

livfun

Canfield Place

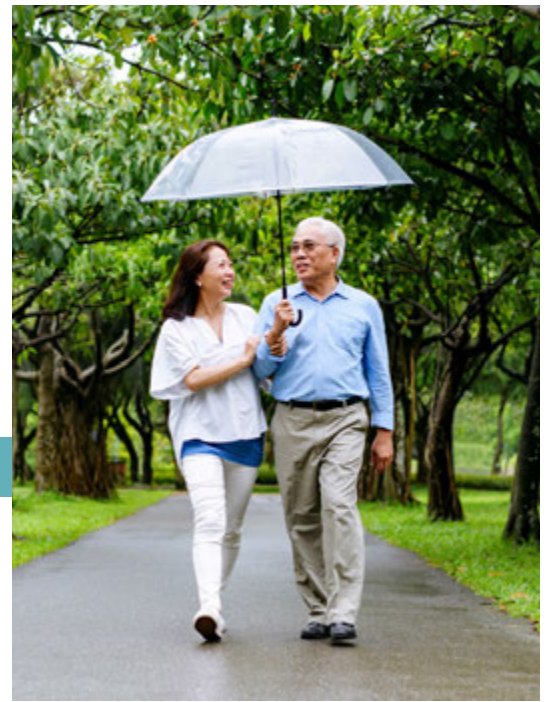
APRIL 2020 · SOUNDS OF SPRING



Sharon and her daughter enjoy a delicious brunch!

Easter at Canfield

While we won't be able to celebrate Easter together as a group this year, we hope you enjoy some photos from our past Easter Brunches. We can't wait until we can all come together for our next great celebration!



June Coe and her grandson are all smiles.



Eileen and her family enjoy Easter brunch with friends.



Helen Lund and her son celebrate the special spring holiday.



Pioneer for Parkinson's

April is Parkinson's Disease Awareness Month, with World Parkinson's Day taking place on April 11. The date marks the birthday of Dr. James Parkinson, the English neurologist and scientist whose research laid the groundwork for the study and treatment of the disease.

The condition, which affects specific parts of the brain, was noted by several ancient cultures, but Parkinson's 1817 publication "An Essay on the Shaking Palsy" was the first clinical, detailed description of the disease. From his observations of six people, the London doctor identified key symptoms, including weakness, trembling in the hands and arms, and a stooped gait. Parkinson also noted the slow progression of the disease and called for further research by the medical community.

More than 50 years later, French neurologist Jean-Martin Charcot expanded on Parkinson's work and, recognizing its importance, suggested the condition bear his name. Since then, doctors and researchers have gained more knowledge about the disease and developed treatments to help manage symptoms.

In the 1980s, a Dutch horticulturist with the condition developed a new flower variety he named the Dr. James Parkinson tulip. A red tulip is now the global symbol of Parkinson's disease awareness and the commitment and hope for a cure.



Communication From Leisure Care

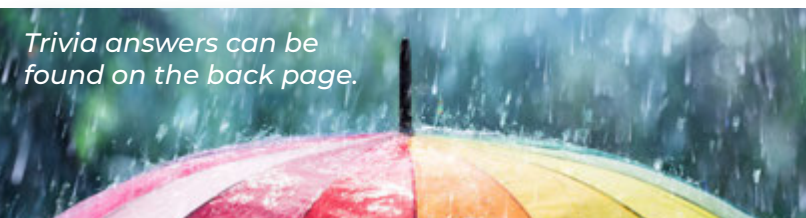
It goes without saying that we are living in an unprecedented and challenging time. When you opened this newsletter, you were likely expecting to see your monthly activities calendar. Due to COVID-19, we have canceled all activities throughout the community and are instead using this space to provide you helpful information and some ideas and activities while social distancing.

With 50 communities in 17 states, like all of you, we have been closely monitoring the developments that are changing daily and, in some cases, hourly. With that in mind, we are regularly modifying our protocol in alignment with best practices as determined by the CDC and state regulatory bodies, while also seeking alignment with our company values of doing the right thing. With all that is going on, our priorities have not changed; the health of our residents and employees remains our main focus.

For our most recent updates, visit www.leisurecare.com/communication-plan. Please contact your management team if you have any questions about COVID-19.

April Trivia

- How fast can raindrops fall?
- How many jelly beans are produced for Easter each year?
- What cloud shares its name with the Latin word for "rain"?
- What is the name of the dinner during the celebration of Passover?
- Green, white, purple and orange: Which of these is *not* a color of asparagus?
- Who wrote, "... April, dressed in all his trim Hath put a spirit of youth in everything"?
- What is April's birthstone?
- What is the name of April's full moon?
- Who sang the 1957 hit song "April Love"?
- About how many umbrellas are sold each year in the U.S.?
- Who was the U.S. president during the first White House Easter egg roll in 1878?
- What do they call an umbrella in England?
- In what year did the first Earth Day (April 22) take place?
- What common bird is known as the herald of springtime?



Trivia answers can be found on the back page.

Keep Active With These Activities

- Carry on a daily routine as much as possible.
- Stay connected with family and friends by telephone, writing them a letter or email, or by using social media.
- Keep physically active as much as you can. Take advantage of the limited walks when possible, move around your apartment, and do simple seated stretches.
- Use this time as an opportunity. Read that book you've been wanting to get to, work on your favorite crafting project or hobby, take on a puzzle (Try the ones here in the newsletter!), start a journal, or learn something new.
- Unleash your inner artist with coloring pages or take up drawing or sketching.
- Organize something you've put off, such as that pile of papers, a drawer or shelf.
- Listen to your favorite music.
- If it's possible, use your TV's streaming service to catch up on some classic movies or one of those popular TV shows everyone's talking about.
- Use your device to research a topic you've always been interested in, learn some phrases in a foreign language, watch a YouTube tutorial or TED talk, or just laugh at some animal videos!
- Above all, maintain a positive attitude. You have likely coped with difficult situations before, and be reassured that you will cope with this current situation as well.

Sudoku

The object of Sudoku is to fill all the blank squares with the correct numbers. Each row, column, and 3x3 subsection must include all digits 1-9 in any order.

Solution can be found on the back page.

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

Crossword Puzzle

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20				21	22						23			
			24					25	26					
27	28	29					30					31	32	33
34						35						36		
37				38	39							40		
41				42								43		
44				45					46	47				
			48					49						
50	51	52					53					54	55	56
57						58	59				60	61		
62						63					64			
65						66					67			

ACROSS

- Ice cream serving
- Man's nickname
- Second in a series
- Disease that attacks the muscles
- Mixture
- Future indicator
- ___ costs; regardless of the difficulty
- Very cruel
- Hankering
- Property buyer's concern
- Biblical line
- Rapidly growing item
- Got away
- Potato implement
- Cherished
- UV forerunners
- Jai ___
- Does an usher's job
- ___ tree; cornered
- Film set in a jungle
- Work unit
- Restores to health
- Pinnacle
- Cockney abode
- European river
- Makes changes in
- Mars' Greek counterpart
- Anthology entries
- Hastily
- "Wanna make ___?"
- Pronoun
- Painful problem
- Claw
- Ending for some girls' names
- Stable staple
- African antelope
- Like horse hooves
- Scottish language
- Violates
- SPCA's advice
- Place for sheep
- Pearl Buck heroine
- Word with olive or motor
- Gallup respondent
- Regally clothed
- ___ Bator, Mongolia
- Polite person's word
- Sound of grief
- Weary
- Kuwaiti leader
- Sri Lanka exports
- ___ Murray
- Opposed
- Suffix for wind or sand
- Genius
- Accomplishments
- Strip of wood
- San ___, California
- Warning device
- "Beetle Bailey" figure
- Postpone
- 100 paise
- Pierce
- Puts a burden on
- Painful spots
- Oak droppings
- Like a streaker
- Homes for some: abbr.
- Fruity concoction
- B, for one
- Was achy and feverish
- Fat
- Grows gray
- College major
- Singer's range
- Picnic spoilers
- Insult
- Sharpen
- Football players
- Gout spot
- One of a pair
- Chicken ___ king

DOWN

1. SPCA's advice
2. Place for sheep
3. Pearl Buck heroine
4. Word with olive or motor
5. Gallup respondent
6. Regally clothed
7. ___ Bator, Mongolia
8. Polite person's word
9. Sound of grief
10. Weary
11. Kuwaiti leader
12. Sri Lanka exports
13. ___ Murray
19. Opposed
22. Suffix for wind or sand
24. Genius
25. Accomplishments
26. Strip of wood

Solution can be found on the back page.

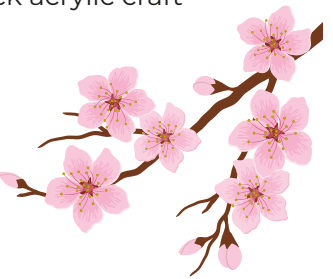
Craft Corner

Soda Bottle Spring Blossoms

It's easy to paint a beautiful cherry tree in bloom—just use a soda bottle as a stamp!

Materials:

- White piece of paper
- Paintbrush
- Dark brown or black acrylic craft paint or marker
- Light pink acrylic craft paint
- Small paper plate
- Empty plastic soda bottle



Directions:

Paint or draw a tree branch on the paper using the dark paint or marker. Let dry.

Pour some pink paint on the paper plate. Dip the bottom of the soda bottle into the paint so that the five bumps on the bottom of the bottle are covered.

Use the bottle to stamp pink cherry blossom flowers along the tree branch. Before stamping each flower, dip the bottle into the pink paint for a fresh coat.

Once dry, hang your artwork for all to see.

Fragrant Flowers

Bring the scent of spring to a room, closet or drawer with this handmade air freshener.

Materials:

- Felt
- Scissors
- Sheet pan
- Parchment paper
- Essential oil (any scent)
- Needle and thread
- String
- Hot glue gun and glue

Directions:

Cut four circles out of the felt, each a bit smaller than the other. Cut evenly spaced slits around the edge of each circle to create petals.

Cover the sheet pan with parchment paper. Arrange the felt circles on the pan in a single layer and sprinkle each circle with a few drops of essential oil. Leave the pan in a sunny spot for an hour to let the scent soak in.

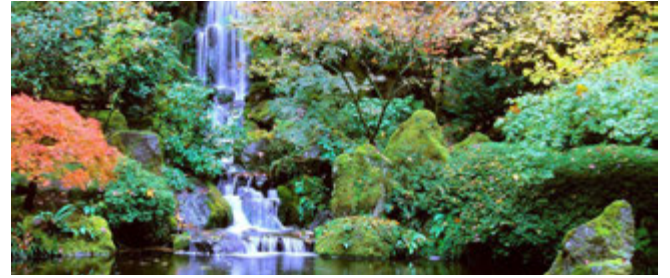
Layer the circles in a stack from largest to smallest. Sew an "X" through the center of the stack. To make a hanger, knot together two ends of a piece of string to create a loop, then glue the knotted end to the back of the flower.

When the scent fades, sprinkle the flower with more essential oil and let dry in a sunny spot.



A Glimpse into the Portland Japanese Gardens

For many Oregonians, we've visited the famous Portland Japanese Gardens, but how much do you know about it? Until we're able to reschedule the presentation from expert docent, Sherry Johnston, take a look at the virtual tours available at <https://visitingmedia.com/tt8/?ttid=japanese-gardens>. The Garden sits nestled in the hills of Portland's iconic Washington Park, overlooking the city and providing a tranquil, urban oasis for locals and travelers alike. Designed in 1963, it encompasses 12 acres with eight separate garden styles and includes an authentic Japanese Tea House, meandering streams, intimate walkways and a spectacular view of Mt. Hood. Throughout the Garden's history, it has been acclaimed by a number of visiting Japanese dignitaries as one of the most beautiful and authentic Japanese gardens in the world outside of the island nation.



BrainHQ

Have you tried BrainHQ yet? Leisure Care, our management company, has partnered with BrainHQ to provide this cognitive training program to our residents. It addresses the elemental processes in brain function that feed into higher-order abilities, like memory and attention. Give it a try this month, while we're all practicing our social distancing.

What is BrainHQ?

BrainHQ is an online neuroplasticity-based brain-training system. BrainHQ:

- Includes 29 different brain exercises
- Works out attention, memory, brain speed, people skills, intelligence, and navigation
- Adaptable! Works at the right level for everyone
- Is challenging and engaging
- Works on any device or computer

Who is BrainHQ for?

BrainHQ is for people who want to:

- Improve their memory
- Stay sharp and focused
- Pay attention to fine details
- Improve their mood
- Improve balance and movement
- Live independently longer
- Sharpen their hearing
- Think quickly on their feet

How it works

BrainHQ doesn't teach memory tricks or other shortcuts. Instead, it addresses the elemental processes in brain function that feed into higher-order abilities, like memory and attention.



April Birthdays

Dorothy Strandberg, 13th
Ruth Boughner, 18th
Lauretta Slaughter, 20th

Nancy Humphrey, 25th
Carol May, 29th

CANFIELD PLACE

LIVING BETTER THAN EVER

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Staff

General Manager
Jennifer Carty

Bookkeeper
Amanda Shriver

Sales Advisor
Marjan Emamjomeh

Program Supervisor
Susan Christopher

Chef
Julie Wallner

PrimeFit Instructor
Kristin Nackers

Restaurant Manager
Nancy Campos

Housekeeping Supervisor
Colleen Rake

Health and Wellness Manager
Shawna Frazier

Plant Operations Supervisor
Mike Campos

Puzzle Solutions (from pages 2-3)

April Trivia Answers

- | | | |
|------------------|------------------------|-------------------------|
| 1. Up to 22 mph! | 6. William Shakespeare | 11. Rutherford B. Hayes |
| 2. 16 billion | 7. Diamond | 12. A "brolly" |
| 3. Nimbus | 8. The pink moon | 13. 1970 |
| 4. Seder | 9. Pat Boone | 14. Robin |
| 5. Orange | 10. 33 million | |

Crossword Solution

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

Sudoku Solution

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