

RESIDENT DAILY DELIGHT



It's World Health Day!

Every April 7, the World Health Organization chooses to highlight a special theme current in the wellness and medical world. Ranging from mental health to insurance and everything in between, this day sets the tone for what's to come in the world stage.

HOW TO OBSERVE

Organize a conversation in your community

WHO offers free information tool kits for organizers. Take the challenge and lead a conversation in your community about a current healthcare issue.

Read up on past year's themes

With over 50 years of health days in the archives, it can be an interesting exercise to look at how far — or not — we have come in healthcare. You might learn something interesting and relevant even from older information.



ON THIS DAY...

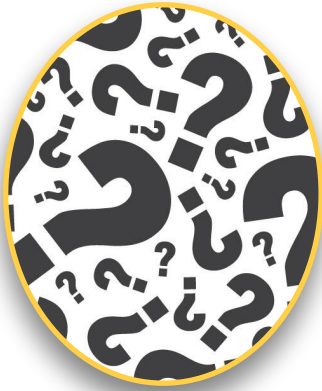
April 7, 1826

10th US Masters Tournament, Augusta National GC: American Herman Keiser wins his only major title, 1 stroke ahead of Ben Hogan; first Masters in 4 years because of World War II.

DID YOU KNOW???

Let the theme guide you...

One of WHO's key missions is to prevent, alleviate and stop altogether the spread of deadly infections. As a result of an unprecedented global partnership, WHO declared smallpox eradicated in 1980. Smallpox claimed an estimated 300 million lives in the 20th century alone. WHO promotes Health For All.



Today's Trivia

The head of the World Health Organization is known as the Director-General. This is an elected, renewable position. How long is one term?

- A. 10 years C. 2 years
- B. 5 years D. 4 years

(answer on page 8)

Today's Wisdom:

Breast cancer alone kills some 458,000 people each year, according to the World Health Organization, mainly in low- and middle-income countries. It has got to be a priority to ensure that more women can access gene testing and lifesaving preventive treatment, whatever their means and background, wherever they live.

- Angelina Jolie

DAILY WORD SEARCH

World Health Day

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

Activities
Balance
Blood Pressure
Body
Doctors

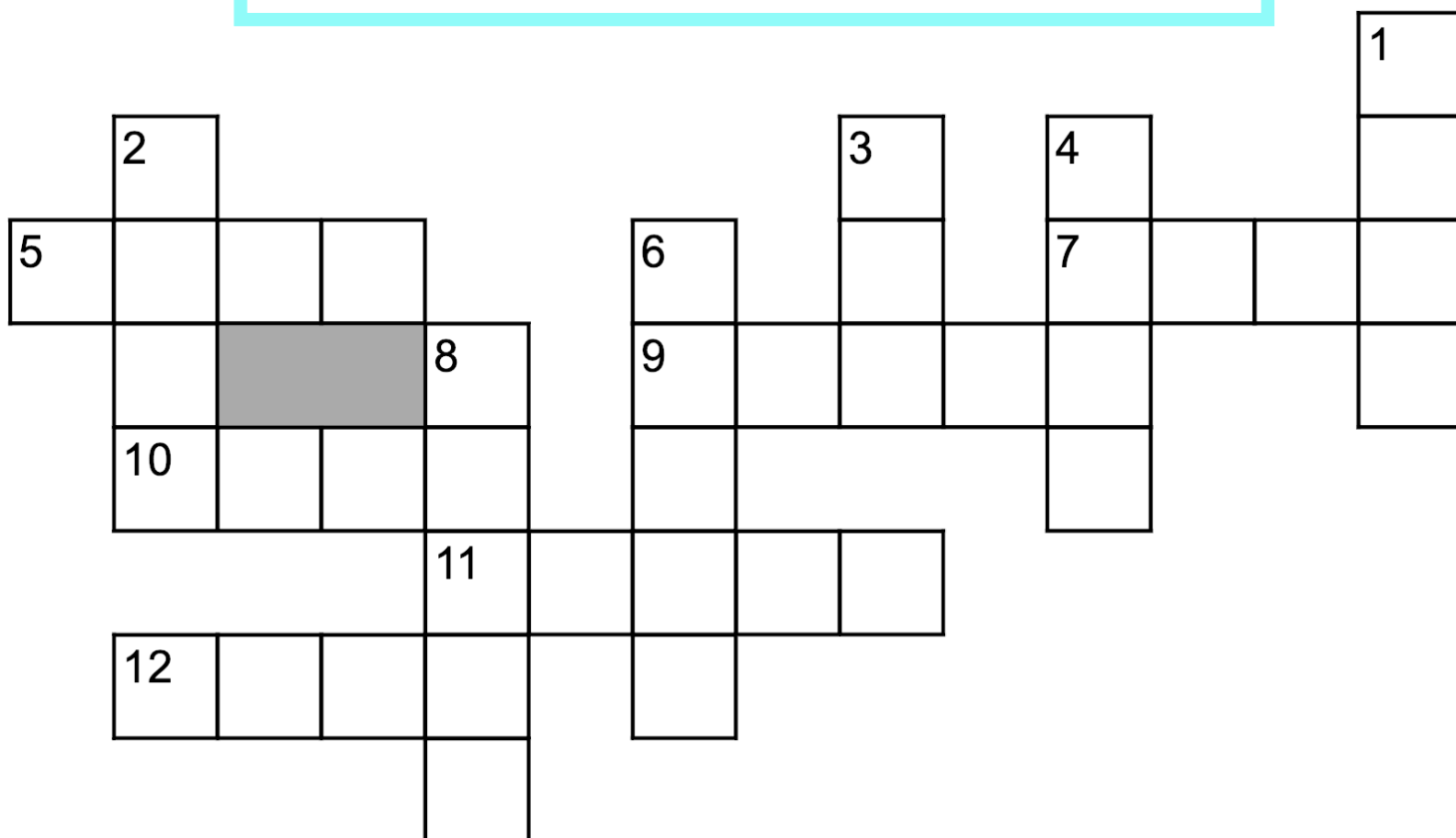
Eating
Emotional
Goals
Hygiene
Mental

No Smoking
Physical
Therapy
Wellness
Yoga

WORD JUMBLE

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

Blood Pressure



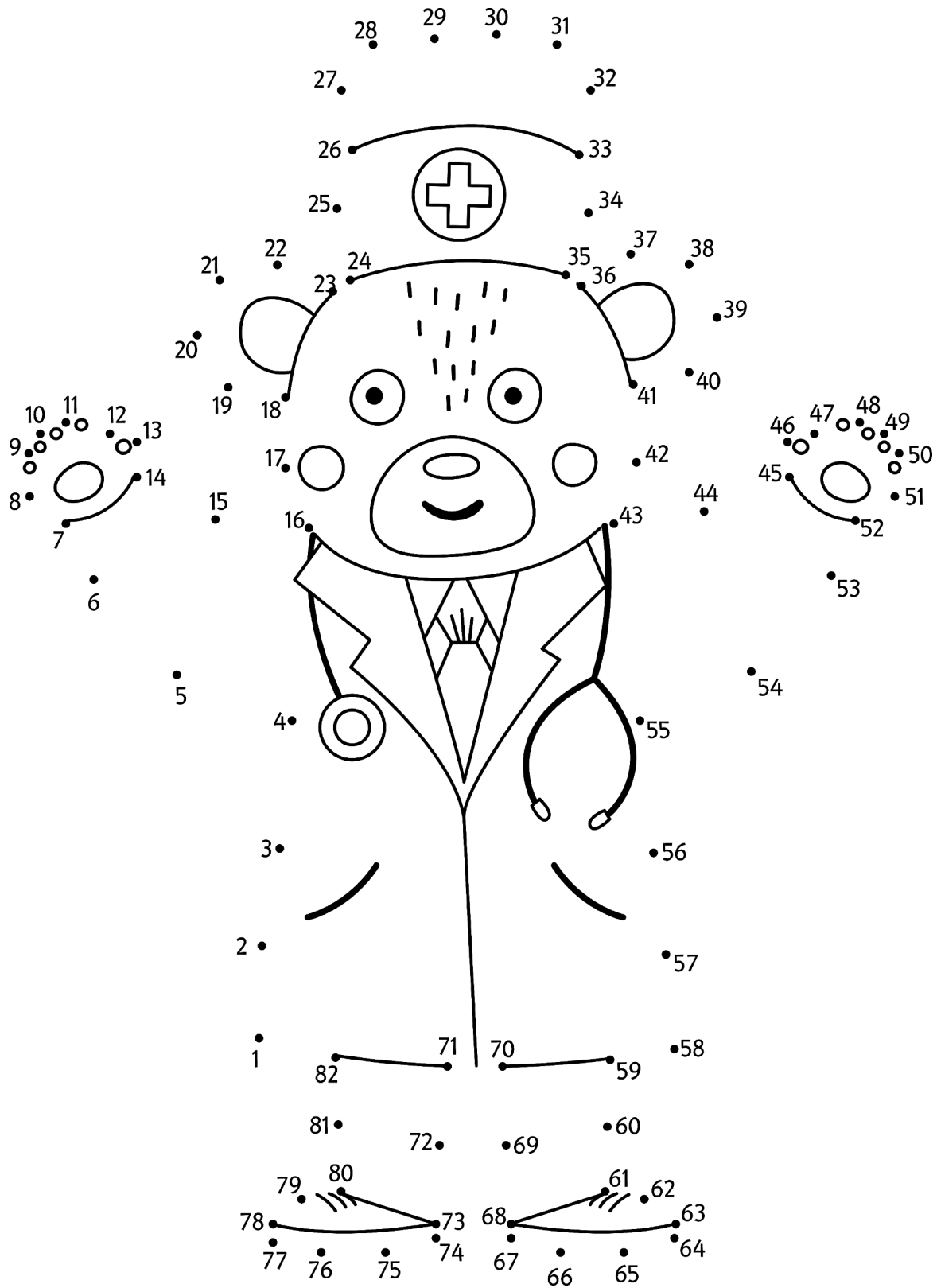
Across

- 5. Bring together resources
- 7. Law
- 9. Baggy
- 10. Opening closer
- 11. Gown
- 12. Misplace something

Down

- 1. Like a thrift store item
- 2. Roaring
- 3. Singing pair
- 4. Born by pedigree
- 6. Bessie Smith sang 'em
- 8. Having everything in their place

CONNECT THE DOTS



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.

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

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

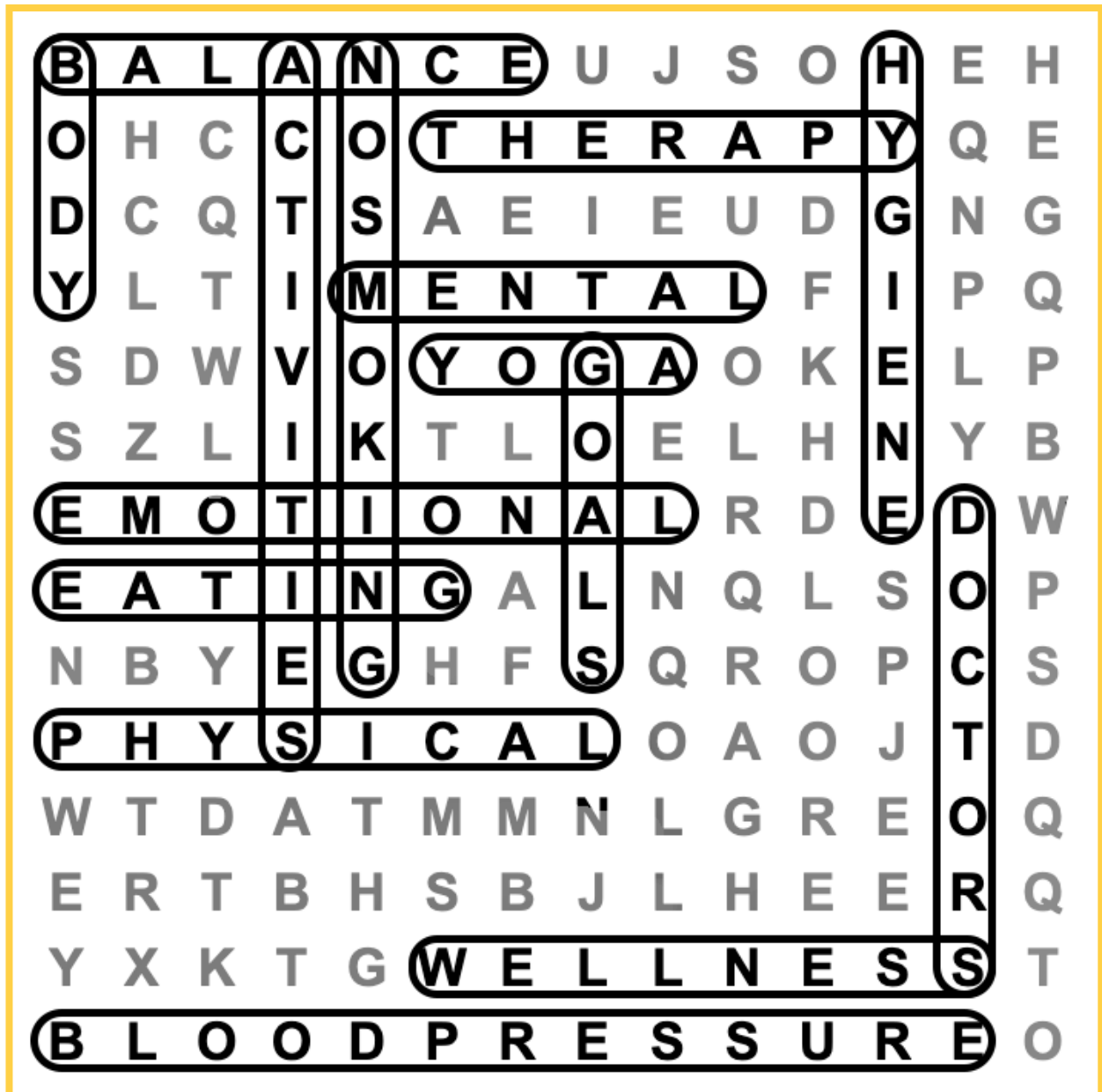
HINTS:

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?

WORD SEARCH SOLUTION

World Health Day



SOLUTIONS

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

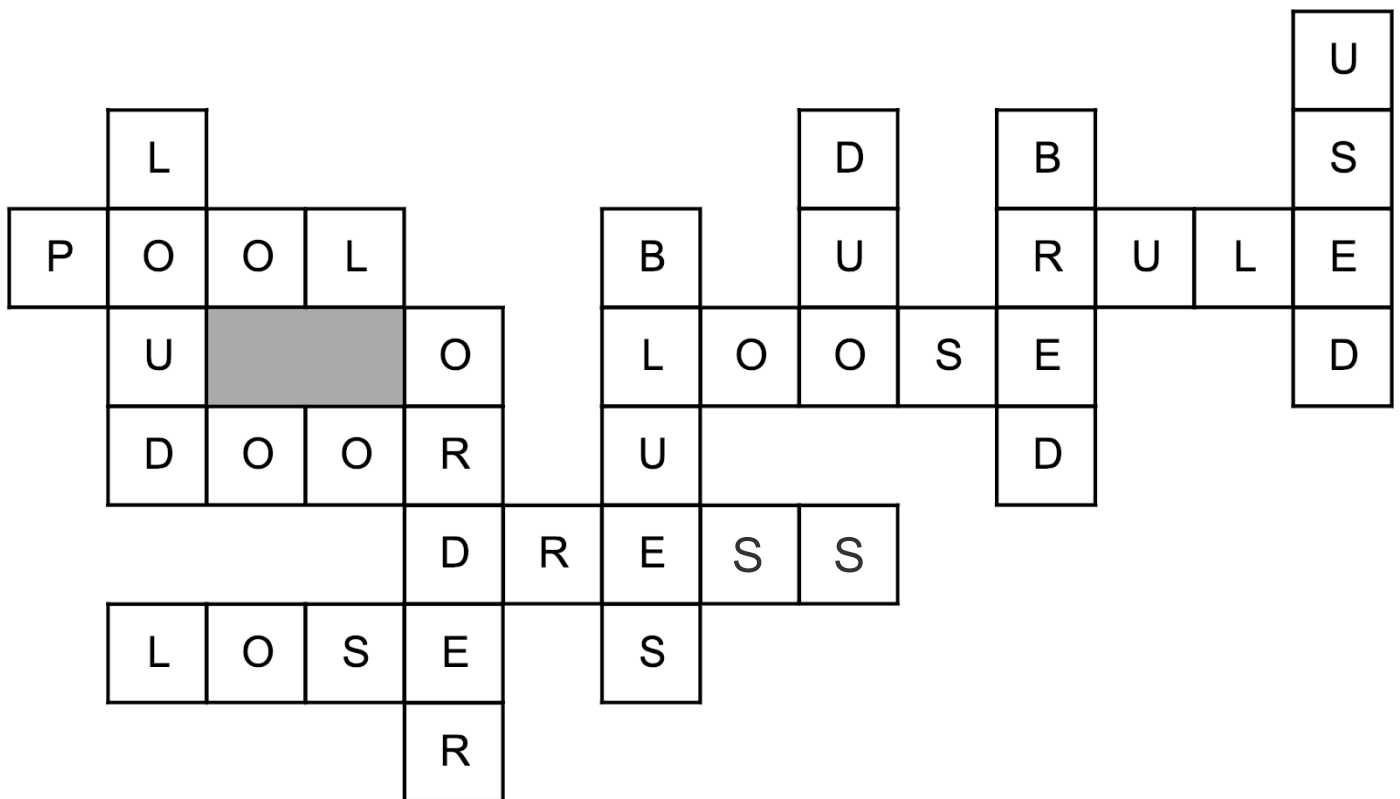
2	3	7	6	1	9	5	4	8
4	5	9	3	7	8	6	1	2
6	8	1	5	2	4	7	9	3
7	6	8	2	3	1	4	5	9
9	1	5	8	4	7	2	3	6
3	4	2	9	6	5	1	8	7
1	2	4	7	9	3	8	6	5
5	9	6	4	8	2	3	7	1
8	7	3	1	5	6	9	2	4

Trivia Answer:

B. 5 years

WORD JUMBLE SOLUTION

Blood Pressure



CONNECT THE DOTS SOLUTION



