

livfun

The Carillon at Belleview Station

SEPTEMBER 2020 • BELIEVE



The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight.

The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color, blooms can also be orange, red or purple, or have striped hues.

Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed.

A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.

Coffee Break

At home or on the go, plain or flavored, hot or cold, coffee is often part of our daily routine. Percolate on some details about this beloved brewed beverage.

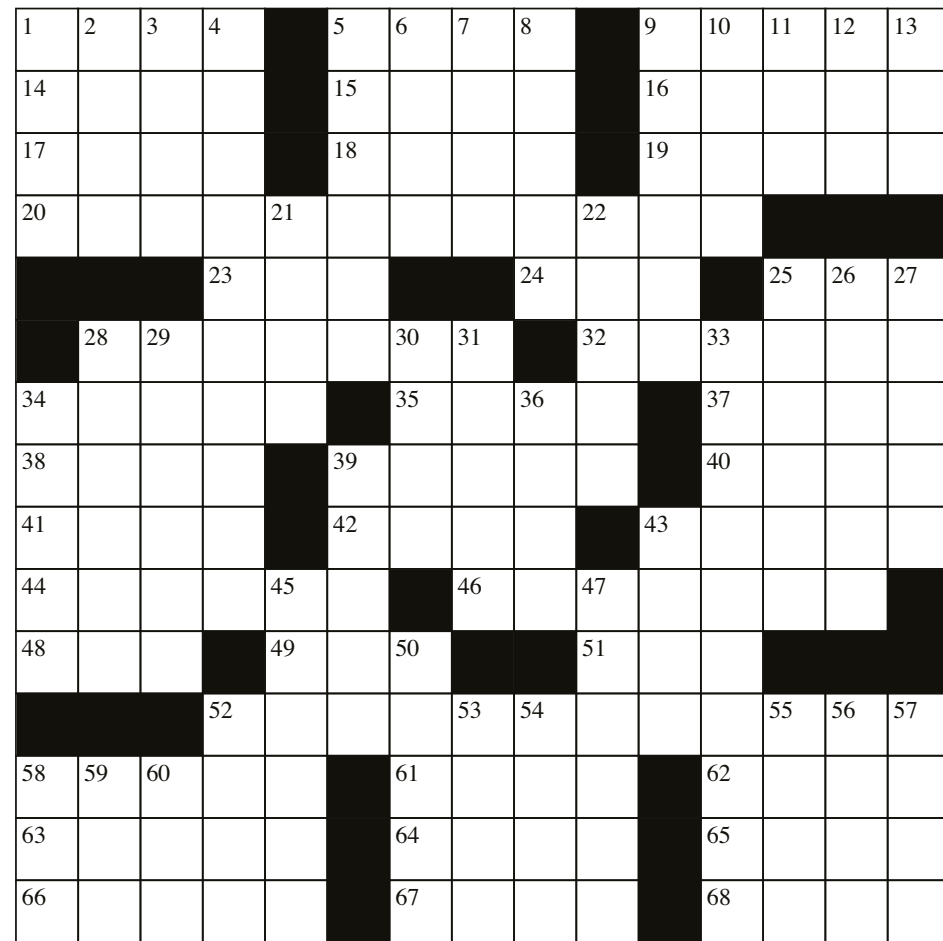
- More than 2 billion cups of coffee are consumed every day across the world, making it one of the most popular drinks.
- First discovered in Ethiopia, the coffee bean is actually a seed inside the coffee cherry, which is a fruit that grows on small trees.
- Brazil is the biggest producer of the globe's coffee supply.
- You'll find two main types of coffee beans: The most common is Arabica, and robusta is the variety used for instant coffee.
- The country of Finland consumes the most coffee.
- There's a lot of scientific evidence that shows drinking coffee may help you live longer. It's linked to a reduced risk of heart disease, cancer and diabetes.
- According to sales figures, cold brew is now the hottest coffee trend in the U.S.
- Why do you get that jolt from java? The caffeine in coffee triggers the release of adrenaline and boosts the brain's level of dopamine, a chemical that puts you in a good mood.
- With over 30,000 locations, Starbucks is the world's largest coffee shop chain.
- Coffee could power our cars one day. Researchers are converting coffee grounds into fuel.

A Message From Leisure Care

We are continuing to follow a modified schedule of activities due to COVID-19. Instead of the monthly calendar, please enjoy these additional activities that you can do at your leisure. Again, we thank you for your cooperation in helping to keep everyone in our community healthy and safe.

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

Crossword Puzzle



ACROSS

1. Bargain-hunt
5. Fog
9. Read __; recite
14. Novel setting
15. Of the U.S.A.
16. Rent long-term
17. Of a generation
18. Pocket bread
19. Procrastinator's word
20. Warm lunch
23. Originally named
24. Call a halt to
25. Nemesis
28. Rhythm
32. Cuts
34. Lament
35. Bee colony
37. "Ah, me!"
38. Character in Othello
39. West Point student
40. Out of __; behaving inappropriately
41. Word with stick or roll
42. One who acts like another
43. Lets
44. Evaluate
46. Pillages
48. Do a hairdresser's job

DOWN

1. Heavenly Milles.
2. Nag
3. Not just tacit
4. Mom, dad, or madam
5. Take place
6. Friend at the école
7. Greek letter
8. Expunge
9. Refer
10. Spring
11. Bit of cereal
12. Take advantage of
13. German article
21. High schooler
22. Start
25. Cat
26. Praying figures
27. Winding roads
28. Rough
29. Part of summer
30. Fellow
31. Sea duck
33. Certain love messages
34. Fictional king
36. Miles, e.g.
39. Tosses
43. Public disturbance
45. Sight and taste
47. Existing on a flat surface
50. Fourth page of a wall hanging
52. Preposition
53. Insignificant amount
54. Complaint to a dermatologist
55. Hot spot
56. __ PM: 2100 hours
57. Did in
58. Item in a desk drawer
59. Mr. Whitney
60. Girl's nickname

Brain Bender: Moving Day Dilemma

Anna, Bridget, Crystal, Danielle, Elyse, Faith, Gabby, Hallie and Jade are all moving into a three-story apartment building. Each floor has three apartments: west, middle and east. Use the clues below to figure out the floor and the apartment where each lives.

- Hallie does not live on the ground floor.
- Faith lives directly above Jade and directly next to Bridget, who lives in a west apartment.
- Elyse lives in an east apartment and one floor higher than Faith.
- Danielle lives directly above Faith.
- Gabby lives directly above Crystal.

A Word Game To 'DO'

Every answer below is a six-letter word or name that ends with the two letters D and O.

1. Lizard that's a "dragon"
2. Spanish for "Saturday"
3. Men's fancy black-and-white attire
4. Actor who starred in "On the Waterfront"
5. Square dance move
6. City in Ohio
7. Type of martial art
8. Name of a U.S. state and a river

Globetrotting Online

The next best thing to being there, traveling online is a good way to get away. Many of the world's tourist destinations are using technology so that virtual travelers can tour and interact with locales. Here's a sample of some digital tours:

- **Australia's Great Barrier Reef**
AttenboroughsReef.com
- **Acropolis of Athens**
AcropolisVirtualTour.gr
- **Peru's Machu Picchu**
YouVisit.com/tour/MachuPicchu

Use the search terms "virtual tour" with the names of other famous places, and you'll likely find they offer online experiences. There are tours of the Eiffel Tower, Great Wall of China, Taj Mahal, and the Egyptian pyramids. NASA even has out-of-this-world trips to the International Space Station and explorations of other solar systems.

Puzzle Solutions

Brain Bender: Moving Day Dilemma

Ground floor: west: Anna; middle: Jade; east: Crystal. Second floor: west: Bridget; middle: Faith; east: Gabby. Third floor: west: Hallie; middle: Danielle; east: Elyse

A Word Game To 'DO'

1. Komodo; 2. Sabado; 3. tuxedo; 4. Marlon Brando; 5. do-si-do; 6. Toledo; 7. judo or hapkido; 8. Colorado

'Care' Is One

How many words can you come up with using the letters in "appreciate"?

This Will Leaf You Smiling

Q: What's a tree's least favorite month?

A: Sep-timber!

Coloring Corner



Dried Fruits for a Wellness Boost

Bite-sized servings packed with flavor, dried fruits can be a sweet addition to a nutritious diet. When you're hankering for a snack, reach for one of these popular options:

Apricots – This orange, velvety fruit related to the peach is rich in vitamins A, C and E, which promote healthy vision, benefit your skin, and can help strengthen immunity. Apricots' high calcium and iron content aids in maintaining strong bones and good circulation.

Dates – Although they taste very sweet, dates have a low glycemic index, making them a nourishing nibble for those watching their blood sugar levels. Full of fiber and iron, these sticky dried fruits are featured in baked goods, as well as rice and lentil dishes.

Prunes – Like dates, prunes, which are dried plums, are a sweet, filling snack that won't cause blood sugar levels to spike. Prunes are good sources of vitamins A and K, as well as fiber, potassium and boron, a mineral that supports bone health.

Figs – Grown on certain species of ficus trees, figs have more fiber than any other fruit. Their high levels of fatty acids, antioxidants and prebiotics can help lower cholesterol, prevent disease and improve digestion.

Raisins – These dehydrated grapes contain potassium and iron, which are linked to lowering blood pressure and inflammation. Sprinkle them in cereal and salads, bake them in cookies and bread, or add them to trail mix. They're also a flavorful ingredient in a variety of savory recipes.

Commemorating the End of World War II

This month marks a historic milestone, the 75th anniversary of the end of World War II.

In May 1945, fighting in Europe ended with Germany's surrender. Three months later, the battle in the Pacific ceased after Japan surrendered. People across the globe celebrated with joy and relief.

Then on Sept. 2 in Tokyo Bay, the deck of the battleship USS Missouri served as the site of a momentous but solemn moment. In a ceremony broadcast throughout the world, Japanese delegates boarded the ship and signed formal surrender documents. Gen. Douglas MacArthur, commander of the Allied forces in the South Pacific, accepted and signed the agreement. Witnessing the event were representatives of nine Allied nations.

The six-year war was finally over, but many would not be returning home. More than 400,000 Americans and an estimated 65 million people worldwide gave their lives in the conflict.

Efforts quickly turned to rebuilding battle-torn countries. The following years ushered in a baby boom and an era of post-war prosperity in the U.S.

The USS Missouri is now a museum and memorial ship that rests next to the USS Arizona Memorial at Pearl Harbor, Hawaii.

Find Joy Through Journaling

Keeping a journal is a practice dating back thousands of years. In addition to preserving memories, journaling can help improve your life in other ways.

Ease stress: Writing down things that make you worried, angry or sad helps you to release those emotions, reducing anxiety and stress. Some people keep a gratitude journal and record reasons they are thankful, which can foster a healthy, happy perspective on life.

Solve problems: When you're not sure how you feel about something that's bothering you, try journaling about it. Writing uses your left brain, allowing your right brain to free itself from mental blocks and find a clearer understanding of the situation.

Improve relationships: It's normal to become irritated or upset with the people in our lives, but it's usually unwise to express it and pick a fight over every conflict. A journal is a private, safe place to vent frustrations.

Set goals: By writing in a journal every day, you can get to know yourself better and find out what's most important to you. This helps you focus on specific goals, and you can use your journal to track your progress as you move toward achieving them.



Live • Love • Laugh

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