

JUNE 2020 · FUN IN THE SUN

Photo Gallery



Eva, one of our Leisure Care Heroes!



Martha showing her support for our amazing staff!



June Birthdays

Zetta Thurlow, 2nd Mvra Henton. 3rd Louise Scott, 9th

Shaun Bosarge, 11th Ruth Johnson, 17th June Moore, 21st

Philip Young, 22nd Joy McGuire, 25th Tom Newton, 26th

Gretchen McCurdy, 28th

Larry showing off his skills!



Five Tips for Fighting Fatigue

Fatigue – that feeling of tiredness, low energy and difficulty thinking clearly and reacting quickly - is a common complaint. Fortunately, no matter what your age, it's a complaint that you can usually resolve by incorporating a few proven pick-me-ups into your daily routine.

1. Power Up by Eating **Complex Carbohydrates**

Carbohydrates are the top source of fuel for your brain, muscles and organs, according to the U.S. National Library of Medicine. So it's no surprise that eating too few carbs can leave you longing for a nap. Yet eating too many of the wrong carbs – the so-called "simple" carbs in candy, pastries, soda, sweetened cereal, white bread and white rice - can actually make you feel run-down.

To restore your energy limit foods made up mostly of simple carbs in favor of foods made up mostly of complex carbs. "Complex carbs take longer to digest, so they release sugar into your bloodstream more slowly, providing a steady stream of fuel that keeps you energized without peaks and crashes," explains Karen Reznik Dolins, RD, EdD, an adjunct associate professor of sports nutrition at Columbia University's Teacher's College and New York University in New York City. "To keep you feeling energized, you need that steady supply of blood sugar to fuel not only your muscles, but also your brain."

Good sources of complex carbs include minimally processed whole-grain breads, pasta, cereal and crackers, as well as fiber-rich legumes (beans, peas and lentils), fruits and vegetables. Easy ways to sneak more energizing carbs into your diet include replacing white rice with cauliflower rice and using lettuce wraps instead of bread, spiralized zucchini noodles instead of pasta, and popcorn instead of potato chips. (Continued on back.)

A Message From Leisure Care

As we continue to navigate the situation brought on by COVID-19, we remain vigilant about social distancing and infection control protocols, based on guidelines from the CDC and state health agencies. Instead of our monthly calendar, we are using this space to provide some additional puzzles and activities that you can enjoy at your leisure.

Thank you for your commitment to doing your part in keeping other residents and team members safe. For our most recent updates, visit www.leisurecare.com/ communication-plan. Please speak with your management team if you have any questions.

Summertime Snicker

Q: What holds the sun up in the sky? A: Sunbeams!

Brain Bender: What a Catch!

Four buddies-Calvin, Gary, Nate and Stan-went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

- 1. Stan's last name isn't Hall.
- 2. Calvin, whose last name isn't Reynolds, didn't catch the smallest fish.
- 3. The man who caught the 8-pound fish didn't catch the walleye.
- 4. Mr. White didn't catch the 6-pound trout.
- 5. Nate caught the perch.
- 6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

TV Dads

Match the father figure character to the TV show he appeared in.

TV Show

A. "Father Knows Best"

C. "Good Times"

D. "Family Matters"

E. "My Three Sons"

G. "The Courtship of

Eddie's Father"

F. "Happy Days"

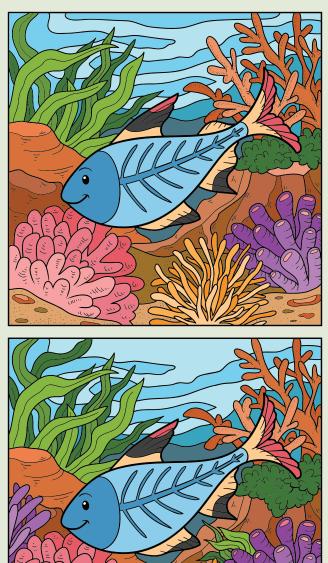
B. "Home Improvement"

Fictional Father

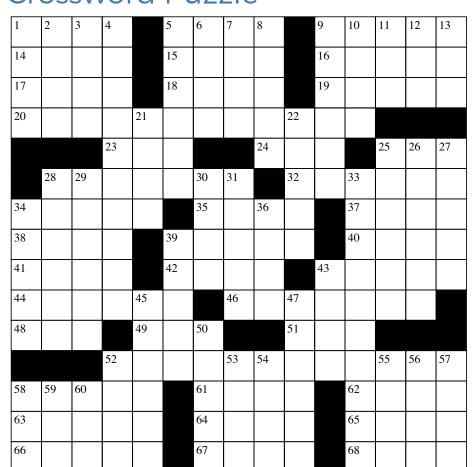
- 1. Tim Taylor
- 2. James Evans Sr.
- 3. Tom Corbett
- 4. Steve Douglas
- 5. Carl Winslow
- 6. Howard Cunningham
- 7. Jim Anderson

Double Take

Fish around and find 10 differences in these two pictures.



Crossword Puzzle



ACROSS

15

1. Use a dagger

- 5. Dull sound
- Upper right-hand corner item 9 14
 - One not to be trusted 1967 Montreal event
- 16. Comic strip Viking
- 17. Prefix for nautical or ballistics
- "...had a farm, __. 18.
- 19. Pay homage to
- 20. Job holders
- 23. Rolled cube
- 24. Naples three
- 25. 7 Down sponsor, for short
- 28. Ordains 32. Befuddles
- 34. Leader assassinated in 1981
- 35. Forest creatures
- 37. German one
- 38. Work units 39. A la
- 40 accompli
- 41. Dill herb
- 42. Laic response
- 43. Food lists
- 44. More to the point 46. Learned people
- 48. Grads-to-be: abbr.
- 49. Bulgaria's currency
- 51. Mich.'s neighbor
- 52. Besides
- 58. Informed
- 61. Circus performer 62. Church section
- 63 Boatman
- 64. Olympian Korbut
- 65. Lose one's footing
- 66. Beverages 67. Classic cars
- 68. Downhill conveyors

DOWN

1.

- Chunk
- 2. Row
- 3 Bern waterway Shows to the public
- 4
- 5 Shrimp
- Five dozen old Romans, plus two 6
- Sports event 7.
- 8. Gist
- 9. Distributed 10. Tiny amounts
- 11. In the past
- 12. Ruin the surface of
- 13. Prefix for shrunk or suppose 21. Launderer's concern
- 22. Rub away 25. Adaptable
- 26. Brilliant one
- 27. Those who help: abbr.
- 28. Sewer
- 29. Gardeners' machines
- 30. Cheese variety
- 31. Blisters
- 33. Pleaders
- 34. Theater necessities
- 36. Explosive peak
- 39. Gave a hoot
- 43. Educator Horace 45. Forefathers
- 47. Musical instruments 50. Projecting brim
- 52. Square footage
- 53. Far: pref.
- 54. Fictional villain
- 55. Merry prank
- 56. 57
- 57. Slangy responses
- 58. Band of electrical sparks 59. Court
- 60. Hole make

Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris. Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C. NGA.gov
- · Smithsonian National Museum of Natural History, Washington, D.C. NaturalHistory.Sl.edu
- · San Diego Zoo, San Diego. Zoo.SanDiegoZoo.org
- · Monterey Bay Aquarium, Monterey, Calif. MontereyBayAquarium.org/ animals/live-cams

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

DAD

- ___ Took action
- ___A cube with dots

TIE

GOLF

- Wide chasm ____
- Sea-loving bird ____
- Bovine patriarch ____

BALL

FISH

- A tightly closed hand
- ____ Tiny water droplets
- Chewing gum flavor
- ____ Two cups
- Sewing accessories
- FINS

Five Tips for Fighting Fatigue (Continued)

2. Get Moving to Get Back Your Get-Up-and-Go

It may seem counterintuitive, but when you're barely able to drag yourself out of bed, being more active can decrease your fatigue by 65 percent. That's the conclusion of a landmark University of Georgia study published in the journal "Psychotherapy and Psychosomatics." "Exercise increases your heart rate and dilates blood vessels, increasing the flow of blood to your muscles and brain so that they get oxygen and fuel," Reznik Dolins explains.

To restore your energy You don't have to run a mile to reap the benefit. As little as 10 minutes of any low-intensity aerobic exercise – swimming, brisk walking and stair-climbing all count – wakes you up, speeds mental processes and enhances memory, according to Harvard Health.

3. Pay Close Attention to Your Thirst and Your Urine

Being even a little bit dehydrated can make you feel sluggish, blue and headachy, shows a study in "British Journal of Nutrition." And while most folks recognize thirst, dry lips, and a dry tongue as signs of dehydration, most folks do not recognize fatigue, lack of focus and muscle weakness as symptoms, suggests another study, published in the Dec. 5, 2018, issue of "BMC Public Health."

To restore your energy, make it a point to drink fluids throughout the day. Plain water is the best choice, since it contains zero calories, which can help with weight management. But juice, coffee, tea and water-rich foods, such as celery, tomatoes, watermelon and soup also count, per the CDC

How much is enough? A person's fluid needs are highly variable, so a good way to know if you're adequately hydrated is to watch your urine. "If the color is darker than pale straw yellow, it's time to drink more," Reznik Dolins says. Also pay attention to how often you need to pee. "If you realize that it's been several hours since you urinated you probably need more water," she says.

4. Prioritize Getting at Least Seven Hours of Sleep a Night

Most adults require at least seven hours of shuteye every night to recharge their batteries, according to the CDC. It's only logical, then, that if you get less sleep than you need (the exact amount can vary significantly from person to person), you'll feel a little wiped out the next day.

Get a better night's sleep by adopting a few of these do-it-yourself strategies recommended by the National Sleep Foundation.

Go to bed and wake up at the same time every day. This helps automatically shift your body into sleep mode by regulating your internal body clock. And, yes, you should stick to the same sleep schedule on weekends, too. Research from the University of Arizona presented at the 2017 annual meeting of the Associated Professional Sleep Societies linked going to bed later and waking later on weekends with poorer health, including a higher risk of sleepiness and fatigue.

Dim the lights, close the shades, and adopt a relaxing prebed ritual, such as listening to soothing music, counting your blessings, or taking a warm bath 30 minutes before heading to bed.

Avoid large or spicy meals for two to three hours before going to bed.

Shut off disruptive electronic devices an hour before bed. A particular type of light that emanates from laptops, tablets, cell phones and some television sets can activate the brain and make it harder to fall sleep.

If you're still having sleep problems, consider asking your doctor about taking a short course of prescription sleeping pills to help you reestablish normal sleep patterns. Be sure to discuss the risks and side effects of long-term use of these medications.

5. Check for Underlying Energy-Sapping Medical Conditions

If you think your low energy isn't due to a poor diet, lack of sleep, or too little exercise - or if you feel tired-to-the-bone exhaustion -- it's important to check in with your doctor. Fatigue can be caused by many hidden culprits, including:

- Allergies
- Autoimmune diseases, such as rheumatoid arthritis
- Anemia
- Anxiety
- Depression

- Diabetes
- Heart disease
- Hypothyroidism
- Nutrient deficiencies
- Premenstrual syndrome
- Sleep apnea

Only a thorough medical evaluation can determine if one of these conditions might play a role in your energy lag.

Puzzle Solutions

Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye. TV Dads

1. B; 2. C; 3. G; 4. E; 5. D; 6. F; 7. A

Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins





FAIRWINDS RIO RANCHO lt's More Than Retirement. It's Five-Star Fun.

920 Riverview Drive SE Rio Rancho, NM 87124 505.896.3000

Staff

General Manager Mark A. Padilla Restaurant Supervisor Sierra Johansen

Guest Services Manager Patty Gallegos

Health and Wellness Director Jeanne MacDonald

Wellness

Services

Coordinator

Arianna Silva

Program

Supervisor

Jade Hogan

Sales Manager Michael Hughes

Sales Advisor Sharon Tyszkowski

Office Coordinator Manager Victoria Neldene Stephanie Cordova

Executive Chef Martha Castro

Sous Chef Antonio Atterberry

Move-In

Soto

Restaurant Manager Kevin Saavedra **PrimeFit** Personal Trainer

Miguel Cervantes

Plant Operations Supervisor

Jacob Mares