



**If I live happy, my sister,
too, will be happier.**

“TAKING CARE OF OURSELVES TO LIVE AND TO BE BETTER”



TAKE CARE OF OUR BODY

The teeth are not lost due to aging but rather due to diseases associated with risk factors such as: poor nutrition, unfavorable lifestyles, chronic diseases and involuntary diseases caused by medications, also due to lack of oral hygiene, among others.

Taking care of the oral health of the elderly allows them to maintain their ability to speak, smile and socialize.

Tips to take care of the oral health of the elderly:

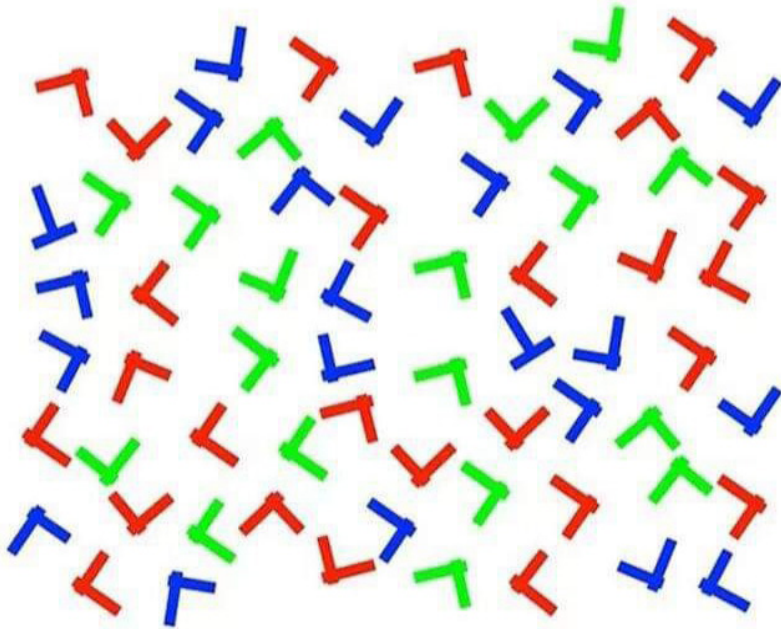


- Educate the elderly and caregivers, improve dental care habits and prevent diseases.
- Select the appropriate toothbrush, with soft bristles, changed every three months.
- Using fluoride toothpaste, its function is to strengthen tooth enamel and increase the demineralization process.
- Brush three times a day. To brush the teeth after eating food, avoiding the production and development of bacteria and plaque due to the low production of saliva during sleep.
- Clean the removable dental prosthesis. A good brush and protection of the prosthesis is vital in the elimination of residues and calcification, thus avoiding cavities and irritation of the oral mucosa.
- Massage the oral mucosa. While oral hygiene, massage the areas covered by the prosthesis, stimulating blood supply.
- Remove the dental prosthesis overnight. Keep the prosthesis hydrated and review and assess changes in bone tissue that alter adaptation to changes in bone tissue.
- Use gauze. Use a moistened gauze to remove the remains of food on teeth and gums.
- Avoid smoking. Smoking aggravates the problems of gum disease, tooth decay, and tooth loss.
- Visit the Dentist Visit the dentist when necessary. To help detect dental problems early and start as soon as possible proper treatment.

TAKE CARE OF OUR MINDS

https://www.youtube.com/watch?v=9o76FR-k_1M

FIND OUT THE TWO LETTER "T"



Circle the word on each row that rhymes with the word on the left.

bowl	stroll	barefoot	obey
halls	harmful	walls	looked
flies	braid	thighs	right
choice	pitch	jump	voice
dropped	chopped	escape	grows
wise	show	pour	size
wonderful	stamp	awful	coast
home	foam	safe	great

**REMOVE SIX LETTERS
FROM THIS SEQUENCE
TO REVEAL A FAMILIAR
ENGLISH WORD
AND TELL THAT WORD.
BSAINXLEATNTEARS**

TAKE CARE OF THE ENVIROMENT

<https://www.youtube.com/watch?v=RyFEL7RJTmU>



Day by day, different environmental issues are increasing, thus to face them personally is impossible. We need the help of people willing to tackle them to save our planet.



Join them and start making the difference now!

Just by increasing our collective responsibility, we can build a green and peaceful future.

TAKE CARE OF THE SPIRIT



We live in the Easter season, when we remember the resurrection of Jesus, we recognize that death, hatred, evil... do not have the last word.

Throughout our lives we have had this experience many times or perhaps not. Can we remember any of these experiences? Do we recognize that in our lives the resurrection has taken place? (We can share our experience, at a proper moment, with the Sisters of the community) We remember and pray to all those people who suffer victims of evil, disease, wars ...

Before as now, **we seek to live Easter, to be happy and make others happy, in**

the situation we live in, in the moment we find ourselves we can continue to experience it. **If I live happy, my sister, too, will be happier.**

Learn to BE HAPPY!

J. L. Martín Descalzo



Ideas about happiness:

- *Humans are not born happy or unhappy, we learn to be one thing or another.
- *Joy is built brick by brick, like a house.
- *Happiness is never complete in this world, but there are more than enough reasons for joy to fill life with bliss.
- *There are no "recipes" for happiness, because in the first place, there is not just one, but many happiness and each person must build his/her own.

There are a number of paths that you can certainly walk towards happiness.

1. Value and reinforce the positive strengths of our soul. Discover and enjoy all the good that we have. Not having to wait to meet a blind man to find out how beautiful and important our eyes are.
2. Serenely assume the negative or deficient parts of our existence. Don't exaggerate the small things that we are lacking.
3. Live open to our neighbor, our sisters in community. To think that it is preferable to be cheated four or five times in our lives than to spend our lives mistrusting others.
4. Have a great ideal, something that centers our existence and towards which to direct the best of our energies. Walk toward it incessantly, even with a few setbacks.
5. Shamelessly believing in the good and in the slow efficacy of love. Learn how to wait.
6. In love, try more to love than to be loved.
7. Choose, if possible, a task that we like. And if this is impossible, try to love the situation we live in, finding its positive aspects in it.
8. Constantly review our value scales. Take care that owning, money, things do not take over our heart, because it is difficult to separate ourselves from them when they have made us their slaves. Discover that friendship, the beauty of nature, artistic pleasures and many other values are infinitely more profitable.
9. Discover that God is joy, that a religiosity that narrows the soul cannot be true, because God is the God of life.
10. Try to smile when you feel like doing it or even when not. Be sure that the human being is capable of overcoming any kind of pain, much more than he/she believes.