

# SENIOR SAVVY

April 2026



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**THE BELTON**  **JOURNAL**

# Answering some common questions about Easter

Easter is an important day on the Christian calendar. According to the Compact Atlas of Global Christianity, roughly 2.6 billion people across the globe identify as Christians. As Easter Sunday approaches, answering some frequently asked questions about this important holiday can be a great way for Christians and non-Christians to refresh their knowledge and maybe even learn something new about the holiday.

## ***What does Easter celebrate?***

Christians believe that God raised Jesus from the dead three days after his Crucifixion, and Easter celebrates the Resurrection of Jesus Christ.

## ***Do all Christians celebrate Easter on the same day?***

No. Most Christian churches adhere to the Gregorian calendar and celebrate Easter on what is widely referred to as “Easter Sunday” by secular organizations and other agencies. But Christian Orthodox churches utilize the Julian calendar to determine when to celebrate Easter. So that is why there is some disparity between the timing of Easter celebrations within Christian churches.

## ***How did Good Friday get its name?***

Non-Christians may wonder why Christians characterize the day Jesus Christ was crucified as “good.” Though the notion of Jesus Christ being subjected to abuse and crucifixion is anything but good, Christians believe Christ’s willingness to be crucified for their sin ensured their redemption. In addition, Trinity College notes that “good” in this context refers something “holy” or “pious.”

## ***What is Holy Week?***

Holy Week is the week leading up to Easter. Various days during Holy Week have their own special significance to Christians. Palm Sunday, Holy Wednesday, Maundy Thursday, Good Friday, and Holy Saturday are notable days during Holy Week.

## ***How does the Easter Bunny fit into Christian celebrations of Easter?***

Though it’s easy to dismiss the Easter Bunny as a secular symbol that has little to do with faith-based celebrations of Easter, reality is not so simple. According to the Smithsonian, archaeologists believe humans living during the Neolithic Age viewed

hares as a symbol of rebirth and assign a religious significance to burial rituals in which Neolithic peoples buried hares alongside human remains. So while an abnormally large bunny delivering candy and chocolate eggs might not have anything to do with faith-based Easter celebrations, the choice of animal may bear some relation to the celebration of the Resurrection of Christ.

Easter is a celebratory day on the Christian calendar. In 2026, Easter will be celebrated on Sunday, April 5, in most Christian churches. Orthodox Christian churches will celebrate Easter on Sunday, April 12.



# Gardening safety for seniors

Longer hours of daylight and warming temperatures are hallmarks of spring and each of these variables do much to contribute to the reputation of a season that's become synonymous with rejuvenation. After months spent confronting cold temperatures and huddling up indoors, people might find the welcoming conditions of spring irresistible, which compels many to spend more time outdoors.

There's no shortage of things to do outside in spring, and the season marks a perfect time to reestablish one's green thumb and get down and dirty in the garden. Gardening is a rewarding and healthy activity, though some, particularly seniors, may need to approach springtime sessions in the garden with a heightened degree of caution. Seniors can keep these health and safety tips in mind as they celebrate the return of spring and what that means for their gardens.

- Recognize that gardening is exercise. The Centers for Disease Control and Prevention identifies gardening as a good form of exercise, and evidence supports the notion that gardening is a

particularly beneficial form of physical activity. A 2024 meta-analysis published in the Journal of Neurology, Neurosurgery & Psychiatry indicated that individuals who engaged in low levels of leisure time physical activities such as gardening are likely to have a lower risk of stroke than peers who are sedentary. It's important to keep these findings in mind when gardening, which is perhaps more physically demanding than some may recognize. Seniors can approach gardening just like they would other forms of exercise, taking the same precautions, such as stretching before and after each session and making a concerted effort to remain hydrated, while out in the garden.

- Incorporate rest into your garden routine. Rest is vital for anyone engaged in physical activity, including gardeners. Frequent breaks during gardening sessions can help avoid strains and sprains and provide opportunities to hydrate and get out of the sun. If possible, seniors can identify a shaded spot on their


*Continued on Page 4*



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properties and place a bench there so they have somewhere to rest during gardening sessions.

- Utilize ergonomic gardening tools and other specialized products. The Center for Excellence in Disabilities at West Virginia University notes that ergonomics studies movements of a person's body during physical activities in an effort to produce tools that ensure a task has as little physical impact on the body as possible. Ergonomic tools are designed to lower injury risk, improve efficiency and increase satisfaction that

stems from performing a particular activity. Before each gardening season, seniors can inspect their existing tools and replace them with ergonomic alternatives, if necessary. In addition, seniors can utilize specialized products, including long-handled gardening tools that reduce the need to bend over or kneel down, to further reduce their risk of injury while working in the garden.

These simple strategies can ensure seniors' springtime gardening sessions are as safe as they are rewarding.





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# The Art of Dying

**By Gretchen Hook**

*Owner Little Elm Residential Care Home*

Having spent my entire career in healthcare, I have been present for hundreds of deaths. Death itself can seem overwhelming and frightening—it evokes strong emotions, makes us avert our eyes, and is a topic many avoid as though ignoring it might spare us from it. Over the years, I’ve come to realize that dying involves a certain “art.” But what exactly do I mean by “art”?

Through observation, I have encountered various types of death—whether peaceful, painful, traumatic, or unexpected—each presenting its own challenges. Death is an inescapable aspect of existence, often leaving those left behind in mourning and seeking understanding. Upon receiving a diagnosis of a terminal illness, individuals frequently consider the prospect of mortality, leading to numerous questions: What will the process entail? What circumstances will surround my passing? Who will be present? Are my personal affairs properly arranged? How are my relationships? These and other considerations encompass what I refer to as the “art” of dying.

The dying process should also involve focusing on how to live meaningfully. Many people simply wait for death, but often, with counseling, obstacles like personality traits or mental health issues can be addressed. The key question is: “How do I live before I die?”

Do you have a bucket list or wish list for things to do before you die? Whether you’ve started ticking items off or are just beginning, living fully means acting now. It also involves making amends, forgiving others, reconnecting with loved ones, and considering who you want by your side at the end.

Other questions to consider are: Where do I want to die? Do I want Hospice services? Do I want pain medications? Do I want my Pastor or Chaplain to meet with me? Should I write letters to my family? What will my funeral look like? Do I need my funeral preplanned? These are all great questions to ask yourself. Of course, this is not an exhaustive list of questions to ask. These are the obvious ones. Let’s get a bit more personal.

How are you coping emotionally with a terminal diagnosis or dying process? Have you reflected on your mental health, and are you involving friends or family in your experience, or keeping your struggles private? If you lack close relationships or are estranged, how does that impact your process?

As an end-of-life doula, care home operator, and mental health therapist, my role involves assisting patients in assessing their circumstances and supporting them through challenging periods. Frequently, I work with individuals to reframe entrenched beliefs as a means of coping with the end of life. I have facilitated reunions among loved ones and have also

provided presence and support at the bedside for those without family. Additionally, I establish boundaries on behalf of patients who may be unable to do so themselves. There are numerous considerations at the end of life or following a terminal diagnosis, and it is natural for individuals to focus on their own needs during such times. Sometimes, we focus on others more than ourselves. There is a fine line we walk sometimes because of emotions, past relationships, etc.

How we live often shapes how we die. Are you interested in leaving legacy? Will family or friends honor your memory, or are you isolated? How would you like to be remembered, if at all? What matters most to you? If these questions resonate, this article aims to help you make thoughtful choices. Epicurus famously said, “The art of living well and the art of dying well are one.”

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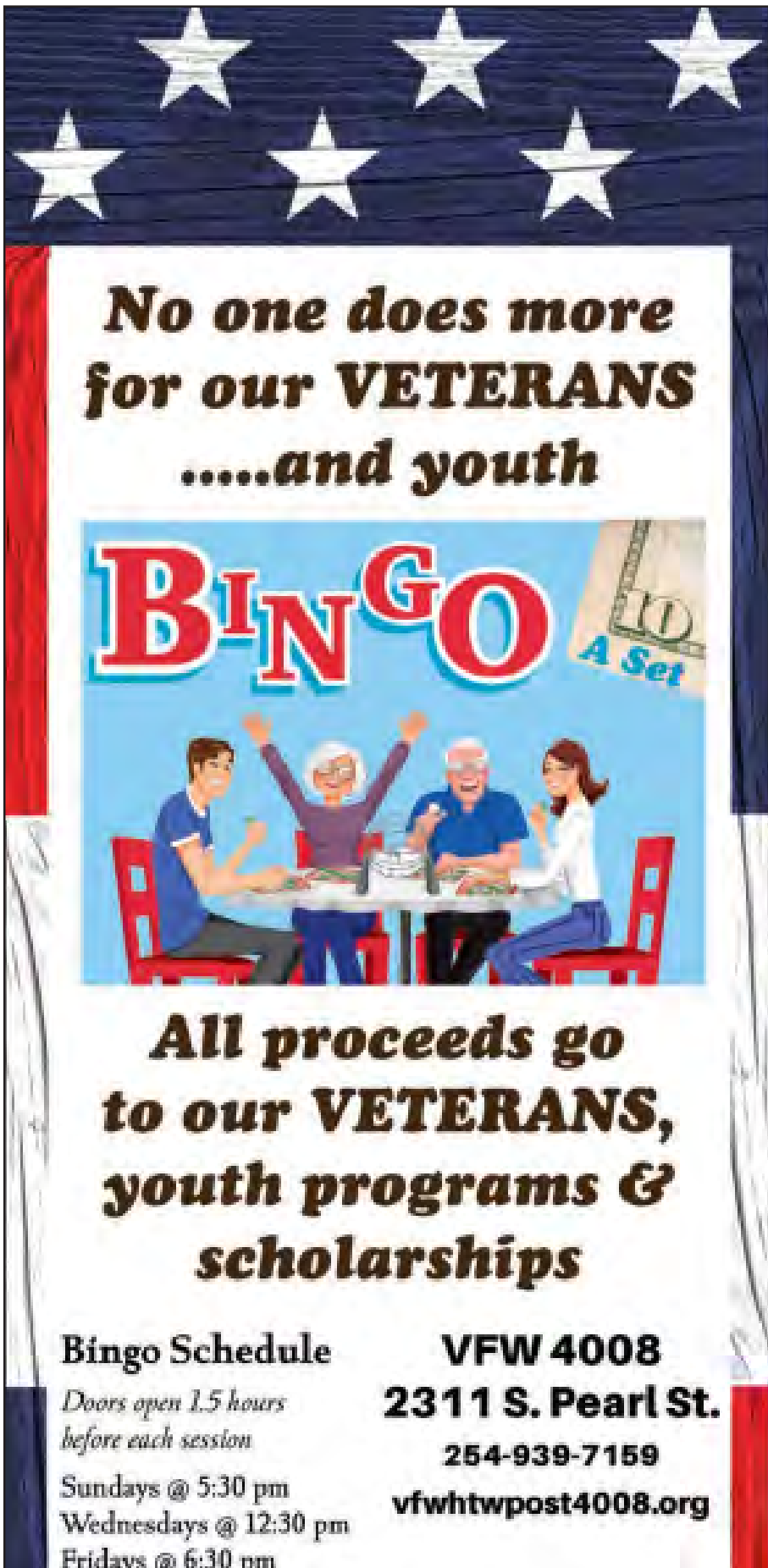
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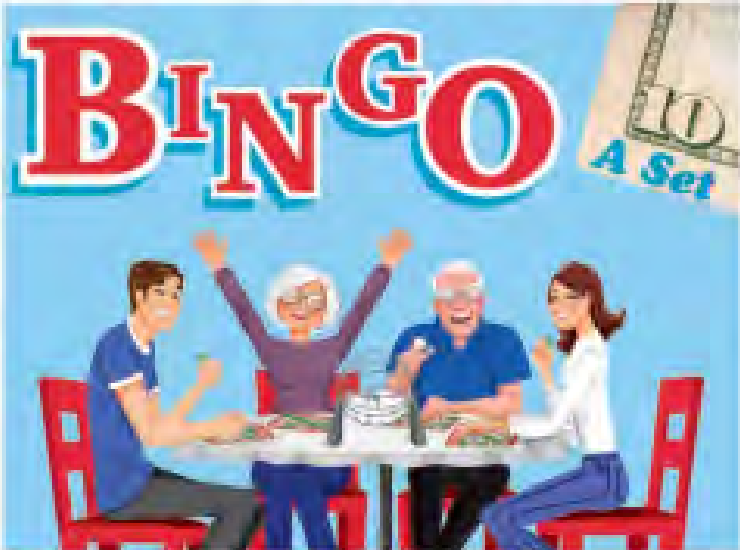
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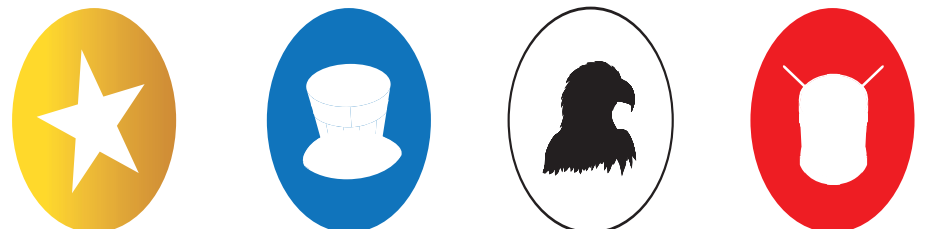
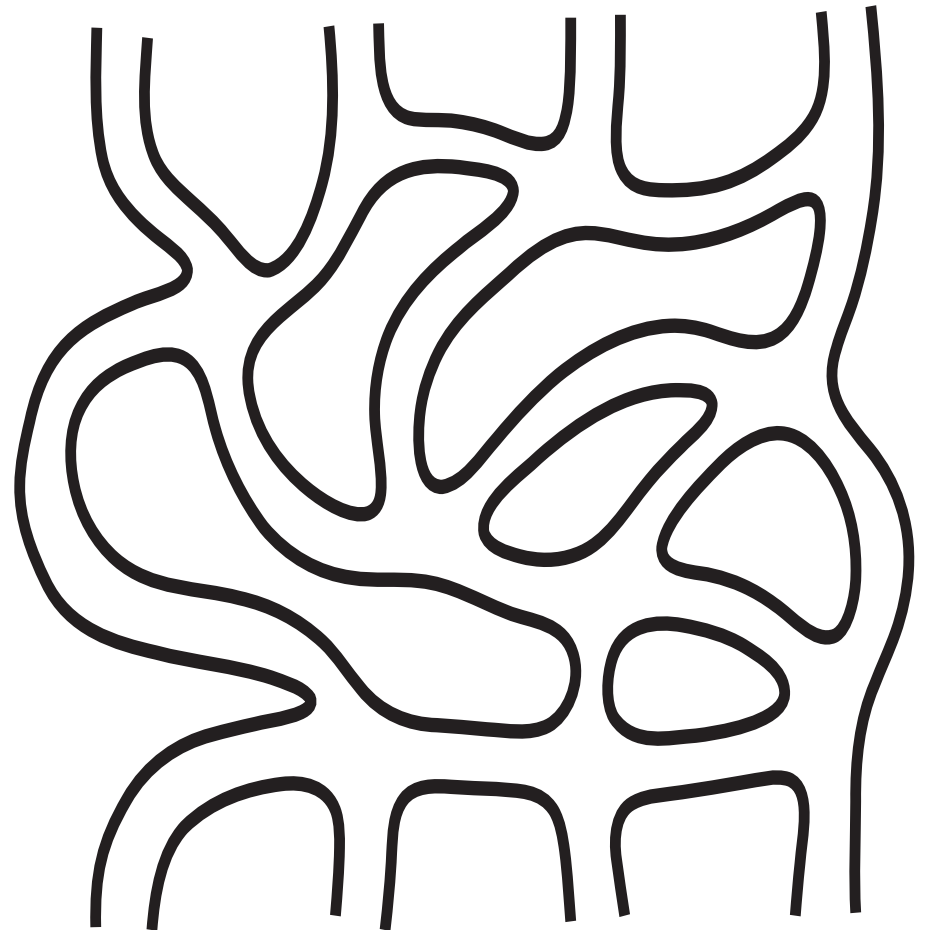
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# The Fastest Slow People in Town

Every morning at exactly 7:15 a.m., the same group of seniors gathered at the corner table of the local diner. Not 7:14. Not 7:16. Exactly 7:15.

Now, if you watched them walk in, you might think they were the slowest people in town. Shoes carefully placed, steps measured, one hand occasionally on a chair or shoulder. But don't let that fool you—because what they lacked in speed, they made up for in sharp wit, unmatched memory, and a level of life experience that could fill libraries.

There was Frank, who claimed he walked slow on purpose “to give people time to admire wisdom.” There was Margaret, who corrected everyone's grammar—even the waitress—and still tipped the best. And then there was Earl, who swore he didn't need a hearing aid, he just needed people to “speak with purpose.”

Their conversations were something special.

“Back in my day,” Frank started one morning, “we didn't have all these passwords.”

Margaret nodded. “We barely had doors.”

Earl leaned in. “I still don't understand why my phone needs a password. If someone wants to read my messages, they deserve the confusion.”

They all laughed—the kind of deep, genuine laughter that comes from decades of living, not just reacting.

But beneath the humor was something deeper.

These weren't just people passing time. They were people who had seen time.

They had lived through changes most people today only read about. They remembered when televisions were furniture, not something you carried in your pocket. They wrote letters, not texts. They waited days, sometimes weeks, for replies—and somehow, their relationships were stronger for it.

Margaret once said, “We didn't have more time back then. We just used it better.”

And that was the thing about them—they understood something the rest of the world often forgets.

Life isn't meant to be rushed.

One morning, a young man sat at the table next to them, typing furiously on his laptop, checking his phone every few seconds, sighing like the weight of the world was on his shoulders.

Frank watched him for a moment and then said, “Son, you look like you're trying to win a race nobody asked you to run.”

The young man laughed nervously. “Just busy, I guess.”

Margaret leaned over. “Busy doing what?”

He paused. “Honestly... I don't even know.”

Earl smiled. “That's the problem right there.”

They invited him to sit with them, just for a few minutes.

At first, he hesitated. Then he closed his laptop.

That was the beginning of something unexpected.

For the next 20 minutes, the “slowest people in town” completely changed the pace of his day.

They told stories—funny ones, hard ones, real ones.

Frank talked about working 40 years at the same job and still finding joy in the little things. Margaret shared how she lost her husband but found purpose in helping others at the senior center. Earl admitted he still didn't understand half of modern technology—but he understood people better than ever.

And then Margaret said something that stuck.

“Getting older isn't about losing who you are. It's about finally understanding who you've been all along.”

The young man didn't say much after that.

He just listened.

When he stood up to leave, he didn't rush. He didn't check his phone. He simply smiled and said, “Same time tomorrow?”

Frank grinned. “7:15. Don't be late. We move slow, but we keep a tight schedule.”

Here's the funny part about aging that nobody tells you:

Yes, your knees might crack a little more.

Yes, you might forget where you put your glasses (while they're on your head). And yes, getting up from a chair becomes a group decision.

But you gain something far more valuable.

You gain perspective.

Studies have even shown that older adults often report higher levels of emotional well-being than younger people. Why? Because they've learned what matters—and what doesn't.

They don't sweat the small stuff.

They've already survived it.

They know that time with people matters more than time on devices. That laughter is better than worry. And that slowing down doesn't mean falling behind—it often means finally catching up to what's important.

Back at the diner, the group finished their coffee.

Frank stood up slowly.

Margaret adjusted her sweater.

Earl took a moment before pushing his chair back.

They weren't in a hurry.

They didn't need to be.

Because in a world that's always rushing forward, they had already figured something out:

Sometimes the fastest way to live...

is to slow down.



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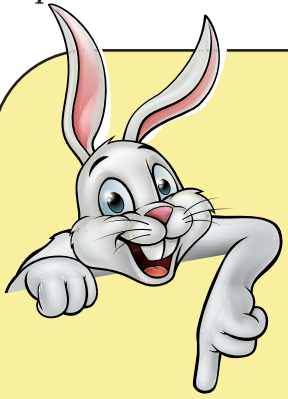
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5	6 9 Exercise 9 Woodcarvers 10 Improver Line D 12 Dominos 42 12-3 Free Tax Prep	7 8 Mex.Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9Quilting/12 Canasta 6 Zumba Class	8 9 Exercise 10:30 Bible Study 12 Bingo 1 Art Painting	9 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 5:30 NT Spag. Supper	10 9 Exercise 10 Improver Line D 12 Bridge 12 Dominos 42	11
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## SENIOR HUMOR CORNER

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I FORGET WHERE I PUT EVERYTHING ANYWAY!"

"I TOLD MY DOCTOR I WALK 2 MILES EVERY DAY...  
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"EASTER CANDY? I'M JUST HELPING MY GRANDKIDS STAY  
HEALTHY BY EATING IT FIRST."

"WE USED TO HUNT EGGS... NOW WE HUNT OUR GLASSES!"

## FUN FACTS ABOUT APRIL

April's name may come from the Latin word "aperire" meaning "to open"—perfect for springtime!

Easter often falls in April (depending on the moon).

April is known for new beginnings and renewal across many cultures.

The birth flower of April is the daisy, symbolizing innocence and hope.

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

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