

livfun

Fairwinds - Sand Creek

MAY 2012 • ENJOY THE JOURNEY

How Did He Do That?

Last month we were fooled before our very eyes as Christopher Smith, The Illusionist, amazed us with his hocus pocus!

Christopher, formerly of Lewiston, Idaho, works as a respiratory therapist at EIRMC, a hospital in Idaho Falls, Idaho. He has performed professionally as a magician for five years and served in the U.S. Army as a military policeman.

The first card trick was Count the Dots. The audience was told to watch as each card was continuously flipped. Were there five dots or six? The eye and mind tried to keep up, but the illusion was too great.



The Illusionist:
Christopher Smith

(Continued on back)



How does this go,
again? (Kelly)



Really?



Shirley Lewis is given
instructions on how
to master the trick.



Pull!



Samantha (Kelly's
daughter)



No way!



Feathery Fun

Thanks to longer days and inviting spring sunshine, May is an ideal time to try new outdoor hobbies. Bird watching is an especially fun place to start. It's a simple way to learn about nature and even socialize. What's more, this hobby can be tailored for your individual mobility and energy level. You can observe your feathered friends from the comfort of your community's porch, a balcony or your own window. Or you can amp it up a notch and explore nearby parks or nature trails. Particularly in spring, just a walk around the perimeter of your building can lead to some fun sightings.

How do you get started? Of course, you can enjoy bird watching with no equipment at all. However, you may find that a good pair of binoculars makes it even more fun. Another helpful tool is a bird-watching checklist. These checklists exist for every state and province and can be found online or in the many bird-watching field guides available. They're a handy indication of which birds you're likely to spot in your area. For a little friendly competition, get together with fellow bird enthusiasts to see who can fill out their checklist first!

(Continued on back)

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | | | | | | | | | | | | | | | | | | | | |
|--|---|--|--|--|---|--|--------|---------|---------|--------|--------|------------|---------|---------|------------------------|---------|--------|---------|-----------|--------|--------|----------|--------|------------|--------|---------|--------------|
| <p>Locations Balcony, B Bistro, BI Brain Aerobics Room, BA Creekside Dining Room, CD Fireside Dining Room, FD Fireside Living Room, FL</p> | <p>Lobby, L Out-of-Building, OOB Paradise Spa, PS PrimeFit Gym, PR Theatre Room, TR</p> | <p>9:00 Blood Pressure Clinic, PS 9:00 Help Your Neighbor Game, CD 10:00 Catholic Services, TR 10:00 Walk and Shop the Mall, L 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 1:00 Play Pool, B</p> | <p>9:00 BINGO, CD 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 10:30 <i>Sittercise, TR</i> 1:00 Play Pool, B 1:00 Classic Videos, TR 2:30 Relief Society, CD 3:30 <i>Sneaky 7s, CD</i> 6:30 Hand and Foot Card Game, FL 6:30 Current Events, TR 7:00 Pinochle, B</p> | <p>9:00 Knockout Game, CD 10:00 Walk and Shop the Mall, L 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 10:30 LDS Study Group, TR 1:00 Play Pool, B 2:00 Yogachi Exercises, CD 3:00 Veterans Meeting, TR 6:30 <i>Video of the Arts, TR</i></p> | <p>9:00 BINGO, CD 9:00 YELLOWSTONE TRIP, OOB 10:00 DOMINOES, CD 10:15 <i>Posit Science, BA</i> 10:30 <i>Sittercise, TR</i> 1:00 Play Pool, B 1:00 Classic Videos, TR 1:30 Sing-Along With Dolly and Jan, CD 3:00 Fireside Social, FL</p> | <p>CINCO DE MAYO 9:00 Bingo, CD 10:15 Putters' Club Contest, CD 1:00 Play Pool, B 2:00 Wii Game, CD 2:30 Movie & Popcorn: "The Land of the Eagle," TR</p> | | | | | | | | | | | | | | | | | | | | | |
| <p>9:30 LDS Sacrament Services, CD 2:00 Protestant Church Services, CD 3:00 <i>Golf Along With Mitch, L</i> 4:00 Wii Game, CD</p> | <p>9:00 BINGO, CD 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 10:30 <i>Sittercise, TR</i> 1:00 Play Pool, B 2:00 Yogachi Exercises, CD 3:00 Ice Cream Social, BI 3:30 Wii Game, CD 6:30 Hand and Foot Card Game, FL</p> | <p>9:00 Help Your Neighbor Game, CD 10:00 Walk and Shop the Mall, L 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 1:00 Play Pool, B 3:00 RESIDENT COUNCIL MEETING, CD 6:30 Family Home Evening, CD</p> | <p>9:00 BINGO, CD 10:00 Dominoes, CD 10:00 MUSEUM OF IDAHO: TEETH, TAILS & TROUBLE, OOB 10:15 <i>Posit Science, BA</i> 10:30 <i>Sittercise, TR</i> 1:00 Play Pool, B 1:00 Classic Videos, TR 3:30 <i>Sneaky 7s, CD</i> 6:30 Hand and Foot Card Game, FL 6:30 Current Events, TR 7:00 Pinochle, B</p> | <p>9:00 Knockout Game, CD 10:00 Walk and Shop the Mall, L 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 10:30 LDS Study Group, TR 1:00 Play Pool, B 2:00 Yogachi Exercises, CD 4:30 Candlelight Dinner, FD 6:30 <i>Video of the Arts, TR</i></p> | <p>9:00 BINGO, CD 10:00 DOMINOES, CD 10:00 TAUTPHAUS PARK ZOO, OOB 10:15 <i>Posit Science, BA</i> 10:30 <i>Sittercise, TR</i> 1:00 Play Pool, B 1:00 Classic Videos, TR 1:30 Mystery Drive, OOB 3:00 Fireside Social, FL</p> | <p>9:00 <i>Bingo, CD</i> 10:15 Putters' Club Contest, CD 1:00 Play Pool, B 2:00 Wii Game, CD 2:30 Popcorn & Movie: "The Journey" (Waltons), TR 6:30 Hand and Foot Card Game, FL</p> | | | | | | | | | | | | | | | | | | | | | |
| <p>MOTHER'S DAY 9:30 LDS Sacrament Services, CD 2:00 Protestant Church Services, CD 3:00 <i>Golf Along With Mitch, L</i> 4:00 Wii Game, CD</p> | <p>9:00 BINGO, CD 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 10:30 <i>Sittercise, TR</i> 1:00 Play Pool, B 2:00 Yogachi Exercises, CD 3:00 Ice Cream Social, BI 3:30 Wii Game, CD 6:30 Hand and Foot Card Game, FL</p> | <p>9:00 Blood Pressure Clinic, PS 9:00 Help Your Neighbor Game, CD 10:00 Catholic Services, TR 10:00 Walk and Shop the Mall, L 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 1:00 Play Pool, B</p> | <p>9:00 BINGO, CD 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 10:30 <i>Sittercise, TR</i> 1:00 Play Pool, B 1:00 Classic Videos, TR 2:30 Relief Society, CD 3:30 <i>Sneaky 7s, CD</i> 6:30 Hand and Foot Card Game, FL 6:30 Current Events, TR 7:00 Pinochle, B</p> | <p>9:00 Knockout Game, CD 10:00 Walk and Shop the Mall, L 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 10:30 LDS Study Group, TR 1:00 Dr. Call (Podiatrist), PS 1:00 Play Pool, B 2:00 Yogachi Exercises, CD 6:30 <i>Video of the Arts, TR</i></p> | <p>9:00 BINGO, CD 10:00 DOMINOES, CD 10:15 <i>Posit Science, BA</i> 10:30 <i>Sittercise, TR</i> 1:00 Classic Videos, TR 1:00 Play Pool, B 2:00 WII TOURNAMENT WITH LINCOLN COURT, CD</p> | <p>ARMED FORCES DAY 10:00 CLASSICAL GUITARIST JEFFREY BIANCHI, CD 10:15 Putters' Club Contest, CD 1:00 Play Pool, B 2:00 Wii Game, CD 2:30 Popcorn & Movie: "39 Steps," TR 4:00 ABRACADABRA LADIES PROGRAM, FD 6:30 Hand and Foot Card Game, FL</p> | | | | | | | | | | | | | | | | | | | | | |
| <p>9:30 LDS Sacrament Services, CD 2:00 Protestant Church Services, CD 3:00 <i>Golf Along With Mitch, L</i> 4:00 Wii Game, CD</p> | <p>9:00 BINGO, CD 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 10:30 <i>Sittercise, TR</i> 1:00 Play Pool, B 2:00 Yogachi Exercises, CD 3:00 Ice Cream Social, BI 3:30 Wii Game, CD 6:30 Hand and Foot Card Game, FL 7:00 OLD-TIME FIDDLERS, CD</p> | <p>9:00 Help Your Neighbor Game, CD 9:00 Hearing Specialist, TR 9:00 HEALTH LECTURE, TR 10:00 Walk and Shop the Mall, L 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 1:00 Play Pool, B 1:30 Sing-Along With Dolly and Jan, CD 6:30 <i>Video of the Arts, TR</i> 6:30 Hand and Foot Card Game, FL 6:30 Family Home Evening, CD</p> | <p>9:00 BINGO, CD 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 10:30 <i>Sittercise, TR</i> 1:00 Play Pool, B 1:00 Classic Videos, TR 3:30 <i>Sneaky 7s, CD</i> 6:30 Hand and Foot Card Game, FL 6:30 Current Events, TR 7:00 Pinochle, B</p> | <p>9:00 Knockout Game, CD 10:00 Walk and Shop the Mall, L 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 10:30 LDS Study Group, TR 1:00 Play Pool, B 2:00 Yogachi Exercises, CD 6:30 <i>Video of the Arts, TR</i></p> | <p>9:00 BINGO, CD 10:00 DOMINOES, CD 10:15 <i>Posit Science, BA</i> 10:30 <i>Sittercise, TR</i> 1:00 Classic Videos, TR 1:00 Play Pool, B 1:30 Mystery Drive, OOB 3:00 THE WELCOME SOCIAL, FL</p> | <p>10:15 Putters' Club Contest, CD 1:00 Play Pool, B 2:00 Wii Game, CD 2:30 Movie & Popcorn: "Speed," TR 6:30 Hand and Foot Card Game, FL</p> | | | | | | | | | | | | | | | | | | | | | |
| <p>9:30 LDS Sacrament Services, CD 2:00 Protestant Church Services, CD 3:00 <i>Golf Along With Mitch, L</i> 4:00 Wii Game, CD</p> | <p>MEMORIAL DAY 9:00 BINGO, CD 10:00 Dominoes, CD 10:30 <i>Sittercise, TR</i> 1:00 Play Pool, B 3:30 Wii Game, CD 6:30 Hand and Foot Card Game, FL</p> | <p>9:00 Help Your Neighbor Game, CD 10:00 Walk and Shop the Mall, L 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 1:00 Play Pool, B</p> | <p>9:00 BINGO, CD 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 10:30 <i>Sittercise, TR</i> 1:00 Play Pool, B 1:00 Classic Videos, TR 1:30 BLAST FROM THE PASS, CD 6:30 Hand and Foot Card Game, FL 6:30 Current Events, TR 7:00 Pinochle, B</p> | <p>9:00 Knockout Game, CD 10:00 Walk and Shop the Mall, L 10:00 Dominoes, CD 10:15 <i>Posit Science, BA</i> 10:30 LDS Study Group, TR 1:00 Play Pool, B 2:00 Yogachi Exercises, CD 5:00 May Birthday Party, CD 6:30 <i>Video of the Arts, TR</i></p> | <p>Transportation</p> <table border="0"> <tr> <td>Monday</td> <td>10 a.m.</td> <td>Banking</td> </tr> <tr> <td>Monday</td> <td>2 p.m.</td> <td>Albertsons</td> </tr> <tr> <td>Tuesday</td> <td>10 a.m.</td> <td>Walk and Shop the Mall</td> </tr> <tr> <td>Tuesday</td> <td>2 p.m.</td> <td>Walmart</td> </tr> <tr> <td>Wednesday</td> <td>1 p.m.</td> <td>Temple</td> </tr> <tr> <td>Thursday</td> <td>2 p.m.</td> <td>Fred Meyer</td> </tr> <tr> <td>Friday</td> <td>10 a.m.</td> <td>Scenic Drive</td> </tr> </table> | | Monday | 10 a.m. | Banking | Monday | 2 p.m. | Albertsons | Tuesday | 10 a.m. | Walk and Shop the Mall | Tuesday | 2 p.m. | Walmart | Wednesday | 1 p.m. | Temple | Thursday | 2 p.m. | Fred Meyer | Friday | 10 a.m. | Scenic Drive |
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| Wednesday | 1 p.m. | Temple | | | | | | | | | | | | | | | | | | | | | | | | | |
| Thursday | 2 p.m. | Fred Meyer | | | | | | | | | | | | | | | | | | | | | | | | | |
| Friday | 10 a.m. | Scenic Drive | | | | | | | | | | | | | | | | | | | | | | | | | |

Feathery Fun (Continued)

A field guide will enhance your bird-watching experience, too. Descriptions and pictures help you identify which birds you've spotted. "Peterson Field Guide for Eastern Birds" and "Peterson Field Guide for Western Birds" are great resources for new birders.

Next, you've got to find the birds! Some folks like to attract them with feeders and various flowers. If your community has a bird feeder set up, well – that's the place to begin! However, there are plenty of places to spot these creatures even without feeders. Sometimes it's just a matter of patiently waiting. So grab some binoculars, round up some friends and get started!

Sleep Tight!

Did you know that May is Better Sleep Month? These tips may prevent you from tossing and turning throughout the night.

The most important thing you can do to sleep better is to keep a consistent schedule. Try to fall asleep around the same time every night. Keeping a schedule will regulate your sleep-wake cycle and help you stay asleep for a full eight hours. Another tip: Make sure you don't go to bed too hungry or too full. Eating certain foods just before bed has been shown to cause vivid dreams, which may leave you feeling tired in the morning. And, of course, ingesting caffeine before bed, or even too late in the afternoon, can keep you up longer. If you have trouble falling or staying asleep, stick to non-caffeinated beverages at the day's end. Decaf coffee and herbal tea are just a few options.

Another helpful habit is to have a bedtime ritual to prepare your body for sleep. Try taking a hot shower or soaking in a relaxing bath. Read a book or listen to soothing music. Studies have shown that electronic devices, particularly those with backlit screens, may keep you from falling asleep. For that reason, try to do something besides watching the TV or using the computer when bedtime draws near. Setting up your room for sleep is also important. Most people sleep best in slightly cool, dark, quiet places. Turn on a fan or invest in a sleep mask to create the perfect sleep setting.

Limiting naps and exercising regularly will improve your slumber as well. Try to nap no longer than 30 minutes a day in the middle of the afternoon. Exercise helps make you tired, but you should work out at least two hours before bedtime, since people tend to feel more energized immediately after a workout.



Here's wishing you more restful, rejuvenating sleep throughout Better Sleep Month and beyond. Sleep tight!

How Did He Do That? (Continued)

Then it was time for individual participation. First to the front was Samantha Palmer. She was instructed to take a torn corner from a card and hold it up for everyone to view. Christopher continued the trick as Sammy looked on very quizzically. He grabbed an orange and sliced it in half. Lo and behold, there in the center of the fruit was a folded card missing a corner – the same corner Sammy was still holding in her hand!

The next victim, General Manager Kelly Martin, was about to be fooled by a rope. A single piece of rope was cut into various lengths and then knotted together. Kelly was asked to blow on the knots and pull one end as Christopher pulled the other. Voila! The multiple pieces were once again whole! Fantastic.

Last but not least was resident Shirley Lewis. Her debut was more of a blast because it happened to be her birthday. Shirley was to master the four rings. The instruction was to hit each one into the other until all four were connected. The Illusionist explained and demonstrated the trick, and then it was Shirley's turn. Shirley asked, "How do the rings connect when there are no openings?" Once again the trick was demonstrated. Shirley mastered one, but the remaining three were left hanging.

Smoke and mirrors and sleight of hand ... Pandora's box was opened, and what a sight it was!



FAIRWINDS
SAND CREEK

It's More Than Retirement. It's Five-Star Fun.

3310 Valencia Drive
Idaho Falls, ID 83404

208.542.6200

Staff

General Manager
Kelly G. Martin

Administrative Assistant
Chelsey Gordon

Assistant Manager
Debbie Henscheid

Program Supervisor
Juli Hendrix

Sales Advisor
Renell Burnham

Concierge
Beverly Hunter

Move-In Coordinator
Machelle Bergeman

Housekeeping Supervisor
Janet Holland

Chef
Nolan Wilcox

Plant Operations Supervisor
Denny Dennis

Dining Room Supervisor
Chris Potter

Health and Wellness Director
Tricia Klivers

