

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



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

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.



Henry is our hero!



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'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



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!

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0	N	T	T	U	C	ı	T	D	I	N	0	G	X	I	N	0	A	R	1
R	Α	Ε	X	A	S	0	Н	Α	I	E	E	S	S	Ε	N	R	A	G	Α
Т	N	Α	0	K	L	A	C	0	L	0	N	C	S	I	W	I	D	Ε	Α
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0	M	I	N	G	S	I	P	P	I	E	N	V	N	S	N	I	R	U	0
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М	Y	K	R	Ε	J	W	C	G	R	Α	I	L	0	T	T	0	T	W	N
Α	K	Ε	S	R	R	Α	Н	I	Y	L	Α	Α	R	Н	Н	K	U	Α	Т
S	C	N	Ε	Н	K	Α	N	S	Α	S	L	K	Α	C	D	A	A	N	Α
S	U	T	Υ	0	D	E	D	Ε	L	Α	Α	S	I	L	L	I	N	0	A
Α	N	G	T	0	N	I	Ε	R	Α	W	Α	W	Ε	S	T	V	I	I	Т
С	I	Н	S	A	W	S	L	A	N	D	L	A	I	N	ı	G	R	S	0
Н	U	S	E	Т	T	S	Α	M	Α	В	Α	S	0	U	T	Н	D	Α	Κ

ALABAMA	HAWAII
ALASKA	IDAHO
ARIZONA	ILLINOIS
ARKANSAS	INDIANA
CALIFORNIA	IOWA
COLORADO	KANSAS
CONNECTICUT	KENTUCKY
DELAWARE	LOUISIANA
FLORIDA	MAINE
GEORGIA	MARYLAND

MASSACHUSETTS
MICHIGAN
MINNESOTA
MISSISSIPPI
MISSOURI
MONTANA
NEBRASKA
NEVADA
NEW HAMPSHIRE
NEW JERSEY

NEW MEXICO
NEW YORK
NORTH CAROLINA
NORTH DAKOTA
OHIO
OKLAHOMA
OREGON
PENNSYLVANIA

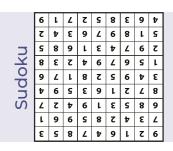
RHODE ISLAND

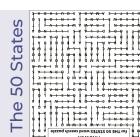
SOUTH CAROLINA

SOUTH DAKOTA
TENNESSEE
TEXAS
UTAH
VERMONT
VIRGINIA
WASHINGTON
WEST VIRGINIA
WISCONSIN
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





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



Jenny's apartment art studio

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!



Ladybug rocks found their way to the succulents!



Rocks of every kind adorn the building!

July Birthdays

Harvey Ann Woolcott, 1st

Lydia Bueno, 2nd

Vesta

Frankston, 2nd

Carol Sell, 6th

Hope Garcia, 7th

Ann Ashton, 7th

Mary Olsen, 8th

Tom Hemphill, 9th

Sydney Rawlings, 10th (Employee)

Betty Marsh, 12th

Norm

Waldman, 13th

Evie Burgess, 13th

Kathi Keene, 14th (Employee) Henry Jacobo, 15th

Pearl Brinskele, 17th

Herb Colley, 20th

James Carr, 22nd

Ruth Herbst, 22nd

Mildred

Graham, 23rd

David Pines, 25th

Diane Ackerman, 25th (Employee)

Elias Garcia, 26th (Employee)

Kathleen Puckett, 27th (Employee)

Deb Dala, 27th (Employee)

Robert Salley, 30th

FAIRWINDS I V E Y R A N C H It's More Than Retirement. It's Five-Star Fun.

4490 Mesa Drive Oceanside, CA 92056 760.439.8090

All bus transportation postponed until further notice

Staff

General Manager

Jessica Sommer

Guest Services Manager

Billy Tames

Sales Manager

Paula Richards

Move-In Coordinator

Deb Dala

Chef

Ricardo Rea

Bakery-Pastry Cook

Sue Magners

Restaurant Manager

Thomas Fraser

Restaurant Supervisor

Debra San Filippo

Health and Wellness Director Julie Cottam

Health and Wellness Manager Martha Grant Health and Wellness Coordinator

Ana Garcia

Bookkeeper Robin Sanchez

Program Supervisor Kathi Keene

PrimeFit Instructor Lucia Poffinbarger

ConciergeDiane Ackerman

Receptionist

Lulu Faraimo

Drivers

Donna Peters Keith Wright Lawrence Bungay

Housekeeping Supervisor Gaby Garcia

Plant Operations Supervisor

Derek LaBlanc