

liv fun

Canfield Place



JULY 2020 · STORIES OF OLD GLORY

National Senior Health & Fitness Day 2020

May 27 was National Senior Health & Fitness Day, and although it was slightly unusual,

due to safety protocols, it was incredibly uplifting and fun! Staff started the day with drawing positive images and messages for residents with chalk on the walkways surrounding our courtyard and community. Kristin, our wonderful

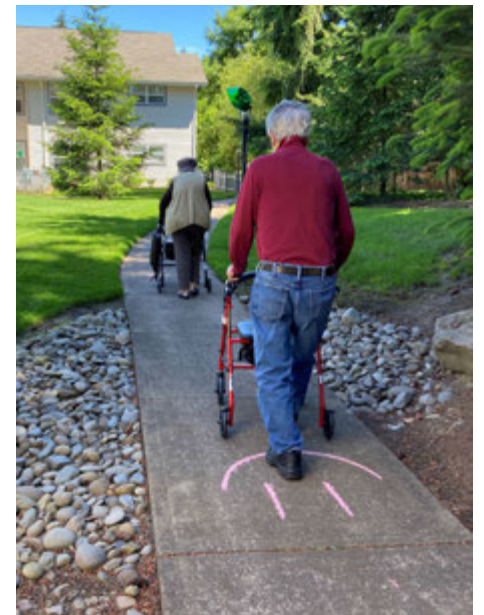
PrimeFit Instructor, not only handed out healthy snacks and mineral water to residents with the morning snack cart but also a Health & Fitness Booklet with good information on eating healthy and keeping active, as well as a Self-Care Bingo card to help remind residents of positive things they can do for mental and physical health. Then, she and a group of residents took a socially distanced walk with masks and had some fun in the sun. Everyone who completed the Self-Care Bingo and turned it in has been entered into a raffle for a special Self-Care Basket. The winner will be announced the beginning of this month on Facebook and in a daily flyer, so stay tuned!



Verle showing off Self-Care Bingo.



Vonnie being a true All-Star!



Leaving smiles wherever they go!



Fay ready to walk with flair!



Norma taking a rest and getting some sun.



June taking the lead! Vonnie is not far behind, just far enough for our social distance walk.



Earl strolling over a rainbow.

A Message From Leisure Care

While managing the changes brought on by the coronavirus, we continue to adjust our daily routines to keep our residents and staff happy and healthy. Thank you for doing your part in making a positive difference. As you know, we are following ongoing social distancing directives, based on guidelines from state and local jurisdictions as well as the Centers for Disease Control and Prevention. Due to our modified schedule of activities, we are using this space to provide you with additional activities.

For updates, visit www.leisurecare.com/communication-plan. Please contact your management team if you have any questions.

Patriotic Pillow Craft

Make a festive throw pillow in just a few minutes!

Materials:

- 1 red 20-inch bandana
- 1 blue 20-inch bandana
- 18-inch pillow insert
- Four rubber bands
- Scissors
- Red, white or blue ribbon

Directions:

Spread out one bandana and lay the pillow insert on top of it. Place the second bandana on top of the pillow. Use the rubber bands to bind the bandanas together at each of the four corners so that the pillow is secure inside the cover. Cut four pieces of ribbon several inches long and tie bows around the corners to hide the rubber bands.

Logic Problem: And the Winner Is ...

Five people ran a footrace: Mitch, Kyle, Joy, Leslie and Gwen. Based on the following clues, can you figure out what order the runners finished?

- Mitch was neither first nor last.
- Joy beat Mitch, and Mitch beat Gwen.
- Kyle was neither first nor last.
- Kyle beat Leslie, and Gwen beat Kyle.

Secret Superheroes

Match these superheroes to their alter egos.

Superhero	Name
1. Captain America	A. Britt Reid
2. Superman	B. Diana Prince
3. Wonder Woman	C. Steve Rogers
4. The Green Hornet	D. Clark Kent
5. Daredevil	E. Linda Danvers
6. Supergirl	F. Matt Murdock

Sudoku

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

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

Sundae Edition

Q: Why did the news reporter go to the ice cream parlor?

A: She wanted to get the scoop!

THE 50 STATES

Words go left, right, up, down, not diagonally, and can bend at a right angle. Every letter is used only once.

A I N V I R
R M N A N G

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

ALABAMA	HAWAII	MASSACHUSETTS	NEW MEXICO	SOUTH DAKOTA
ALASKA	IDAHO	MICHIGAN	NEW YORK	TENNESSEE
ARIZONA	ILLINOIS	MINNESOTA	NORTH CAROLINA	TEXAS
ARKANSAS	INDIANA	MISSISSIPPI	NORTH DAKOTA	UTAH
CALIFORNIA	IOWA	MISSOURI	OHIO	VERMONT
COLORADO	KANSAS	MONTANA	OKLAHOMA	VIRGINIA
CONNECTICUT	KENTUCKY	NEBRASKA	OREGON	WASHINGTON
DELAWARE	LOUISIANA	NEVADA	PENNSYLVANIA	WEST VIRGINIA
FLORIDA	MAINE	NEW HAMPSHIRE	RHODE ISLAND	WISCONSIN
GEORGIA	MARYLAND	NEW JERSEY	SOUTH CAROLINA	WYOMING

Puzzle Solutions

Logic Problem: And the Winner Is ...

1st: Joy; 2nd: Mitch; 3rd: Gwen; 4th: Kyle; 5th: Leslie

Secret Superheroes

1. C; 2. D; 3. B; 4. A; 5. F; 6. E

Sudoku

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

The 50 States

Simple Stretching Moves

Stretching on a regular basis helps to strengthen your muscles and increase your range of motion, which can make everyday physical activities easier. The following stretches are simple ones that can even be done from bed. Check with your health care provider before beginning a new routine.

Hands – Spread out your fingers and extend them until you feel a stretching sensation at the base of each finger. Then touch each finger, one at a time, to your thumb. Repeat with your other hand.

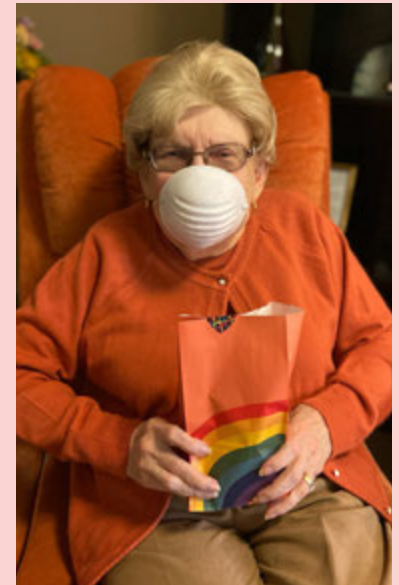
Wrists and arms – With your palm facing down, rest your forearm on a flat surface, such as a table or a bed. Rotate your wrist toward your pinky finger so that your palm is facing inward and hold for 10 seconds. Next, rotate your wrist in the other direction with your palm facing outward and hold for 10 seconds. Be sure to keep your forearm on the flat surface throughout the exercise.

Legs – Lie on your back and bend your knees so that your feet are flat on the bed. Lift one leg, supporting your thigh with your hands if needed. Rotate your lifted ankle in a clockwise motion, then counterclockwise. Repeat the exercise with your other leg.

Body stretch – Lie on your side with your legs together and knees bent. Extend both arms in front of your chest, palms pressed together. Imagine your arms are the covers of a book, then “open the book” by lifting the top arm and stretching toward the other side of your body as far as you comfortably can. Slowly return your arm to the closed position. Repeat three to five times.

Dressing Up In Style

Every Wednesday these last few months, we have been having fun dress up/ spirit days to help bring some light and positivity into our residents' and staff's lives, and they have not disappointed us. We have done Rainbow Day, where everyone dressed in their favorite color or mixture of colors, and we showed off our vibrant displays in the hallways and followed it up with some much needed coloring. We had Polka Dot & Stripes Day, which was especially fun to see how everyone mixed and matched, clashed, and in some cases, picked almost exactly the same styles, which was followed with some hallway bingo. The most important thing about these days is seeing residents and staff smile and laugh. Sure, they are doing it behind masks, but you know they are having a good time when you see the happiness reach their eyes and hear the laughter loud and clear! Thank you to all our wonderful residents and employees for taking part in these spirit days and showing us your fun personalities with style and flair!



Edie shows us her love for orange on Rainbow Day, and it is very flattering on her!



Kristin setting up coloring supplies for Rainbow Day.



Fay and Kristin were pleasantly surprised that they were accidental twins on Polka Dot Day!

July Birthdays

Fay Pierson, 3rd

Elizabeth Schwartz, 15th

Sue McCorkle, 18th

CANFIELD PLACE

LIVING BETTER THAN EVER

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Staff

General Manager
Betsy Upshaw

Sales Advisors
Marjan Emamjomeh
Sophia Stamatis

Chef
Julie Wallner

Restaurant Manager
Nancy Campos

Health and Wellness Director
Alana Nadal

Health and Wellness Coordinator
Kristi Grimm

Office Manager
Amanda Shriver

PrimeFit Instructor
Kristin Nackers

Housekeeping Supervisor
Colleen Rake

Plant Operations Supervisor
Mike Campos