

livfun

Mackenzie Place - Colorado Springs

MAY 2020 · MAY FLOWERS

A Polyglot Among Us

Carla Nolte was born on Oct. 30, 1938, in Haarlem, Netherlands. Like so many other people in Europe at the time, her family and her homeland were subject to Nazi occupation. But with a desire to see the world and a gift for learning languages, Carla was able to leave the Netherlands behind.

Despite her young age, Carla never forgot what life was like during WWII. "I remember bombings," Carla said. "I remember having to lay on the ground, because my father told me to duck." But the bombings were not the only struggle; her family also had to evacuate their home. "We had to get out of our house within 24 hours, because the Germans needed our house," Carla remembered. "We moved to another house where there was no heat, no nothing."

After life returned to some semblance of normalcy following the war, Carla went back to school and learned several languages. "I learned British English in high school, and we learned several languages (such as) French and German," Carla said. This was in addition to her mother tongue of Dutch.

At the age of 25, Carla came to America. "I was invited by the Dutch Embassy to work in Washington, D.C., (and) I was an assistant to the Naval attaché," Carla said. The job wasn't difficult and she met the man who would become her husband at a party. After being in Washington, D.C. for a couple years, they moved to Silver Springs, Md., then Wisconsin and Chicago, Ill., and later to Santa Monica, Calif., where Carla began a 20-year career in oncology.

"I was a medical assistant in oncology and then I did transcribing reports in oncology. It was really good; I really enjoyed it there," Nolte said. After her husband passed away, Carla remarried and moved to San Diego. "I loved San Diego; the climate is just beautiful, (and) it's very beautiful out there," Nolte recalled.

Nolte had the travel bug throughout her life and has seen much of the world. "I've been to Germany, Austria, Greece, Italy, and Luxembourg," Nolte said. "I love traveling and I still would do it, but I can't do it anymore ... but fortunately, I've done it," said Nolte.

Despite her love of traveling, Nolte didn't have an interest in moving back to the Netherlands. "I have visited my family, but I didn't feel like I was part of the Dutch anymore," Nolte said. "I liked it here when I came, so I was just happy to stay here, really. Americans are casual and they're nice people."

The demeanor of people is something that is important to Nolte, and she felt that people weren't as welcoming in her homeland. "People are not as friendly there as they are here," Nolte said. "I had no problem adjusting to the American style of living." That adjustment also included learning American English, and slowly losing the ability to communicate in the languages she once knew.

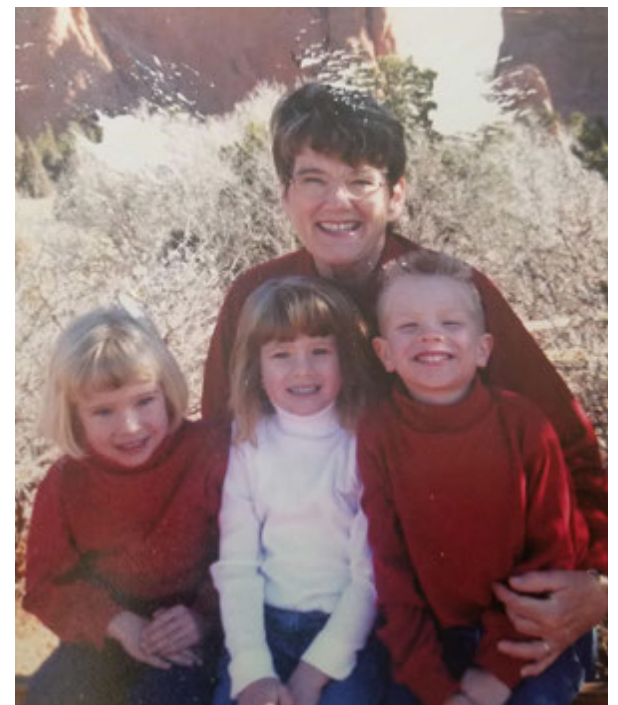
Though she spoke four languages, Nolte rarely speaks outside of English now. "I don't speak them that much anymore; I spoke German for awhile. And I can speak the menu if I was in Paris when you go out to dinner, but I might order the wrong thing," Nolte said, laughing.

Of all the languages she learned throughout her life, English and French were the most difficult to learn, while German was the easiest. "German was easier for me to learn, because it was very close to the Dutch language," Nolte said.

Despite being a polyglot at one point, Nolte didn't teach either of her sons how to communicate in anything other than English, and thinks she should have taught them her first language. "I think I should have taught them Dutch, but I was married to an American, and it was hard for me to transform myself to American English and then to Dutch," Nolte said.

By Angelo P. Stambene

If you would like to be featured in a story, please contact the Front Desk.



*Carla and her grandchildren;
Gabbi, Sophie and Matthew*

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.

Photo Gallery



Visiting Grandma



Balcony Fitness



Mackenzie Place wedding



Mackenzie Place wedding

May Birthdays

LaRene Good, 1st
Randall Rush, 3rd

Bonnie Paulson-Peterson, 6th
Mary Wolpert, 16th

Martha De Ulibarri, 21st
Vic Thacker, 23rd

Barbara DeVoll, 24th
Mary Ann Cary, 24th

Ted Neher, 26th
Janice Gilroy, 27th



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Kathy Price

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Daniel Bartlett

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David Hill

Health and Wellness Assistant Director
Kelly Krc

Memory Care Program Manager
Morgan Gundy

Office Manager
Mark Hatten

Program Supervisor
Lindsey McEvoy

PrimeFit Instructor
Adel Susic

Plant Operations Supervisor
Oliver Milan-Lopez

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

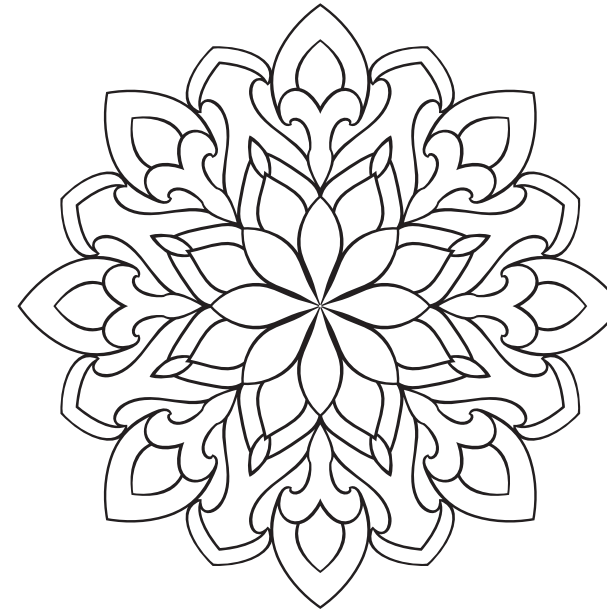
This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

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.

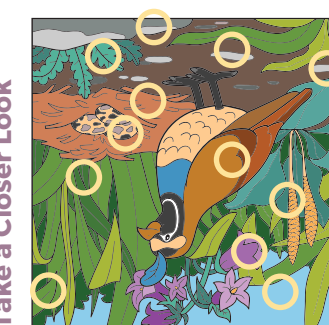
Solution can be found at the bottom of this page.





Feathered Friends

Q	U	A	P	E	T	M	A	C	T
E	L	I	L	E	R	H	W	A	O
I	L	O	F	I	N	C	A	K	M
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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>Birthdays Gundel White, 14th Chris Colvin, 19th</p>		<p>MAY DAY</p> <ul style="list-style-type: none"> 9:20 Reach&Stretch 9:50 Arts & Crafts Cluster Groups 10:45 Yoga with Rebecca 11:15 Indoor Gardening 1:15 Afternoon Exercise 1:30 Friday Book Club! 2:30 Snack & Chat 2:30 Happy Hour & Concert on Qello! 2:30 Entertainment in the Bistro 3:00 Hand Massage 4:00 Singalong on IN2L 6:00 Comedy TV Night 	<ul style="list-style-type: none"> 9:20 Reach&Stretch 10:00 Yoga with Rebecca 10:00 Kentucky Derby Picks! 10:30 Trivia or Crosswords 11:15 Indoor Gardening 1:15 Afternoon Exercise 1:30 Short Story Reading 2:00 Cooking Club 2:30 Snack & Chat 3:00 Walking Club 3:30 Let's Get Outside! 4:00 Hand Therapy 6:00 Saturday Night Movie
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