	M	P	D	N	V	S
P	J	R	F	W	E	O	W	P	Y	O	A	E	Y	R
T	F	I	H	D	M	A	K	I	N	G	C	R	S	P
R	R	D	U	Z	N	H	S	W	H	R	E	F	I	R
N	U	A	P	O	K	K	U	T	J	R	T	Q	Q	S
M	V	R	N	P	M	T	E	J	G	A	U	M	N	I

BOWLER HAT

CANE

COMEDIAN

DIRECTOR

THE **GOLD** RUSH

THE GREAT **Dictator**

THE **KID**

A **KING** IN **NEW YORK**

MAKING A **LIVING**

MODERN TIMES

MUSTACHE

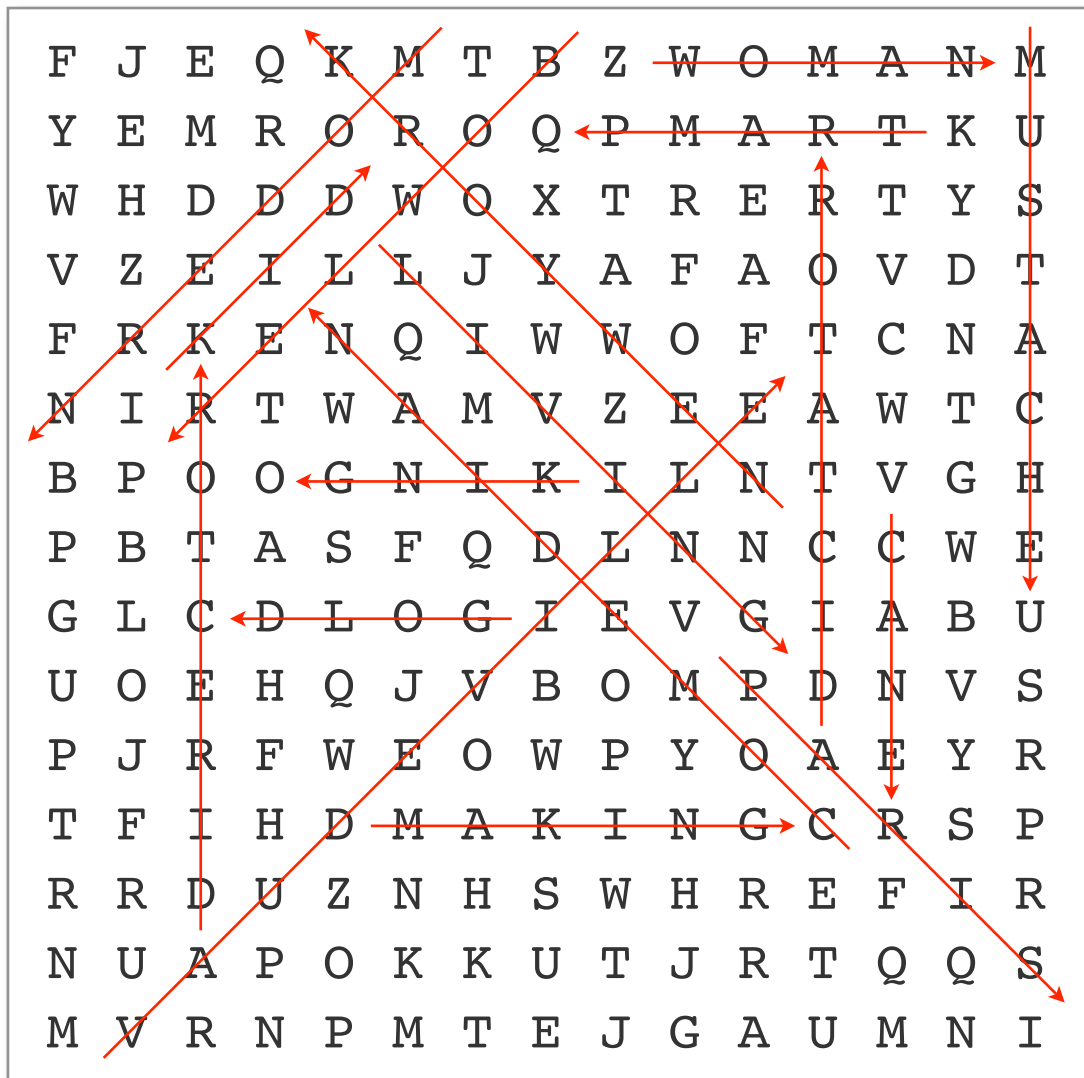
THE **TRAMP**

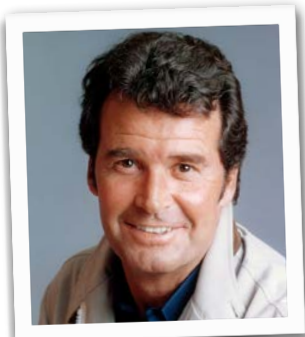
VAUDEVILLE

A **WOMAN** OF **PARIS**

Charlie Chaplin

(solution)





Famous April Birthdays

The following people were born in April. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Andre **AGASSI**
- B. Dale **EARNHARDT**
- C. Betty **FORD**
- D. James **GARNER**
- E. Billie **HOLIDAY**
- F. Washington **IRVING**
- G. Thomas **JEFFERSON**
- H. David **LETTERMAN**
- I. John **MADDEN**
- J. Pete **ROSE**
- K. William **SHAKESPEARE**
- L. Barbra **STREISAND**

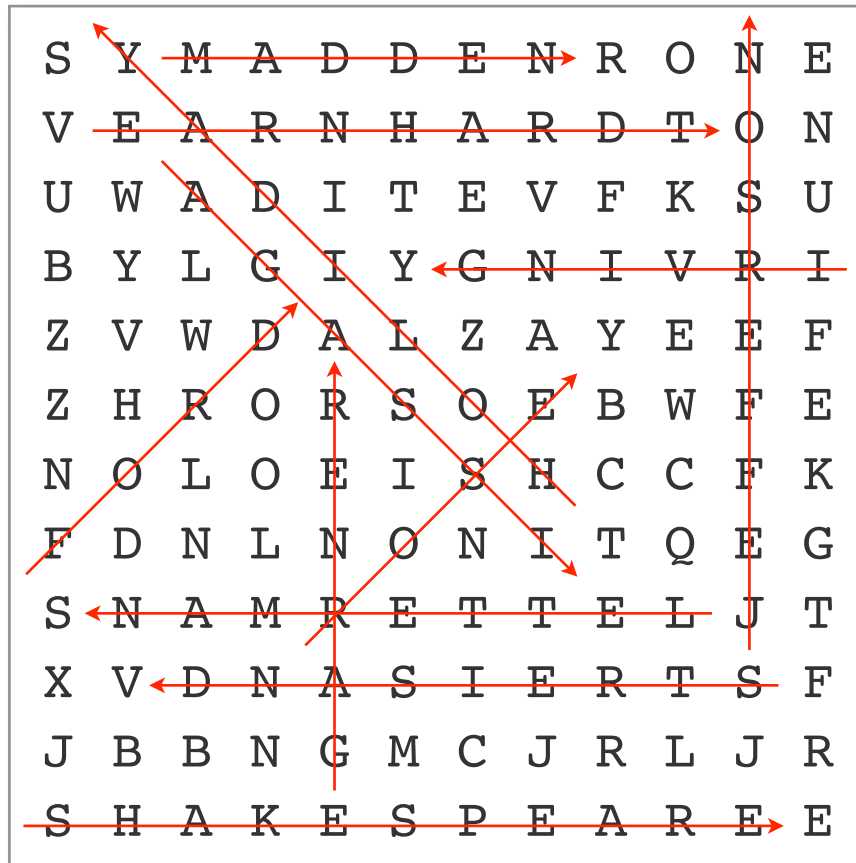
S	Y	M	A	D	D	E	N	R	O	N	E
V	E	A	R	N	H	A	R	D	T	O	N
U	W	A	D	I	T	E	V	F	K	S	U
B	Y	L	G	I	Y	G	N	I	V	R	I
Z	V	W	D	A	L	Z	A	Y	E	E	F
Z	H	R	O	R	S	O	E	B	W	F	E
N	O	L	O	E	I	S	H	C	C	F	K
F	D	N	L	N	O	N	I	T	Q	E	G
S	N	A	M	R	E	T	T	E	L	J	T
X	V	D	N	A	S	I	E	R	T	S	F
J	B	B	N	G	M	C	J	R	L	J	R
S	H	A	K	E	S	P	E	A	R	E	E

Bonus: Match the person to the correct clue.

- | | |
|---------------------------------|-------------------------|
| 1. Author ____ | 7. Tennis champion ____ |
| 2. Actress/singer/director ____ | 8. TV personality ____ |
| 3. Baseball player ____ | 9. Jazz singer ____ |
| 4. Auto racer ____ | 10. Playwright ____ |
| 5. U.S. president ____ | 11. Football coach ____ |
| 6. First lady ____ | 12. Actor ____ |

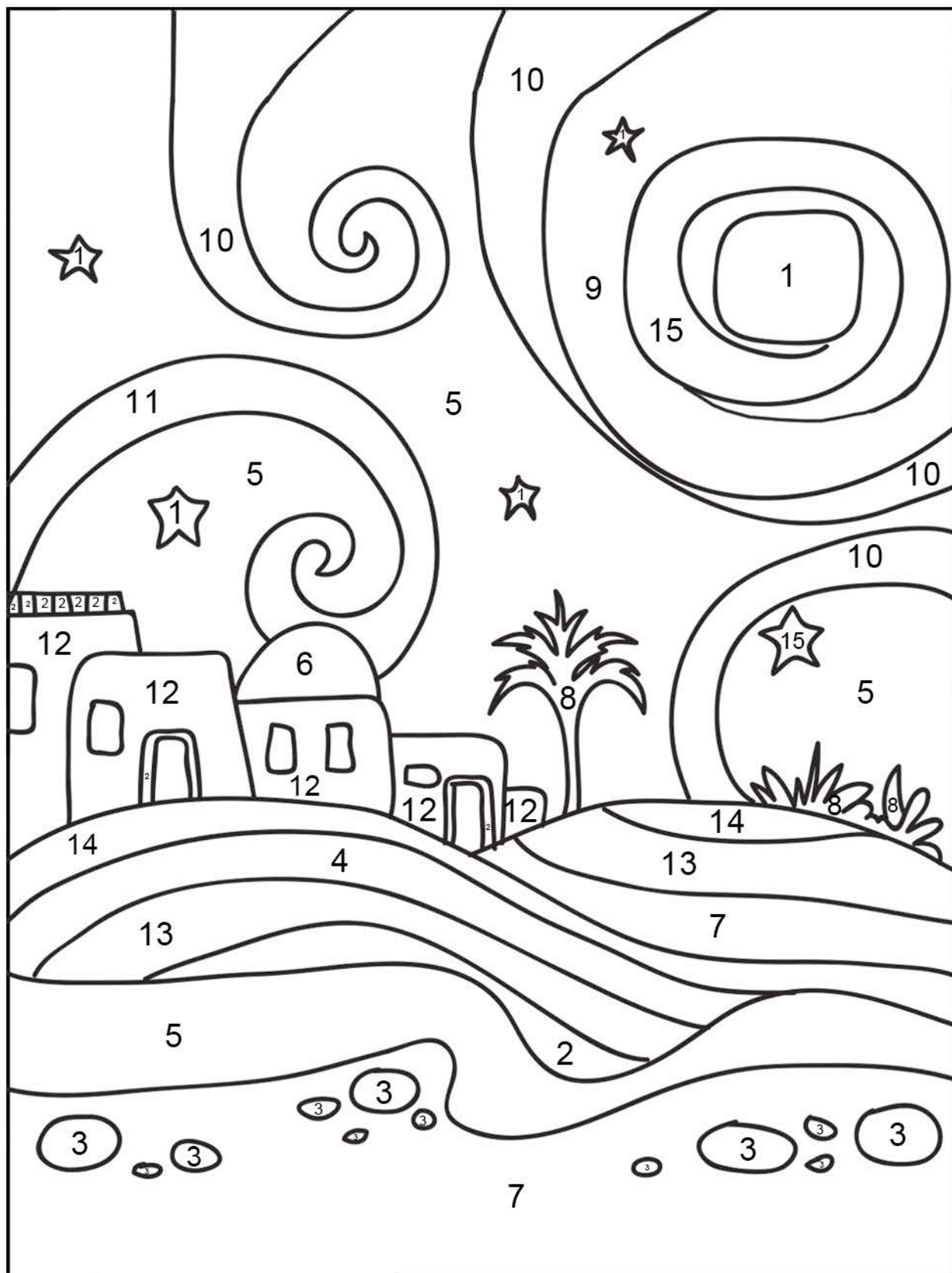
Famous April Birthdays

(solution)



Bonus: Match the person to the correct clue.

- | | |
|--------------------------------|------------------------|
| 1. Author – F | 7. Tennis champion – A |
| 2. Actress/singer/director – L | 8. TV personality – H |
| 3. Baseball player – J | 9. Jazz singer – E |
| 4. Auto racer – B | 10. Playwright – K |
| 5. U.S. president – G | 11. Football coach – I |
| 6. First lady – C | 12. Actor – D |



1 = Yellow 2 = Light Gray 3 = Slate Blue 4 = Tan
 5 = Purple-Blue 6 = Emerald 7 = Pumpkin 8 = Dark Blue-Purple
 9 = Light Yellow-Green 10 = Green-Blue 11 = Light Turquoise
 12 = Charcoal 13 = Flesh 14 = Light Orange 15 = Gold

