

livfun

Fairwinds - Rio Rancho

SEPTEMBER 2020 • BELIEVE

19 Reasons to Love the Fall Season

1. The word "autumn" is clearly the most elegant way to describe a season. It even sounds beautiful.
2. One word: COLOR. It makes every lake look like an oil painting.
3. The food is supremely comforting. Like, for example, this butternut squash casserole.
4. Pumpkin-flavored EVERYTHING.
5. The smell of a fresh bowl of candy corn. It's a mixture of cake and happiness.
6. Salted caramel is IN SEASON.
7. And caramel apples. Can't forget those.
8. There's something about the way rain smells in fall that is just better than spring or summer.
9. And cold drizzles mean it's finally time to break out all those comfy knit sweaters you've been missing.
10. The colors of autumn make everything look stunning, especially if it's old and worn.
11. And there's nothing like the smell of crisp air on the open road.
12. The first sip of a steamy beverage on a brisk day. Think about it. Savor it in your brain.
13. The smell of steamed milk mixing with cinnamon in your favorite mug. Heaven.
14. And Halloween means pumpkins with spooky faces carved into them, glowing everywhere.



Barb in her fall sweater



15. The crunch of leaves underfoot can be experienced just about everywhere.
 16. How about the first few bites of a juicy apple you LITERALLY just picked yourself?
 17. Orange hues at sunset. No other season is delivering this brilliant shade.
 18. The smell of simmering broth after a long afternoon in the chilly autumn air.
 19. And at the end of the day, the crackle of a roaring fire.
- Fall is the REAL season to be jolly.

Tips for Fall Prevention

You can help prevent falls by making changes to unsafe areas in your home with these home safety tips.

In hallways, and pathways:

- Make sure there is good lighting with light switches at the top and bottom of the stairs.
- Keep areas where you walk tidy.
- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on tile and wooden floors. You can buy these strips at the hardware store.

In bathrooms and powder rooms:

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- Place non-skid mats, strips, or carpet on all surfaces that may get wet.
- Keep night lights on.

In your bedroom:

- Put night lights and light switches close to your bed.
- Keep your telephone near your bed.

(Continued on back.)

A Message
From Leisure
Care

We are continuing to follow a modified schedule of activities due to COVID-19. Instead of the monthly calendar, please enjoy these additional activities that you can do at your leisure. Again, we thank you for your cooperation in helping to keep everyone in our community healthy and safe.

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

Brain Bender:
Moving Day
Dilemma

Anna, Bridget, Crystal, Danielle, Elyse, Faith, Gabby, Hallie and Jade are all moving into a three-story apartment building. Each floor has three apartments: west, middle and east. Use the clues below to figure out the floor and the apartment where each lives.

- Hallie does not live on the ground floor.
- Faith lives directly above Jade and directly next to Bridget, who lives in a west apartment.
- Elyse lives in an east apartment and one floor higher than Faith.
- Danielle lives directly above Faith.
- Gabby lives directly above Crystal.

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			
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48				49		50		51						
			52				53	54				55	56	57
58	59	60				61				62				
63						64				65				
66						67				68				

ACROSS

1. Bargain-hunt
5. Fog
9. Read __; recite
14. Novel setting
15. Of the U.S.A.
16. Rent long-term
17. Of a generation
18. Pocket bread
19. Procrastinator's word
20. Warm lunch
23. Originally named
24. Call a halt to
25. Nemesis
28. Rhythm
32. Cuts
34. Lament
35. Bee colony
37. "Ah, me!"
38. Character in Othello
39. West Point student
40. Out of __; behaving inappropriately
41. Word with stick or roll
42. One who acts like another
43. Lets
44. Evaluate
46. Pillages
48. Do a hairdresser's job

49. Follower of 7 Down
51. Building site
52. Admirable people who influence others
58. William and Sean
61. Reddish-brown animal
62. Tack
63. Gladden
64. " __ Wonderful Life"
65. Slave of old
66. Chihuahua children
67. Late actor Bert
68. Worry

DOWN

1. Heavenly Milles.
2. Nag
3. Not just tacit
4. Mom, dad, or madam
5. Take place
6. Friend at the école
7. Greek letter
8. Expunge
9. Refer
10. Spring
11. Bit of cereal
12. Take advantage of
13. German article
21. High schooler
22. Start
25. Cat
26. Praying figures
27. Winding roads
28. Rough
29. Part of summer
30. Fellow
31. Sea duck
33. Certain love messages
34. Fictional king
36. Miles, e.g.
39. Tosses
43. Public disturbance
45. Sight and taste
47. Existing on a flat surface
50. Fourth page of a wall hanging
52. Preposition
53. Insignificant amount
54. Complaint to a dermatologist
55. Hot spot
56. __ PM; 2100 hours
57. Did in
58. Item in a desk drawer
59. Mr. Whitney
60. Girl's nickname

A Word Game
To 'DO'

Every answer below is a six-letter word or name that ends with the two letters D and O.

- Lizard that's a "dragon"
- Spanish for "Saturday"
- Men's fancy black-and-white attire
- Actor who starred in "On the Waterfront"
- Square dance move
- City in Ohio
- Type of martial art
- Name of a U.S. state and a river

Globetrotting Online

The next best thing to being there, traveling online is a good way to get away. Many of the world's tourist destinations are using technology so that virtual travelers can tour and interact with locales. Here's a sample of some digital tours:

- Australia's Great Barrier Reef**
AttenboroughsReef.com
- Acropolis of Athens**
AcropolisVirtualTour.gr
- Peru's Machu Picchu**
YouVisit.com/tour/MachuPicchu

Use the search terms "virtual tour" with the names of other famous places, and you'll likely find they offer online experiences. There are tours of the Eiffel Tower, Great Wall of China, Taj Mahal, and the Egyptian pyramids. NASA even has out-of-this-world trips to the International Space Station and explorations of other solar systems.

Puzzle Solutions

Brain Bender: Moving Day Dilemma

Ground floor: west: Anna; middle: Jade; east: Crystal. Second floor: west: Bridget; middle: Faith; east: Gabby. Third floor: west: Hallie; middle: Danielle; east: Elyse

A Word Game To 'DO'

1. Komodo; 2. Sabado; 3. tuxedo; 4. Marlon Brando; 5. do-si-do; 6. Toledo; 7. judo or hapkido; 8. Colorado

'Care' Is One

How many words can you come up with using the letters in "appreciate"?

This Will Leaf You Smiling

Q: What's a tree's least favorite month?

A: Sep-timber!

Coloring Corner



Tips for Fall Prevention (Continued)

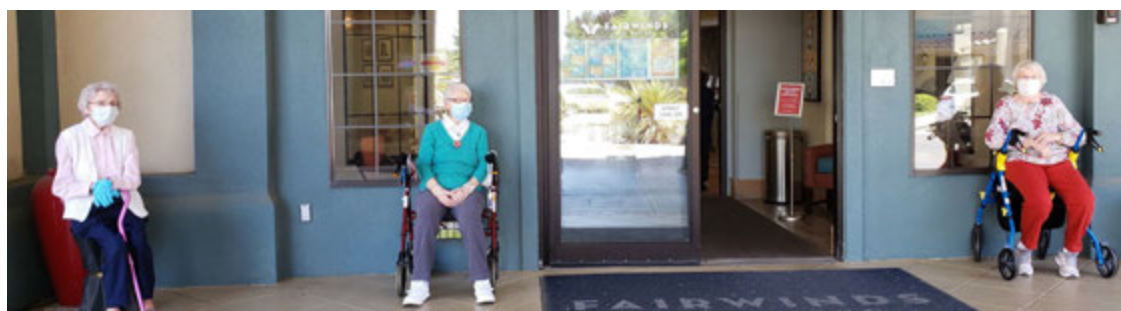
In other living areas:

- Keep electric cords and telephone wires near walls and away from walking paths.
- Tack down all carpets and area rugs firmly to the floor.
- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.
- Make sure your sofas and chairs are a good height for you, so that you can get into and out of them easily.

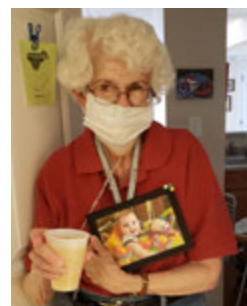
September Birthdays

Victor Romero, 2nd	Laura Garcia, 18th
Eufelia Buckner, 5th	Joy Herring, 21st
Gerald McCoach, 9th	Bill Studer, 26th
Alice Greenberg, 14th	Frankie Harper, 27th
Odean Dale, 15th	JoAnn Carter, 29th
Pegge Emery, 16th	David McPhee, 30th

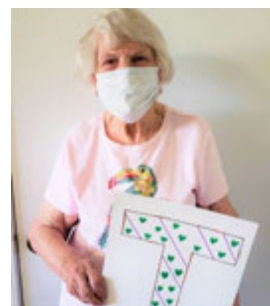
Photo Gallery



Getting fresh air while social distancing



Jane showing off her Mother's Day goodies



Marilyn helping with a thank you project for family members

Fun Facts About Apples

- Apples are a member of the rose family of plants, along with pears, peaches, plums and cherries.
- The science of apple growing is called pomology.
- Apples come in all shades of red, green and yellow.
- Most apples are still picked by hand.
- Americans eat more apples per capita than any other fruit (fresh and processed combined). In 2012-13, Americans ate an average of 15.9 pounds of fresh apples, and 28.4 pounds of processed apples (juice, cider, sauce, etc.), for a combined total of 44.3 pounds. (Source: USDA Economic Research Service)
- The world's largest apple peel was created by Kathy Wafler Madison on Oct. 16, 1976, in Rochester, N.Y. It was 172 feet 4 inches long. (She was 16 years old at the time and grew up to be a sales manager for an apple tree nursery.) (Source: Guinness World Records)
- It takes about 36 apples to create one gallon of apple cider.
- 25 percent of an apple's volume is air; that's why they float.
- At last count, more than 7,500 apple varieties have been identified worldwide; more than 2,500 varieties are grown in the United States — 100 of which are grown for commercial sale.
- Apples are grown commercially in 36 states.
- A medium-sized apple has about 80 calories.
- Apples are fat-free, sodium-free and cholesterol-free. And they taste great, too!
- Apples are an excellent source of fiber; one medium apple contains 5 grams of fiber, including the soluble fiber pectin.
- Pilgrims planted the first U.S. apple trees in the Massachusetts Bay Colony.
- A standard-size apple tree starts bearing fruit 8-10 years after it is planted. A dwarf tree starts bearing in 3-5 years.
- Most apple blossoms are pink when they open, but gradually transition to white.
- Apple trees can be grown farther north than other fruit trees because they bloom late in spring, minimizing the chance of frost damage.
- It takes the energy from 50 leaves to produce one apple.



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