

livfun

Fairwinds - Brighton Court

JULY 2020 · STORIES OF OLD GLORY

A Tribute to Korean War Veterans

More than 5 million men and women served in the U.S. armed forces during the Korean War. Dedicated on July 27, 1995, the Korean War Veterans Memorial, located on the National Mall in Washington, D.C., honors those who fought in the conflict from 1950 to 1953.

The memorial's most recognized feature is a triangle-shaped field with 19 stainless steel statues that represent the war's cross section of American service members from the Army, Marine Corps, Air Force and Navy. The 7-foot-tall figures appear to be moving toward an American flag that flies next to a reflective pool of remembrance. The reminder "Freedom is not free" is engraved on the pool's stone wall.

Another impactful feature is a black granite mural wall that shows thousands of images made from war photographs of military support personnel, including doctors, nurses and canine corps. The wall's polished surface also reflects the memorial's 19 statues, giving the illusion there are 38 figures. This number is symbolic of the 38 months the war lasted and the 38th parallel that separated North and South Korea.

Patriotic Movie Picks

Enjoy the Fourth of July with these movies that celebrate the red, white and blue.

"Yankee Doodle Dandy" (1942) – This biographical musical stars James Cagney as Broadway entertainer George M. Cohan, who composed the celebrated tunes "You're a Grand Old Flag" and the World War I anthem "Over There."

"The Longest Day" (1962) – With an all-star international cast that includes John Wayne, Richard Burton and Sean Connery, this drama follows the 1944 D-Day invasion from multiple points of view.

"Glory" (1989) – Denzel Washington and Morgan Freeman star in this Civil War drama about one of the first African American regiments in the Union Army.

"Independence Day" (1996) – An invasion by space aliens, a Fourth of July mission, and a rousing speech about saving mankind make this action movie a favorite decades after it premiered.

"Miracle" (2004) – This feel-good film is the inspiring true story of the U.S. men's hockey team win over the Soviet Union at the 1980 Winter Olympics. Kurt Russell plays U.S. coach Herb Brooks.

"Captain America: The First Avenger" (2011) – With a superhero sporting red, white and blue and a World War II setting, this Marvel Comics adventure radiates American pride.

"Hidden Figures" (2016) – Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race. The trio overcomes obstacles and helps in the mission to make John Glenn the first American to orbit the Earth.



Enjoying Music



In the Swim

When the summertime temperatures rise, one way to cool off is to put on your bathing suit and go for a swim. Soak up some facts about this wardrobe staple.

- Early styles of swimwear were extremely modest. Women wore ankle-length, long-sleeved bathing gowns. Men's suits covered their chests and legs.
- The term "swimming suit" was first used in 1921 in magazine ads created by Jantzen, an Oregon swimsuit manufacturer.
- In the 1930s, Olympic champion swimmer Johnny Weissmuller, who went on to acting fame as Tarzan, modeled one of the first brands of swim trunks.
- On July 5, 1946, the bikini made quite a splash when it debuted in France. The two-piece design was very daring at the time.

(Continued on back.)

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

The 50 States

In the Swim (Continued)

- Movie actresses Rita Hayworth, Ava Gardner and Brigitte Bardot helped popularize the bikini.
- The invention of nylon and spandex made swimsuits more flexible and formfitting.
- Surfing culture and the beach party films of the 1950s and '60s sparked new and colorful swimsuit fashions for both women and men.
- Designers have dived into high-tech swimwear, or tech suits, with fabric blends that help competitive swimmers glide through the water faster.
- Some people now opt to wear swim shirts with a UPF rating, indicating a fabric's ultraviolet protection factor, indicating how much of the sun's UV rays it blocks.

Ketchup on Some French Fry History

"Do you want fries with that?" It's a question that many folks answer with an enthusiastic "Yes!" In the U.S., french fries are so popular that the average person eats about 30 pounds of them each year.

Despite their name, it's difficult to determine the exact origin of french fries. Potatoes, native to South America, arrived in Europe in the mid-1500s, and Spain, France and Belgium all claim to be the place where the vegetable was first served cut up and fried in oil.

U.S. President Thomas Jefferson, who spent time in France as an ambassador, is credited with introducing french fries to America when he requested that a White House dinner in 1802 include "potatoes served in the French manner." By that time, street carts selling deep-fried foods were common in France, and chefs there had also popularized the julienne technique, the cutting of food into long, thin strips. Both of these preparation methods likely led to the name french fried potatoes, which was eventually shortened to fries.

Whether as a side dish or snack, hot and crispy fries are now offered in a variety of options, including crinkle-cut, shoestring, waffle, curly and steak fries.

Laughter Yoga



An Idea That Stuck

For 100 years, many adults and children have been patching up boo-boos with handy little bandages called Band-Aids. It's hard to imagine a medicine cabinet or first aid kit without them, and we have a clumsy cook to thank for their invention.

In 1920, Josephine Dickson was a newlywed who was prone to minor cuts and burns while cooking. Her husband, Earle Dickson, worked for Johnson & Johnson, and would dress her wounds with gauze and surgical tape supplied from his job. Wanting a better solution, Earle had the idea to combine the gauze and tape, making it easy to apply an all-in-one adhesive bandage without help.

Johnson & Johnson took Earle's invention and created Band-Aids, selling them the following year. The new product didn't sell well at first, so the company hired traveling salesmen to demonstrate Band-Aids' practical use. The bandages were also included in first aid kits for Boy Scouts and later provided to soldiers in World War II. Packaged in a sturdy tin that could be repurposed to hold small items, Band-Aids became a household name.

Skagit Valley Tulip Field



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