

livfun

Fairwinds - River's Edge

JULY 2020 · STORIES OF OLD GLORY

Social Distancing Family Visits

As we slowly and carefully open our Community, residents are having outdoor social distancing visits. Family and friends may visit their loved ones outside, keeping six feet apart in distance and wearing a mask over their mouth and nose.

The past few months have been a trying time for everyone, but especially on those who have been in isolation. Outside visitors have been discouraged, so family and friends have been communicating with residents through social media. Sales Manager Stacy Welker has assisted many residents with setting up and using video chat programs. We even held a Mother's Day parade so our moms could see their loved ones from windows and balconies. Now, they can bring folding chairs and have a nice visit outside in the fresh air and sunlight. There are no hugs and kisses at this time, but a visit from six feet away is much better than shouting four floors up.



A 'Beautiful' Tribute

Expressing national pride "from sea to shining sea," the stirring anthem "America the Beautiful" turns 125 this month.

The song's lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts' Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, "the sea-like expanse of fertile country ... under those ample skies."

Inspired, she finished her poem during the trip, but didn't publish it until two years later. The first version appeared in a weekly Massachusetts newspaper, The Congregationalist, on July 4, 1895.

For a while, "America the Beautiful" was sung to the melodies of various folk tunes, including "Auld Lang Syne." But it was a hymn titled "Materna," composed in 1882 by Samuel A. Ward, that became the most common music for Bates' lyrics and is still used today.

"America the Beautiful" has become a patriotic standard and is often played at national celebrations and sporting events.



Front Desk: Our First Line of Defense

Front Desk personnel have always been an essential gear in our Community, but for the past few months they have really stepped up their duties. When the Covid-19 pandemic began, they packed up our normal Front Desk and moved their post to our front doors. They have been our first line of defense against the virus. The front doors remain locked to any outside visitors. It is the Front Desk staff that greets essential personnel at the door with health and travel screening questions along with a noncontact temperature check. They are equipped with proper Personal Protective Equipment (PPE) to distribute to staff as well as our home health care aides and residents. While mail deliveries were quarantined, they ensured all items were sanitized outside our front doors prior to entering a quarantined area. They are accepting items from residents' family and friends, sanitizing them, then delivering them to apartments. All of this is in addition to their regular duties. They really are true heroes!



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 I N

R M N

V I R

A N G

I Z E S O T A H A W N E W M O T F K E I

N O C O N N E C I A O R E E C E L S B N

O N T T U C I T D I N O G X I N O A R I

R A E X A S O H A I E E S S E N R A G A

T N A O K L A C O L O N C S I W I D E A

H E D A M O H O D A R E O N S I N L O I

C V A N E W H A E I Y W O H A N A O R G

A R O L I N A M R N O R K I I S I U M I

P E N N S Y L P I D N A M O F I L A C S

Y W A I N A V S H I A I A T O R N I A S

O M I N G S I P P I E N V N S N I R U O

M I S S I S N M N M D A E O O O A H I M

S A S N A K E I A A N N R M U R T A O O

M Y K R E J W C G R A I L O T T O T W N

A K E S R R A H I Y L A A R H H K U A T

S C N E H K A N S A S L K A C D A A N A

S U T Y O D E D E L A A S I L L I N O A

A N G T O N I E R A W A W E S T V I I T

C I H S A W S L A N D L A I N I G R S O

H U S E T T S A M A B A S O U T H D A K

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

Sudoku

The 50 States

For the 50 STATES word search puzzle

A Tribute to Korean War Veterans

More than 5 million men and women served in the U.S. armed forces during the Korean War. Dedicated on July 27, 1995, the Korean War Veterans Memorial, located on the National Mall in Washington, D.C., honors those who fought in the conflict from 1950 to 1953.

The memorial's most recognized feature is a triangle-shaped field with 19 stainless steel statues that represent the war's cross section of American service members from the Army, Marine Corps, Air Force and Navy. The 7-foot-tall figures appear to be moving toward an American flag that flies next to a reflective pool of remembrance. The reminder "Freedom is not free" is engraved on the pool's stone wall.

Another impactful feature is a black granite mural wall that shows thousands of images made from war photographs of military support personnel, including doctors, nurses and canine corps. The wall's polished surface also reflects the memorial's 19 statues, giving the illusion there are 38 figures. This number is symbolic of the 38 months the war lasted and the 38th parallel that separated North and South Korea.



Fitness Center Grand Reopening

The Fitness Center was closed in March due to the current pandemic. Our PrimeFit Instructor, Libby Schell, did not surrender her duty of aiding our residents with fitness. She began playing DVDs on our in-house television channel that residents can perform in the comfort of their own home. Soon after this program began, we heard praise from residents who normally do not exercise. She has been showing chair yoga, meditation, chair tai chi, balance, and various cardio DVDs, so there are many options for our residents to choose from. Libby even went the extra step to film her own chair workout so our residents could see a friendly, familiar face. She plans to continue the DVD schedule for those who prefer their privacy.



While the Fitness Center was inaccessible, it was used for our mail quarantine area and Libby became the letter carrier for our Community. She sanitized, sorted and delivered all mail for our main building during this closure.

When the announcement was made that the Fitness Center was reopening, Libby jumped into action. She, housekeeping and our plant operations department deep-cleaned the room and moved all exercise equipment six feet apart for proper social distancing.

The Fitness Center is currently open from 8:30 a.m. to 4 p.m., Monday through Friday. There can be only six residents (plus Libby) in the Fitness Center at one time. There are chairs in the hallway for residents to be comfortable while waiting to utilize the equipment.

July Birthdays

Larry Leffingwell, 1st	Bill Uffman, 6th	Tom Clendenin, 17th
Kay Pollum, 1st	Margie Thurston, 8th	Carol Horning, 18th
Blanche Avery, 3rd	Bob Avery, 10th	John Wilfong, 20th
Carmen Weber, 4th	Gloria LaHay, 13th	Pat Kadlec, 24th
Dolores Rehling, 6th	Dorothy Huddleston, 15th	Charles Tauser, 26th
Carolyn Hollander, 6th		Cheryl Komor, 29th

July Anniversaries

Jim & Kay Pollum, 7/3/1952	Gus & Thelma Carlson, 7/18/1953
Albert & Margo Collins, 7/10/1965	Frank & Marilyn Bosco, 7/29/1961



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Staff

General Manager
Jim Ausmus

Assistant Manager
Brittney Bueckendorf

Guest Services Manager
Katie Back

Sales Manager
Stacy Welker

Sales Advisor
Cindi Hrabko

Sales Advisor
Michael Robertson

Chef
Courtney Pittman

Restaurant Manager
Jennifer Vo

Program Supervisor
Julie Sanders

PrimeFit Instructor
Libby Schell

Concierge
Rhonda Kramer

Plant Operations Supervisor
Jim Skinner