

livfun

Fairwinds - Rio Rancho

JUNE 2020 • FUN IN THE SUN

Photo Gallery



Eva, one of our Leisure Care Heroes!



Martha showing her support for our amazing staff!



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.)*

June Birthdays

Zetta Thurlow, 2nd	Shaun Bosarge, 11th	Philip Young, 22nd	Gretchen McCurdy, 28th
Myra Henton, 3rd	Ruth Johnson, 17th	Joy McGuire, 25th	
Louise Scott, 9th	June Moore, 21st	Tom Newton, 26th	

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.

Fictional Father

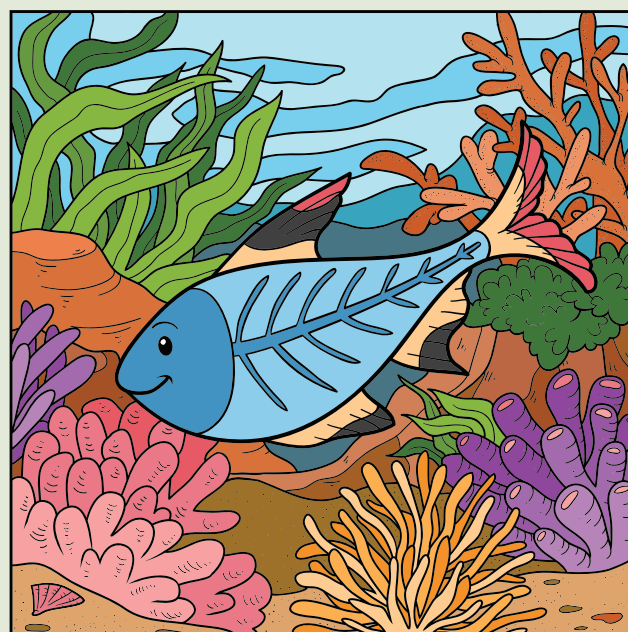
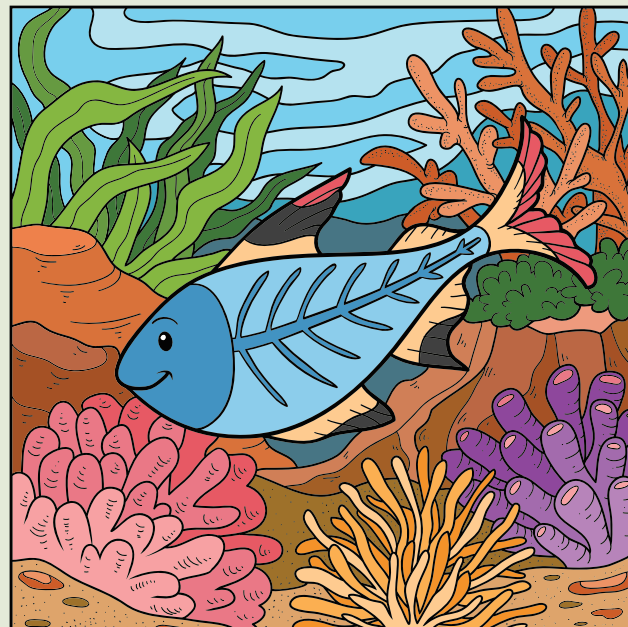
1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

TV Show

- A. "Father Knows Best"
- B. "Home Improvement"
- C. "Good Times"
- D. "Family Matters"
- E. "My Three Sons"
- F. "Happy Days"
- G. "The Courtship of Eddie's Father"

Double Take

Fish around and find 10 differences in these two pictures.



Crossword Puzzle

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15				16				
17				18				19				
20			21					22				
		23				24			25	26	27	
	28	29			30	31	32		33			
34				35		36		37				
38				39				40				
41				42				43				
44			45		46	47						
48			49	50		51						
		52			53	54			55	56	57	
58	59	60			61				62			
63					64				65			
66					67				68			

ACROSS

1. Use a dagger
5. Dull sound
9. Upper right-hand corner item
14. One not to be trusted
15. 1967 Montreal event
16. Comic strip Viking
17. Prefix for nautical or ballistics
18. "...had a farm, ___."
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
4. Shows to the public
5. Shrimp
6. Five dozen old Romans, plus two
7. Sports event
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. Pleadings
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 maker

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.SI.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

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

BALL

FISH

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

FINS

