

livfun

Springfield Place

MAY 2012 • ENJOY THE JOURNEY

Springfield Branches Out!



Residents at Springfield are branching out and learning how to use iPads, laptop computers and iPhones! Robert provided these eager students with

an introduction to the basics. They enjoyed the class and have planned to meet monthly for continued education.

Learning a new skill is identified as one of the top 10 ways to improve your brain fitness and works multiple areas of the brain, according to Dr. Mark Stibich. Way to keep those synapses firing, Springfield Place!



Refreshing Summer Beverages



During warm months, it's important to stay hydrated. Water should be your go-to beverage. However, it's okay to mix in a few fun drinks, too. In the summer, iced tea is a delicious option.

According to WebMD, tea has been linked to possible health benefits. It's generally considered much healthier than soda, and tea drinks tend to have less sugar than fruit juices. It's also easy to make, and there are caffeine-free varieties as well.

The most common iced tea, like the kind you normally get at restaurants, is what's known as black tea. Studies suggest black tea might alleviate the risk of stroke. Both green tea and black tea contain caffeine, so if you want to avoid that stimulant, try herbal tea. It can be served over ice, too – the possibilities are endless!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations</p> <p>Activity Room, AR Dining Room, DR Exercise Room, ER Health and Wellness, HW Library, LB • Local, L Lounge, LG Private Dining Room, PD Spa, Spa</p> <p>Birthdays</p> <p>Muriel Dinsmore, 1st Lennie Pieper, 1st Honey Engdahl, 3rd Marion Houlihan, 8th Alice Lemos, 28th Irene Corvi, 11th Kaitlyn Gould, 29th (Employee) Anna Barbee, 11th Lucy Stein, 12th</p>	<p>9:00 Stretch and Strengthen With Vicki, AR 1</p> <p>9:00 Resident Local Shopping Trip, L 10:00 Be Fit! With Vicki (Offsite), L 11:15 Walking & Wheeling Group, L 11:30 WOMEN'S LUNCHEON, AR 1:30 Spring Training Walkers, L 2:00 <i>Wii Bowling, AR</i> 3:30 SPECIAL GUEST PERFORMER: KARL LEBHERZ, LG 6:30 Evening Movie, AR</p>	<p>9:00 Get Into Shape With Vicki, AR 2</p> <p>10:15 <i>Bocce Ball, AR</i> 11:15 Walking & Wheeling Group, L 12:30 Afternoon Matinee, AR 1:30 Spring Training Walkers, L 2:30 Living History With Steve, AR 4:00 Happy Hour, LG 6:30 <i>Mexican Train Dominoes, AR</i></p>	<p>9:00 Chair Yoga With Elizabeth, AR 3</p> <p>10:00 Be Fit! With Vicki (Offsite), L 11:15 Walking & Wheeling Group, L 1:00 RESIDENT ACTIVITY MEETING, AR 1:30 Spring Training Walkers, L 2:15 Bocce Ball, AR 3:30 Aging Gracefully, AR 6:30 Rummikub, LB</p>	<p>9:00 Resident Shopping Trip: Kohl's, L 4</p> <p>9:00 Stretch and Strengthen With Vicki, AR 10:30 Beginners Wii Bowling With Dottie, AR 11:15 Walking & Wheeling Group, L 1:30 Spring Training Walkers, L 2:30 Afternoon Bridge Game, LB 4:00 Happy Hour, LG 6:30 VIRTUAL TRAVELS, AR</p>	<p>CINCO DE MAYO 5</p> <p>9:30 RESIDENT SHOPPING TRIP: PETALUMA OUTLETS, L 10:00 Catholic Communion, AR 10:30 Bocce Ball, AR 1:00 <i>Documentary Movie, AR</i> 1:30 Blood Pressure Clinic, Health/Wellness, HW 1:30 Walking & Wheeling Group, L 3:00 Readers' Theater With Susan Sikora, AR 4:00 Happy Hour, LG 6:30 Saturday Night at the Movies, AR 7:00 <i>Bingo, LG</i></p>	
<p>8:00 Bay Area Focus With Susan Sikora, LG 6</p> <p>9:00 Church Service, L 10:15 Bocce Ball, AR 1:30 Sunday Drive, L 1:30 Walking & Wheeling Group, L 2:00 Classic Matinee, AR 3:00 POKER PLAYERS!, LB 7:00 <i>Bingo, LG</i></p>	<p>9:00 HEARING AID CLINIC, SPA 7</p> <p>9:30 Aqua Aerobics, L 9:30 Creative Arts With Deborah, AR 11:15 Walking & Wheeling Group, L 12:00 GETTING TO KNOW YOU LUNCH WITH STAFF, DR 1:00 Get Into Shape With Vicki, AR 1:30 Spring Training Walkers, L 2:00 BRAINERSIZE!, LB 2:30 <i>Wii Bowling, AR</i> 3:00 Rummikub, LB 4:00 Happy Hour, LG 7:00 <i>Bingo, LG</i></p>	<p>9:00 Stretch and Strengthen With Vicki, AR 8</p> <p>9:00 Resident Local Shopping Trip, L 10:00 Be Fit! With Vicki (Offsite), L 11:15 Walking & Wheeling Group, L 1:30 Spring Training Walkers, L 2:00 <i>Wii Bowling, AR</i> 3:30 Music With Vicki, AR 6:30 <i>News and Views, AR</i></p>	<p>9:00 Get Into Shape With Vicki, AR 9</p> <p>10:15 <i>Bocce Ball, AR</i> 11:15 Walking & Wheeling Group, L 12:30 Afternoon Matinee, AR 1:00 Melodies After Lunch With Eddie, LG 1:30 Spring Training Walkers, L 2:30 Living History With Steve, AR 4:00 SPECIAL MEET & GREET HAPPY HOUR, LG 6:30 <i>Mexican Train Dominoes, AR</i></p>	<p>9:00 Chair Yoga With Elizabeth, AR 10</p> <p>10:00 Be Fit! With Vicki (Offsite), L 11:15 Walking & Wheeling Group, L 1:30 Spring Training Walkers, L 2:15 Bocce Ball, AR 3:30 Aging Gracefully, AR 5:00 Resident Birthday Dinner, PD 6:30 Rummikub, LB</p>	<p>9:00 Stretch and Strengthen With Vicki, AR 11</p> <p>10:30 Beginners Wii Bowling With Dottie, AR 11:15 Walking & Wheeling Group, L 1:30 Spring Training Walkers, L 1:30 IPAD & LAP TOP COMPUTER CLASS, LB 2:30 Afternoon Bridge Game, LB 3:00 Shabbat Gathering, AR 4:00 Happy Hour, LG 6:30 VIRTUAL TRAVELS, AR</p>	<p>9:00 TAI CHI WITH PATRICK, AR 12</p> <p>10:00 Catholic Communion, AR 10:00 THERAPY DOG VISIT WITH MOLLY, LG 10:30 Bocce Ball, AR 1:00 <i>Documentary Movie, AR</i> 1:30 Blood Pressure Clinic, Health/Wellness, HW 1:30 Walking & Wheeling Group, L 1:45 "NATIVE WORDS, NATIVE WARRIORS" EXHIBIT: PETALUMA HISTORICAL MUSEUM, L 4:00 Happy Hour, LG 6:30 Saturday Night at the Movies, AR 7:00 <i>Bingo, LG</i></p>
<p>MOTHER'S DAY 13</p> <p>8:00 Bay Area Focus With Susan Sikora, LG 9:00 Church Service, L 10:15 Bocce Ball, AR 11:00 SPECIAL MOTHER'S DAY CHAMPAGNE BRUNCH, DR 1:30 Resident Local Shopping Trip, L 1:30 Walking & Wheeling Group, L 2:00 CLYDE SWINGS!, DR 3:00 POKER PLAYERS!, LB 6:30 Special Mother's Day Movie: "Steel Magnolias," AR 7:00 <i>Bingo, LG</i></p>	<p>MASSAGES BY LAURIE, SPA 14</p> <p>9:30 Aqua Aerobics, L 9:30 Creative Arts With Deborah, AR 11:15 Walking & Wheeling Group, L 1:00 Get Into Shape With Vicki, AR 1:30 Spring Training Walkers, L 2:00 BRAINERSIZE!, LB 2:30 <i>Wii Bowling, AR</i> 3:00 Rummikub, LB 4:00 Happy Hour, LG 7:00 <i>Bingo, LG</i></p>	<p>9:00 Stretch and Strengthen With Vicki, AR 15</p> <p>9:00 Resident Local Shopping Trip, L 10:00 Be Fit! With Vicki (Offsite), L 11:15 Walking & Wheeling Group, L 1:30 Spring Training Walkers, L 2:00 <i>Wii Bowling, AR</i> 3:30 Music With Vicki, AR 6:30 Evening Movie, AR</p>	<p>9:00 Get Into Shape With Vicki, AR 16</p> <p>10:15 <i>Bocce Ball, AR</i> 11:15 Walking & Wheeling Group, L 12:30 Afternoon Matinee, AR 1:30 Spring Training Walkers, L 2:30 Living History With Steve, AR 4:00 Happy Hour, LG 6:30 <i>Mexican Train Dominoes, AR</i></p>	<p>9:00 Chair Yoga With Elizabeth, AR 17</p> <p>10:00 Be Fit! With Vicki (Offsite), L 11:15 Walking & Wheeling Group, L 1:30 Spring Training Walkers, L 2:15 Bocce Ball, AR 3:30 Aging Gracefully, AR 6:30 Rummikub, LB</p>	<p>9:00 Stretch and Strengthen With Vicki, AR 18</p> <p>9:00 Resident Local Shopping Trip, L 10:30 Beginners Wii Bowling With Dottie, AR 11:15 Walking & Wheeling Group, L 11:30 LUNCH BUNCH: HUNAN VILLAGE, L 1:30 Spring Training Walkers, L 2:30 Afternoon Bridge Game, LB 4:00 Happy Hour, LG 6:00 Piano With Joan, LG</p>	<p>ARMED FORCES DAY 19</p> <p>10:00 Catholic Communion, AR 10:30 Bocce Ball, AR 1:00 <i>Documentary Movie, AR</i> 1:30 Walking & Wheeling Group, L 1:30 Blood Pressure Clinic, Health/Wellness, HW 3:00 Readers' Theater With Susan Sikora, AR 4:00 Happy Hour, LG 6:30 Saturday Night at the Movies, AR 7:00 <i>Bingo, LG</i></p>
<p>8:00 Bay Area Focus With Susan Sikora, LG 20</p> <p>9:00 Church Service, L 10:15 Bocce Ball, AR 1:30 Sunday Drive, L 1:30 Walking & Wheeling Group, L 2:00 Classic Matinee, AR 3:00 POKER PLAYERS!, LB 7:00 <i>Bingo, LG</i></p>	<p>9:30 Aqua Aerobics, L 21</p> <p>10:00 RESIDENT ART SHOW & RECEPTION, AR 11:15 Walking & Wheeling Group, L 11:30 GENTLEMEN STEP OUT TO LUNCH: MCNEAR'S, L 12:00 GETTING TO KNOW YOU LUNCH WITH STAFF, DR 1:00 Get Into Shape With Vicki, AR 1:30 Spring Training Walkers, L 2:00 BRAINERSIZE!, LB 2:30 <i>Wii Bowling, AR</i> 3:00 Rummikub, LB 4:00 Happy Hour, LG 7:00 <i>Bingo, LG</i></p>	<p>9:00 Stretch and Strengthen With Vicki, AR 22</p> <p>9:00 Resident Local Shopping Trip, L 10:00 Be Fit! With Vicki (Offsite), L 11:15 Walking & Wheeling Group, L 1:30 Spring Training Walkers, L 2:00 <i>Wii Bowling, AR</i> 3:30 Music With Vicki, AR 6:30 <i>News and Views, AR</i></p>	<p>9:00 Get Into Shape With Vicki, AR 23</p> <p>10:15 <i>Bocce Ball, AR</i> 11:15 Walking & Wheeling Group, L 12:30 Afternoon Matinee, AR 1:00 Melodies After Lunch With Eddie, LG 1:30 Spring Training Walkers, L 2:30 Living History With Steve, AR 4:00 Happy Hour, LG 6:30 <i>Mexican Train Dominoes, AR</i></p>	<p>9:00 Chair Yoga With Elizabeth, AR 24</p> <p>10:00 Be Fit! With Vicki (Offsite), L 11:15 Walking & Wheeling Group, L 1:30 Spring Training Walkers, L 2:15 Bocce Ball, AR 3:30 Aging Gracefully, AR 6:30 Rummikub, LB</p>	<p>9:00 Stretch and Strengthen With Vicki, AR 25</p> <p>10:30 Beginners Wii Bowling With Dottie, AR 11:15 Walking & Wheeling Group, L 1:30 Spring Training Walkers, L 2:30 Afternoon Bridge Game, LB 4:00 Happy Hour, LG 6:30 VIRTUAL TRAVELS, AR</p>	<p>9:00 Therapy Dog Visit, LG 26</p> <p>9:00 TAI CHI WITH PATRICK, AR 10:00 Catholic Communion, AR 10:30 Bocce Ball, AR 12:00 "SPRINGFEST" MARIN DANCE THEATER, L 1:00 <i>Documentary Movie, AR</i> 1:30 Walking & Wheeling Group, L 1:30 Blood Pressure Clinic, Health/Wellness, HW 4:00 Happy Hour, LG 6:30 Saturday Night at the Movies, AR 7:00 <i>Bingo, LG</i></p>
<p>8:00 Bay Area Focus With Susan Sikora, LG 27</p> <p>9:00 Church Service, L 10:15 Bocce Ball, AR 1:30 Walking & Wheeling Group, L 1:30 Resident Local Shopping Trip, L 2:00 Classic Matinee, AR 3:00 POKER PLAYERS!, LB 7:00 <i>Bingo, LG</i></p>	<p>MEMORIAL DAY 28</p> <p>MASSAGES BY LAURIE, SPA 11:15 Walking & Wheeling Group, L 11:30 MEMORIAL DAY BARBEQUE 1:00 Get Into Shape With Vicki, AR 1:30 Spring Training Walkers, L 2:00 BRAINERSIZE!, LB 2:30 <i>Wii Bowling, AR</i> 3:00 Rummikub, LB 4:00 Happy Hour, LG 7:00 <i>Bingo, LG</i></p>	<p>8:00 MEN'S BREAKFAST, DR 29</p> <p>9:00 Stretch and Strengthen With Vicki, AR 9:00 Resident Local Shopping Trip, L 10:00 Be Fit! With Vicki (Offsite), L 11:15 Walking & Wheeling Group, L 1:30 Spring Training Walkers, L 2:00 <i>Wii Bowling, AR</i> 3:30 Music With Vicki, AR</p>	<p>9:00 Get Into Shape With Vicki, AR 30</p> <p>10:15 <i>Bocce Ball, AR</i> 11:15 Walking & Wheeling Group, L 12:30 Afternoon Matinee, AR 1:30 Spring Training Walkers, L 2:30 Living History With Steve, AR 4:00 Happy Hour, LG 6:30 <i>Mexican Train Dominoes, AR</i></p>	<p>9:15 Resident Council Meeting, LG 31</p> <p>10:00 Be Fit! With Vicki (Offsite), L 11:15 Walking & Wheeling Group, L 1:00 Stretch and Strengthen With Vicki, AR 1:30 Spring Training Walkers, L 2:15 Bocce Ball, AR 3:30 Aging Gracefully, AR 6:30 Rummikub, LB</p>	<p>Transportation</p> <p>Tuesday 9-11:30 a.m. Resident Local Shopping; 2-4 p.m. Marin Medical Appointments</p> <p>Wednesday 9 a.m.-12 p.m.; 2-4 p.m. Local Medical Appointments</p> <p>Thursday 9 a.m.-12 p.m., Santa Rosa Medical Appointments; 2-4 p.m., Local Medical Appointments</p> <p>Friday 9-11:30 a.m., First and Third Friday: Resident Local Shopping</p> <p>Sunday 1:30-3 p.m., Second and Fourth Sunday: Resident Local Shopping</p>	



And ... They're Off!

May 5 marks the 138th Annual Kentucky Derby. This one-and-a-quarter-mile race for three-year-old thoroughbreds is held the first Saturday in May at historic Churchill Downs in Louisville, Ky.

Horse racing has been a part of Kentucky's heritage since as far back as the 1700s. It wasn't until 1872, though, that Colonel Meriwether Lewis Clark, Jr. went to Europe and visited several jockey clubs and horse tracks. He came back to America and organized the Louisville Jockey Club to raise funds for a track just outside town. That was the start of Churchill Downs, named after John and Henry Churchill – Clark's relatives who donated the land.

The Derby became known as "The Run for the Roses" because the winner receives a garland of roses. This tradition supposedly started when New York socialite E. Berry Wall gave women roses at a post-Derby party in 1883. Clark saw this and got the idea to make the rose the official flower of the Derby. However, it was not until 1896 that the first garland was given to the winner.

The first official Kentucky Derby was held May 17, 1875. A colt named Aristides won under jockey Oliver Lewis. In 1973, the horse Secretariat was the first Derby winner to break the two-minute barrier, with a time of 1:59. Secretariat went on to win the Triple Crown, meaning he won the Kentucky Derby, the Preakness Stakes and the Belmont Stakes. Only 11 horses have won the Triple Crown; the first was Sir Barton in 1919 and the latest was Affirmed in 1978.

Fun traditions like donning large spring hats and sipping mint juleps are a big part of the Derby's appeal. This year, gather with friends in your spring finest to cheer on your favorite picks. Armed with a little history of "The Greatest Two Minutes in Sports," you're now ready to celebrate this year's Derby in style. Let the races begin!

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 just 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 what 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!

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!

SPRINGFIELD PLACE

LIVING BETTER THAN EVER

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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 is 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 back-lit 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!

