

livfun

Fairwinds - Sand Creek

MAY 2020 · MAY FLOWERS



Monthly Art Class

Our Art Classes have been lots of fun with fantastic results.



Renell



Andy



Karen

Don't Get Pinched!

We wore our green, so we were safe from the pinching!



Aaron



Alex



Joan



Renell and Sharon



Buddy and Claris



Tally



Machelle, Katie and Savannah

A Message From Leisure Care

As you know, due to ongoing concerns about COVID-19, there have been many crucial changes to our daily routines in order to maintain the health and safety of our residents and staff. Following protocol from the CDC and state regulatory agencies, our activities and outings continue to be on hold until further notice. Instead of our monthly calendar, we are using these pages to provide you with activities and entertainment since we are practicing social distancing.

Please know that we are working hard to keep you connected. For our most recent updates, visit www.leisurecare.com/communication-plan. Please speak with your management team if you have any questions.

U.S. Military Mottos

What branch of the U.S. military uses the motto or slogan listed?

1. Aim High ... Fly-Fight-Win
2. Semper Fidelis - "Always Faithful"
3. This We'll Defend
4. Semper Paratus - "Always Ready"
5. Non Sibi Sed Patriae - "Not for Self but Country"

Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.



Palindrome Play

A palindrome is a word or phrase that reads the same backward or forward. See if you can guess the palindrome that fits each description.

1. Another name for a mother ___
2. A call for help ___
3. A female sheep ___
4. Sound a baby chick makes ____
5. 12 p.m. ____
6. To make horizontal _____
7. A light, narrow boat _____
8. Detection system _____

Feathered Friends

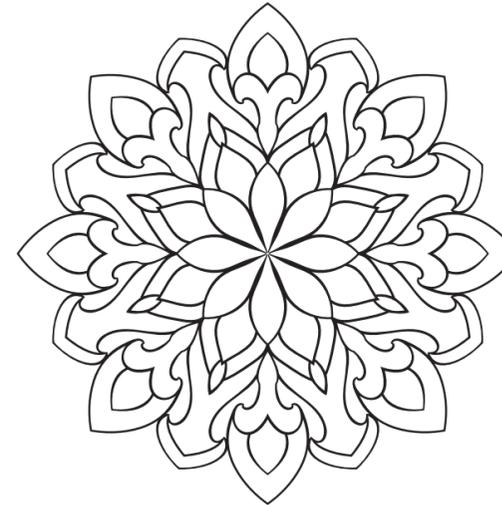
This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

R	O	D	D	R	O	D	U	N	K
C	O	N	W	O	N	N	I	L	A
S	P	A	R	R	G	I	S	O	K
O	D	M	A	W	O	B	I	P	A
V	K	B	G	O	R	C	R	I	M
E	N	O	P	I	E	K	H	W	O
K	I	B	S	T	O	R	E	I	T
I	L	O	F	I	N	C	A	K	M
E	L	I	L	E	R	H	W	A	O
Q	U	A	P	E	T	M	A	C	T

- | | |
|-----------------|---------|
| BOBOLINK | KIWI |
| CONDOR | MACAW |
| CROW | MAGPIE |
| DOVEKIE | MOTMOT |
| DRONGO | PETREL |
| DUNLIN | QUAIL |
| FINCH | RHEA |
| IBIS | SPARROW |
| KAKAPO | STORK |

Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala – by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes – can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature – even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

Puzzle Solutions

U.S. Military Mottos Answers

1. Air Force; 2. Marine Corps; 3. Army; 4. Coast Guard; 5. Navy

Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

Palindrome Play Answers

1. mom; 2. SOS; 3. ewe; 4. peep; 5. noon; 6. level; 7. kayak; 8. radar

Take a Closer Look

See if you can identify 12 differences in these two illustrations.

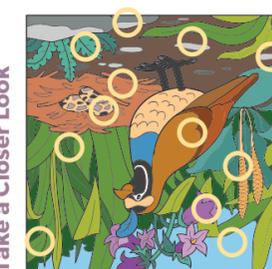
Solution can be found at the bottom of this page.



Feathered Friends

Q	U	A	P	E	T	M	A	C	T
K	I	B	S	T	O	R	E	I	T
E	N	O	P	I	E	K	H	W	O
V	K	B	G	O	R	C	R	I	M
O	D	M	A	W	O	B	I	P	A
S	P	A	R	R	G	I	S	O	K
C	O	N	W	O	N	N	I	L	A
R	O	D	D	R	O	D	U	N	K

Take a Closer Look



Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration in this year's theme and learn why "Life Is Better in Motion."

Helps prevent illness – High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

Boosts energy – The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

Lifts mood – Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

Improves sleep – A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest. Just avoid working out close to bedtime, since the energy boost may keep you awake.

Reduces fall risk – Exercise strengthens muscles and bones, increases flexibility, and improves balance – all benefits that are key to preventing falls and broken bones.

Enhances social life – Walking with a friend, taking a group fitness class or participating in a team sport or game offers the opportunity to have fun and connect with others.

Throw Back Thursday! We Definitely Threw It Back!

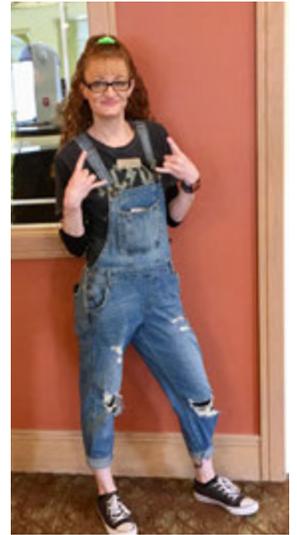
We threw our warbrobe to a different era. We had the Mesozoic Era, '30s, '60s, '70s and some '80s.



Ethan



Yikes! Ethan and Chelsie



Jen



The Staff

May Birthdays

Kay Vargo, 1st	Jorge Mendoza, 12th (Employee)	Shirlene Lewis, 22nd (Employee)	Alania Cook, 28th
Richard Adams, 4th	Marie Jensen, 16th	Gene Covert, 24th	Christa Fisher, 29th (Employee)
Renell Hunter, 11th (Employee)	George Kramer, 18th	Ann Littlejohn, 26th	Renn Hill, 30th

May Anniversaries

Ted & Doreen Boyce, 5/5/2019



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Staff

General Manager

Jon Potter

Guest Services Manager

Machelle Bergeman

Sales Advisors

Don Williams
Katie Bicandi

Executive Chef

Jorge Mendoza

Sous Chef

T.J. Bruderer

Health and Wellness Director

Kathy Babb, RN

Health and Wellness Assistant Director

Diana Remsburg, LPN

Office Manager

Debbie Henscheid

Administrative Assistant

Carmen Ramos

Program Supervisor

Renell Hunter

Driver

Alex Place

Plant Operations Supervisor

Steven Fisher