

livfun

Fairwinds - Ivey Ranch

JULY 2020 · STORIES OF OLD GLORY

Leisure Care Heroes Day

On May 7, all of our Leisure Care Communities celebrated Heroes Day. Special t-shirts were distributed to all staff and residents to wear. At our community, the day began with a delicious staff luncheon from Rosita's Mexican Restaurant, compliments of Wesloh Chevrolet in Carlsbad. We also

enjoyed "Nothing Bundt the best" red velvet cupcakes for dessert! As the sun set on our building, staff and family members held a socially distant candle lighting ceremony to show our support for the residents and staff who have worked so hard to keep our community COVID-19 free! It was such a warm and wonderful sight to see all the residents in their windows as we cheered for them! Thank you to all the families who supported this event and for continuing to do your part in keeping us all safe.



Over 100 red, white and blue balloons to celebrate our heroes!



Faith, hope and love signs light up our hearts and the community!



Maria and Gaby enjoy their Heroes Lunch.



Families held up signs of encouragement!



Henry is our hero!



Henry's family waves to him up high on the third floor!



Fairwinds Ivey Ranch Family Moments



Uncle Milty receives a "super charged" visit from his daughter!



Edith Gilbert receives a special window visit on Mother's Day!

July Anniversaries

Norm & Pauline Waldman, 7/4/1948

Stan & Nancy Kukawka, 7/18/1953

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

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.

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 10x20 grid of letters used to form the names of the 50 US states. The letters are arranged in a way that each state's name can be found by reading the grid horizontally, vertically, or diagonally. The grid is surrounded by a dashed border. The letters are: Row 1: A I N R M N I Z E S O T A H A W N E W M O T F K E I Row 2: N O C O N N E C I A O R E E C E L S B N Row 3: O N T T U C I T D I N O G X I N O A R I Row 4: R A E X A S O H A I E E S S E N R A G A Row 5: T N A O K L A C O L O N C S I W I D E A Row 6: H E D A M O H O D A R E O N S I N L O I Row 7: C V A N E W H A E I Y W O H A N A O R G Row 8: A R O L I N A M R N O R K I I S I U M I Row 9: P E N N S Y L P I D N A M O F I L A C S Row 10: Y W A I N A V S H I A I A T O R N I A S Row 11: O M I N G S I P P I E N V N S N I R U O Row 12: M I S S I S N M N M D A E O O O A H I M Row 13: S A S N A K E I A A N N R M U R T A O O Row 14: M Y K R E J W C G R A I L O T T O T W N Row 15: A K E S R R A H I Y L A A R H H K U A T Row 16: S C N E H K A N S A S L K A C D A A N A Row 17: S U T Y O D E D E L A A S I L L I N O A Row 18: A N G T O N I E R A W A W E S T V I I T Row 19: C I H S A W S L A N D L A I N I G R S O Row 20: H U S E T T S A M A B A S O U T H D A K A yellow 'L' shape is drawn over the grid, starting at row 7, column 10, going down to row 9, column 10, and then left to row 9, column 12.

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

[illegible]

Sleep Hygiene

Sleep hygiene refers to the habits people engage in to promote adequate, high quality sleep. Many of these habits are simple and can be incorporated into your lifestyle without much change. Let's look at the key takeaway of each habit.

- Create a relaxing sleep environment – A dark room, reduced noise, and temperature setting between 60-68 degrees appears to be the most conducive to sound sleep.
- Follow a consistent sleep schedule – Go to bed and get up at the same time each day to help strengthen your circadian rhythm.
- Follow a soothing bedtime routine – Pursue relaxing, quiet activities for 30-60 minutes before bed i.e. shower, meditation, prayer, or relaxing music.
- Limit exposure to bright light, especially blue light – Blue light interferes with melatonin production (a sleep hormone that regulates circadian rhythm). This light is emitted by electronic devices (including the TV).
- Try to be exposed to natural light early in the day – Bright sunlight helps regulate circadian rhythm which helps people feel wakefulness during the day!
- Exercise daily - Exercise enhances sleep quality i.e. duration and stress reduction!
- Avoid eating a large meal too close to bedtime – There is less discomfort trying to fall asleep with an emptier stomach.
- Avoid caffeine and alcohol – Some feel better giving up caffeine entirely and others sleep OK when consumed early in the day. Consume in small quantities and not within two to three hours of bedtime.

Pick one habit and start there!

Jenny Rocks

Resident Jenny Schueneman feels it is each person's responsibility to lift the spirits of others during tough times and she is doing just that through the art of rock painting! While confined to her apartment, she began ordering supplies through Amazon, including the rocks! Jenny has the perfect little corner of her room dedicated to her art. She uses paints in many forms to include: Metallic, pastels, paint pens, sponges, glazes and even silicone oil which creates a "wave effect" smearing colors together. "If it means something to someone, they will take it" and she also makes rocks and gives them to other residents as a gift. She says her favorite style of painting is doing mandolins or "dotting" to create a really special design. Thank you to Jenny and all residents who have created these works of art for us to enjoy!



Jenny's apartment art studio



Ladybug rocks found their way to the succulents!



Rocks of every kind adorn the building!

July Birthdays

Harvey Ann Woolcott, 1st	Tom Hemphill, 9th	Henry Jacobo, 15th	Diane Ackerman, 25th (Employee)
Lydia Bueno, 2nd	Sydney Rawlings, 10th (Employee)	Pearl Brinskele, 17th	Elias Garcia, 26th (Employee)
Vesta Frankston, 2nd	Betty Marsh, 12th	Herb Colley, 20th	Kathleen Puckett, 27th (Employee)
Carol Sell, 6th	Norm Waldman, 13th	James Carr, 22nd	Deb Dala, 27th (Employee)
Hope Garcia, 7th	Evie Burgess, 13th	Ruth Herbst, 22nd	Robert Salley, 30th
Ann Ashton, 7th	Kathi Keene, 14th (Employee)	Mildred Graham, 23rd	
Mary Olsen, 8th		David Pines, 25th	



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Staff

General Manager Jessica Sommer	Restaurant Manager Thomas Fraser	Health and Wellness Coordinator Ana Garcia	Receptionist Lulu Faraimo
Guest Services Manager Billy Tames	Restaurant Supervisor Debra San Filippo	Bookkeeper Robin Sanchez	Drivers Donna Peters Keith Wright Lawrence Bungay
Sales Manager Paula Richards	Health and Wellness Director Julie Cottam	Program Supervisor Kathi Keene	Housekeeping Supervisor Gaby Garcia
Move-In Coordinator Deb Dala	Health and Wellness Manager Martha Grant	PrimeFit Instructor Lucia Poffinbarger	Plant Operations Supervisor Derek LaBlanc
Chef Ricardo Rea		Concierge Diane Ackerman	
Bakery-Pastry Cook Sue Magners			

All bus transportation postponed until further notice