

RESIDENT DAILY DELIGHT



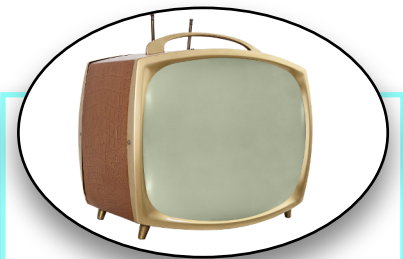
It's Scream Day

Scream Day was created to bring awareness to the benefits of screaming. Screaming on its own is proven to be very beneficial, you can scream in your pillow, in your car, in the woods, or wherever you feel most comfortable.

Screaming can help let out pent up emotions. During these challenging times letting out a scream can be a healthy way to release your emotions. We encourage participants to scream in places that they enjoy or feel comfortable.

For over 2000 years Eastern Medicine has enjoyed and promoted the health benefits of the scream. Dr. Lu, who is a master of Chinese Medicine, states that screaming helps with Liver Chi stagnation.

Primal Screaming has a long history too. Developed by Arthur Yanov in the 1960s, the primal scream was designed to help people release all of the tension and pent up emotions in a long, loud scream. The scream unlocks feelings deep down inside and allows them to be released, offering a sense of relief.



ON THIS DAY...

April 24, 1959

After running on Saturday nights on radio for 24 years and TV for the last nine, the final installment of the musical countdown show *Your Hit Parade* airs on NBC.

DID YOU KNOW???

Go Ahead Scream!....

Screaming (on purpose!) isn't just a woo-woo way of expressing your feelings. Screaming your heart out or your head off is actually part of primal therapy, developed by Dr. Arthur Janov in the 1960s. Dr. Janov speculated that screaming—and other physical outlets like sobbing—could help release repressed childhood trauma. He called this trauma “primal pain,” and believed that screaming could help people recover from it.



Today's Trivia

"The Scream" by Edvard Much was painted in the style of which art movement?

- A. Abstract Art
- B. Naturalism
- C. Expressionism
- D. Renaissance

(answer on page 7)

Today's Wisdom:

In space, no one can hear you scream

– Johan Harstad

Today's Riddle:

Why did the vampire bat wake up screaming?

(continued on page 7)



DAILY WORD SEARCH

Scream Day

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

Shriek
Yell
Surprised
Excited
Cheer

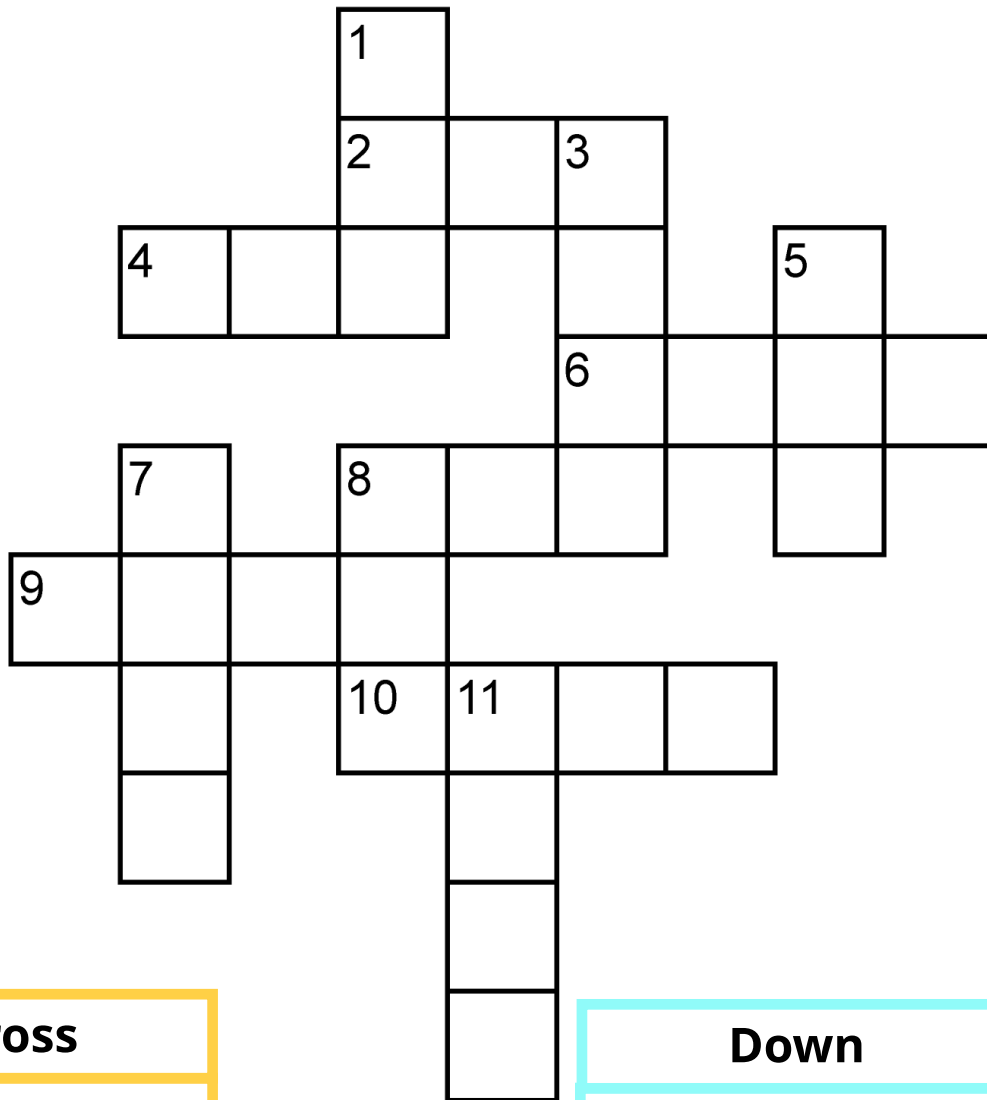
Loud
Cry
Release
Tense
Endorphins

Pain
Fear
Passion
Anxiety
Therapy

WORD JUMBLE

Every answer uses only the letters in the word:
How many can YOU make?

Observations



Across

- 2. Nike shoe brand
- 4. Multi-passenger vehicle
- 6. Chair
- 8. How to get a knot
- 9. Bottom part
- 10. Is against

Down

- 1. Jogged
- 3. Pink *en Francais*
- 5. To put a hard limit on
- 7. Work for
- 8. Goes with scones
- 11. Snout

Sudoku

HOW TO PLAY SUDOKU

OBJECTIVE: Fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

A cell is the smallest block in the game. Rows, columns, and regions each consist of 9 cells, and the whole game consists of 81 cells. A region has thicker lines surrounding it.

The most basic strategy to find missing numbers is scanning and it consists of:

1) Crosshatching - Scan rows and columns to eliminate where a specific number can be in a given region.

2) Counting - Simply count all the different numbers in a row, column, and region that connect to one cell. If there is just one number missing, then that's what should be in the cell.

9	8			6	3			
7	1	3					8	
6			9	1		4		
		8	6		7	2		
		7	2		9			
	4			3		9	7	5
	3	2			5			6
				7			1	4
5	7				6			3

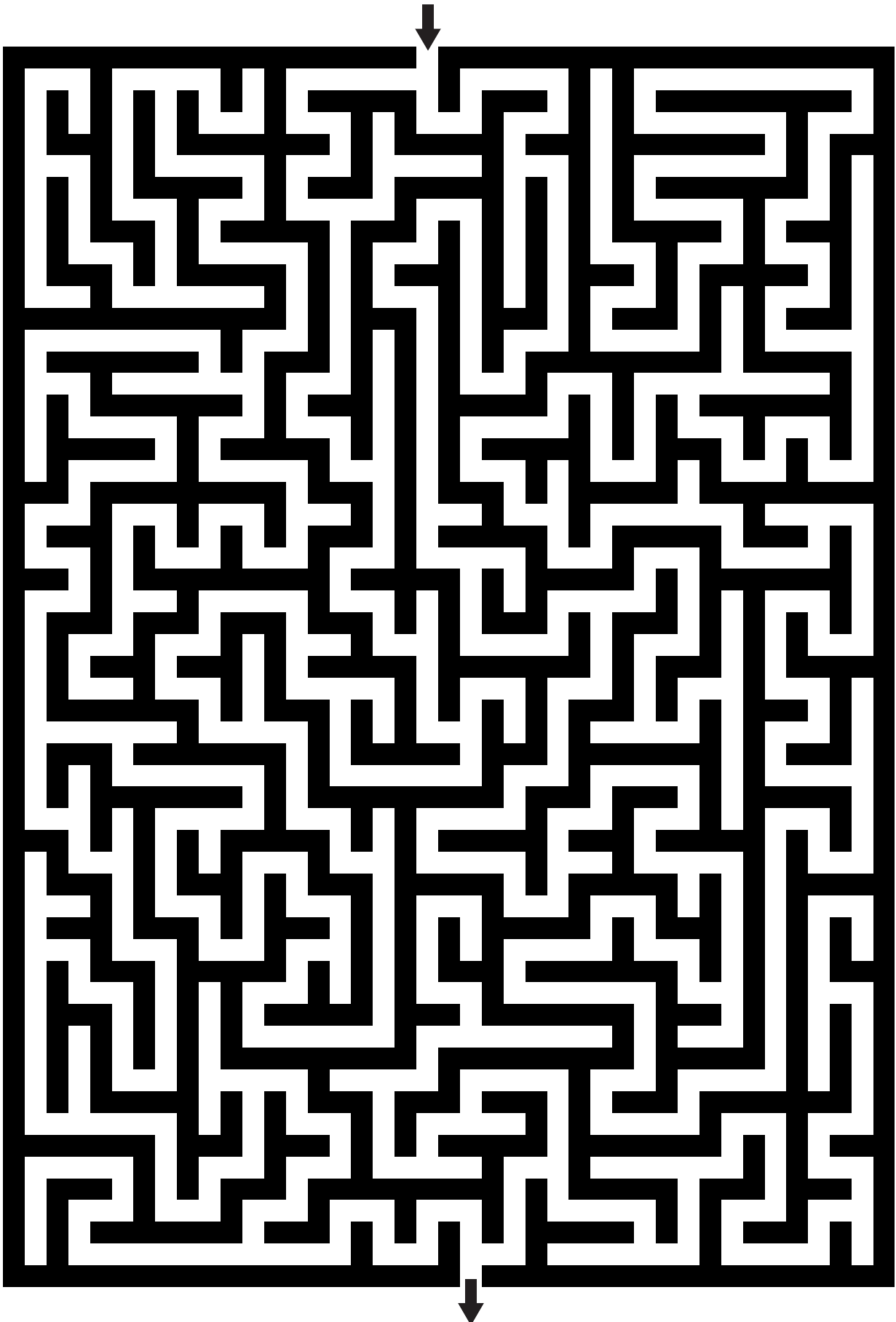
		9			8			4
	6	5	9					
					2	6		8
	7					4	5	
6			8	1		9		
1				5		2		
	2	3					6	
			1				7	5
			7	6	9		4	

HINTS:

Until you've had lots of practice figuring out puzzles, here are some questions that you can ask as you play to help you to make progress:

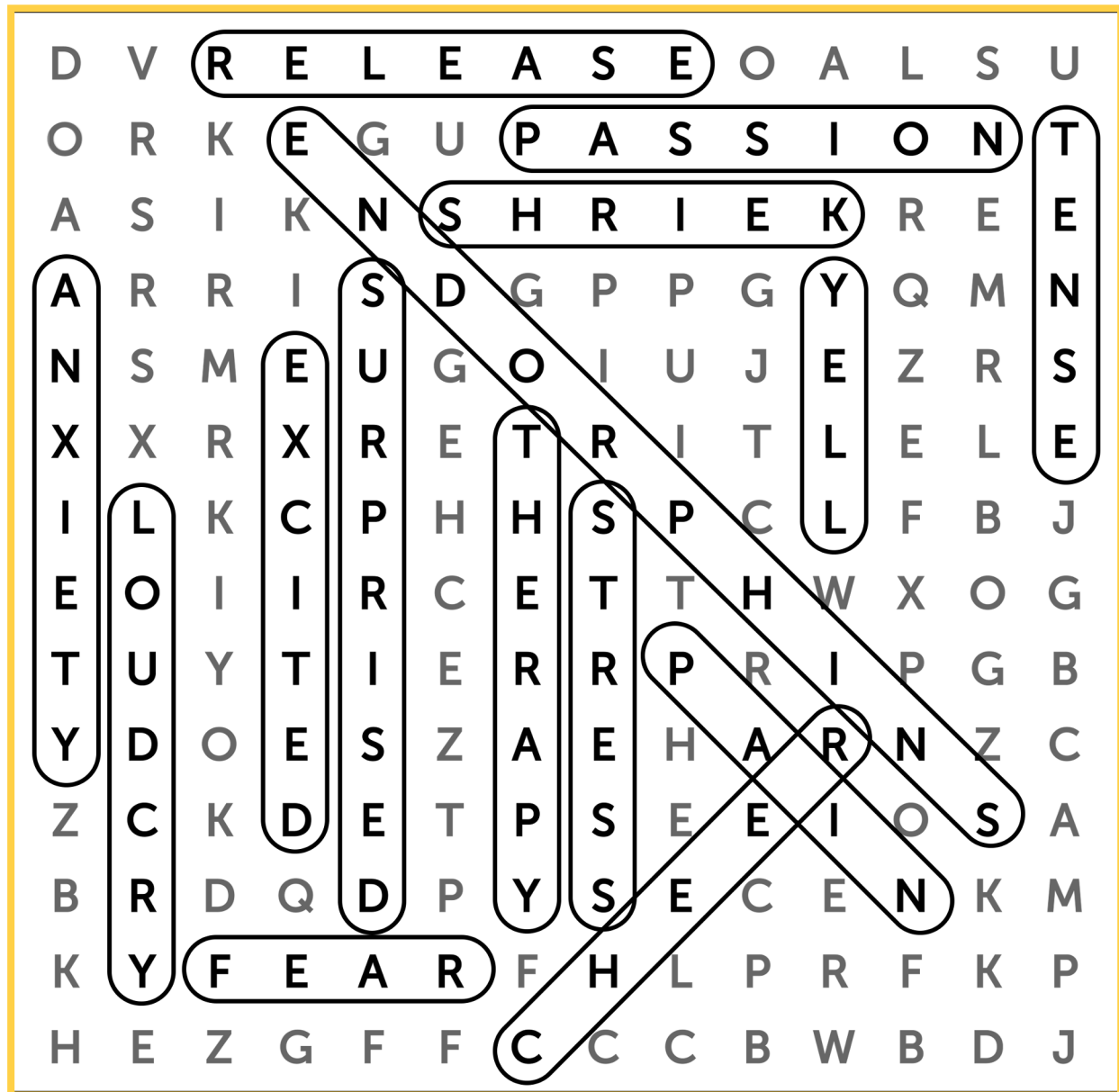
- Where could I place the value X in this row/column/box? (Go through the numbers 1 to 9, and scan to see if the number is already in that row / column / box)
- What value could I put in this cell? (If there's just one acceptable – put it in!)
- What row / column / box is nearly full, and can I fill it?

SOLVE THE MAZE



WORD SEARCH SOLUTION

Scream Day



SOLUTIONS

Today's Funny:

It had bite-mares!

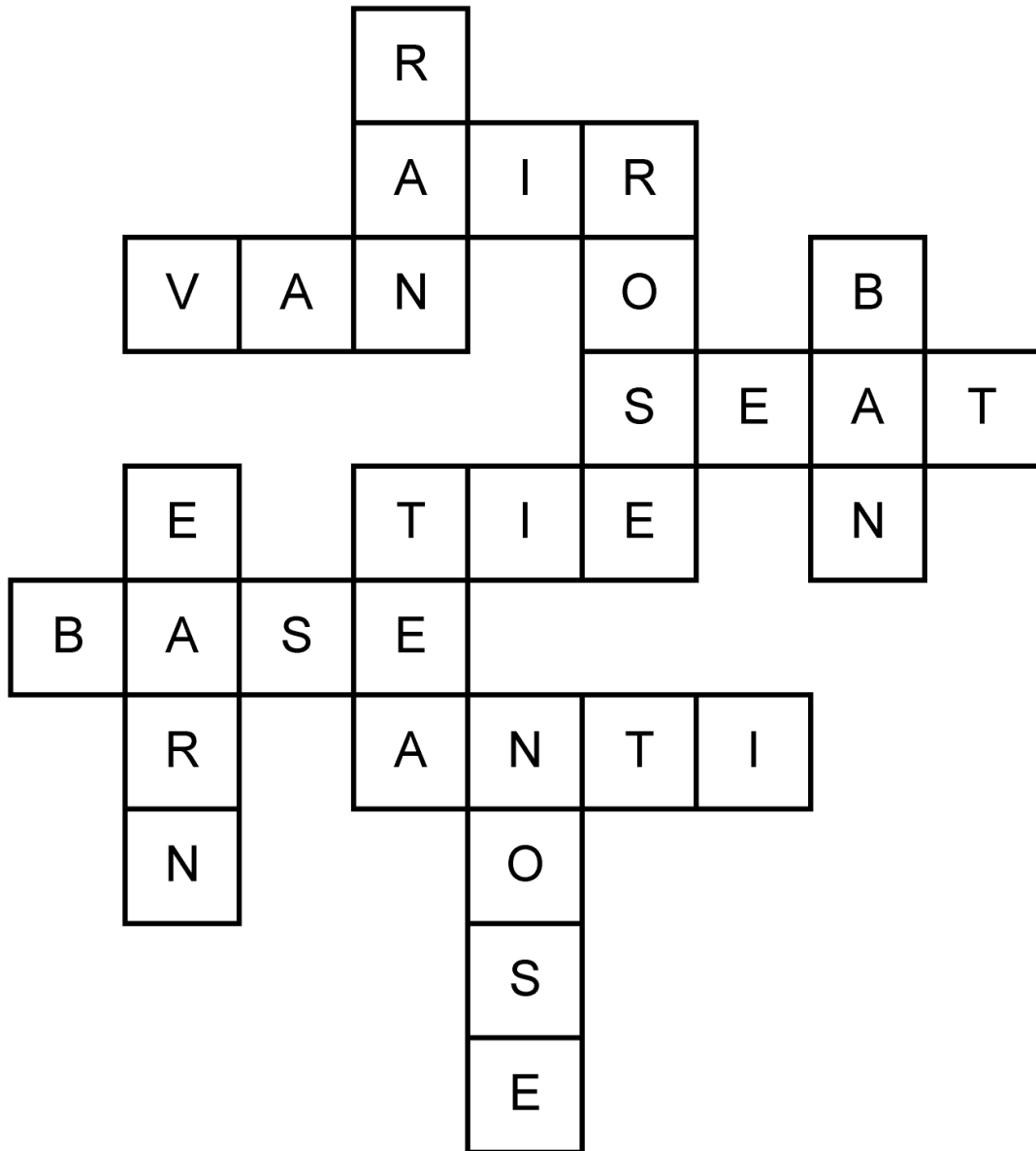
9	8	4	7	6	3	1	5	2
7	1	3	5	2	4	6	8	9
6	2	5	9	1	8	4	3	7
3	9	8	6	5	7	2	4	1
1	5	7	2	4	9	3	6	8
2	4	6	8	3	1	9	7	5
4	3	2	1	8	5	7	9	6
8	6	9	3	7	2	5	1	4
5	7	1	4	9	6	8	2	3

2	3	9	6	7	8	5	1	4
8	6	5	9	4	1	7	2	3
4	1	7	5	3	2	6	9	8
3	7	8	2	9	6	4	5	1
6	5	2	8	1	4	9	3	7
1	9	4	3	5	7	2	8	6
7	2	3	4	8	5	1	6	9
9	4	6	1	2	3	8	7	5
5	8	1	7	6	9	3	4	2

Trivia Answer:
C. Expressionism

WORD JUMBLE SOLUTION

Observations



SOLUTIONS

