

# livfun

Mackenzie Place - Fort Collins

APRIL 2020 · SOUNDS OF SPRING

## Pastry Picks

They're a sweet and satisfying accompaniment to a cup of coffee or tea. Sample some traditional pastries that are served up in other countries.



**Cannoli** — A favorite in Italy, these tube-shaped shells of fried dough are stuffed with creamy, slightly sweet ricotta cheese. Chocolate, nuts and powdered sugar are sometimes added as garnishes.

**Bo lo bao** — Its name means “pineapple bun” in Cantonese, but there's no fruit in this Hong Kong specialty. The roll is named for its sugary crust's crisscross pattern that resembles a pineapple.

**Pastelito** — The traditional filling for this Cuban puff pastry is guava and sweet cream cheese. Pineapple and coconut are also favorites.

**Scone** — Popularly served with tea, this British baked treat looks similar to a biscuit, but has a crumbly texture and lightly sweet taste. It's typically topped with clotted cream and jam.

**Gulab jamun** — Balls of fried dough are soaked in a syrup flavored with sugar, rose water and cardamom to make this Indian dessert.

**Franzbrötchen** — A cross between a cinnamon roll and a croissant, this flaky, spiral pastry is a breakfast staple in the German city of Hamburg.

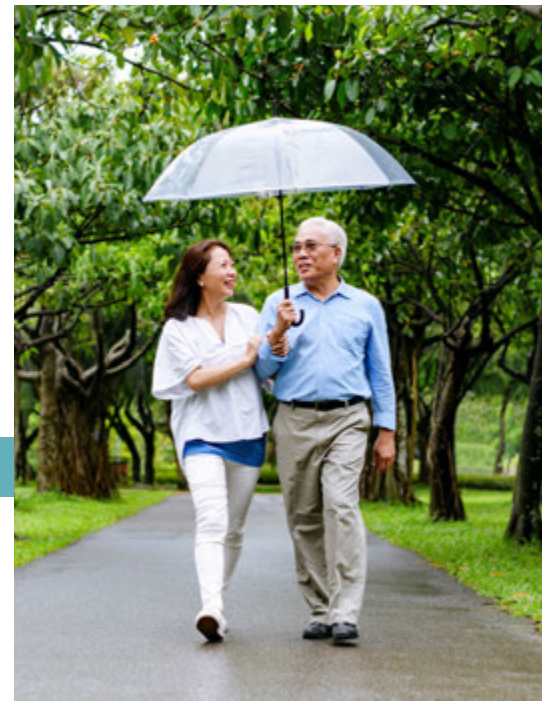
## Pioneer for Parkinson's

April is Parkinson's Disease Awareness Month, with World Parkinson's Day taking place on April 11. The date marks the birthday of Dr. James Parkinson, the English neurologist and scientist whose research laid the groundwork for the study and treatment of the disease.

The condition, which affects specific parts of the brain, was noted by several ancient cultures, but Parkinson's 1817 publication “An Essay on the Shaking Palsy” was the first clinical, detailed description of the disease. From his observations of six people, the London doctor identified key symptoms, including weakness, trembling in the hands and arms, and a stooped gait. Parkinson also noted the slow progression of the disease and called for further research by the medical community.

More than 50 years later, French neurologist Jean-Martin Charcot expanded on Parkinson's work and, recognizing its importance, suggested the condition bear his name. Since then, doctors and researchers have gained more knowledge about the disease and developed treatments to help manage symptoms.

In the 1980s, a Dutch horticulturist with the condition developed a new flower variety he named the Dr. James Parkinson tulip. A red tulip is now the global symbol of Parkinson's disease awareness and the commitment and hope for a cure.



## Gnome Sweet Gnome

Many yards and flower beds are home to whimsical statues known as garden gnomes, which are believed to bring luck to all that grows around them.

A number of European cultures include legends about gnomes — small, humanlike creatures, usually men with white beards, who live in forests and gardens. Mischievous, yet wise and helpful, gnomes were said to come to life at night to help humans with their plants as well as protect property and nature.

Ornamental versions of these beings were used in gardens as early as the 1600s, but they were carved totems rather than statues. The modern garden gnome emerged from the work of various craftspeople in the 1800s. One such artist in Germany, Philipp Griebel, made gnomes from terra cotta, and is credited with giving gnomes their now-iconic red cone-shaped hat. His statuettes became popular throughout Europe.

Garden gnomes continue to pop up in outdoor decor and have also appeared in advertisements and entertainment.



## Communication From Leisure Care

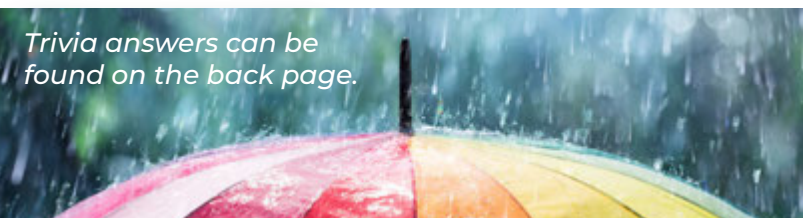
It goes without saying that we are living in an unprecedented and challenging time. When you opened this newsletter, you were likely expecting to see your monthly activities calendar. Due to COVID-19, we have canceled all activities throughout the community and are instead using this space to provide you helpful information and some ideas and activities while social distancing.

With 50 communities in 17 states, like all of you, we have been closely monitoring the developments that are changing daily and, in some cases, hourly. With that in mind, we are regularly modifying our protocol in alignment with best practices as determined by the CDC and state regulatory bodies, while also seeking alignment with our company values of doing the right thing. With all that is going on, our priorities have not changed; the health of our residents and employees remains our main focus.

For our most recent updates, visit [www.leisurecare.com/communication-plan](http://www.leisurecare.com/communication-plan). Please contact your management team if you have any questions about COVID-19.

## April Trivia

- How fast can raindrops fall?
- How many jelly beans are produced for Easter each year?
- What cloud shares its name with the Latin word for "rain"?
- What is the name of the dinner during the celebration of Passover?
- Green, white, purple and orange: Which of these is *not* a color of asparagus?
- Who wrote, "... April, dressed in all his trim Hath put a spirit of youth in everything"?
- What is April's birthstone?
- What is the name of April's full moon?
- Who sang the 1957 hit song "April Love"?
- About how many umbrellas are sold each year in the U.S.?
- Who was the U.S. president during the first White House Easter egg roll in 1878?
- What do they call an umbrella in England?
- In what year did the first Earth Day (April 22) take place?
- What common bird is known as the herald of springtime?



Trivia answers can be found on the back page.

## Keep Active With These Activities

- Carry on a daily routine as much as possible.
- Stay connected with family and friends by telephone, writing them a letter or email, or by using social media.
- Keep physically active as much as you can. Take advantage of the limited walks when possible, move around your apartment, and do simple seated stretches.
- Use this time as an opportunity: Read that book you've been wanting to get to, work on your favorite crafting project or hobby, take on a puzzle (Try the ones here in the newsletter!), start a journal, or learn something new.
- Unleash your inner artist with coloring pages or take up drawing or sketching.
- Organize something you've put off, such as that pile of papers, a drawer or shelf.
- Listen to your favorite music.
- If it's possible, use your TV's streaming service to catch up on some classic movies or one of those popular TV shows everyone's talking about.
- Use your device to research a topic you've always been interested in, learn some phrases in a foreign language, watch a YouTube tutorial or TED talk, or just laugh at some animal videos!
- Above all, maintain a positive attitude. You have likely coped with difficult situations before, and be reassured that you will cope with this current situation as well.

## Sudoku

The object of Sudoku is to fill all the blank squares with the correct numbers. Each row, column, and 3x3 subsection must include all digits 1-9 in any order.

*Solution can be found on the back page.*

8			1	3				
9	7	5			4			6
	4							
7					9			3
		3	6	7	2	4		
			5					
	3							5
4			3			1	7	8
				4	1			2

## 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			

### ACROSS

- Ice cream serving
- Man's nickname
- Second in a series
- Disease that attacks the muscles
- Mixture
- Future indicator
- \_\_\_ costs; regardless of the difficulty
- Very cruel
- Hankering
- Property buyer's concern
- Biblical line
- Rapidly growing item
- Got away
- Potato implement
- Cherished
- UV forerunners
- Jai \_\_\_
- Does an usher's job
- \_\_\_ tree; cornered
- Film set in a jungle
- Work unit
- Restores to health
- Pinnacle
- Cockney abode
- European river
- Makes changes in
- Mars' Greek counterpart
- Anthology entries
- Hastily
- "Wanna make \_\_\_?"
- Pronoun
- Painful problem
- Claw
- Ending for some girls' names
- Stable staple
- African antelope
- Like horse hooves
- Scottish language
- Violates
- San \_\_\_, California
- Warning device
- "Beetle Bailey" figure
- Postpone
- 100 paise
- Pierce
- Puts a burden on
- Painful spots
- Oak droppings
- Like a streaker
- Homes for some: abbr.
- Fruity concoction
- B, for one
- Was achy and feverish
- Fat
- Grows gray
- College major
- Singer's range
- Picnic spoilers
- Insult
- Sharpen
- Football players
- Gout spot
- One of a pair
- Chicken \_\_\_ king

### DOWN

- SPCA's advice
- Place for sheep
- Pearl Buck heroine
- Word with olive or motor
- Gallup respondent
- Regally clothed
- \_\_\_ Bator, Mongolia
- Polite person's word
- Sound of grief
- Weary
- Kuwaiti leader
- Sri Lanka exports
- \_\_\_ Murray
- Opposed
- Suffix for wind or sand
- Genius
- Accomplishments
- Strip of wood

*Solution can be found on the back page.*

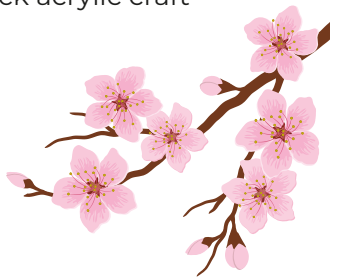
## Craft Corner

### Soda Bottle Spring Blossoms

It's easy to paint a beautiful cherry tree in bloom—just use a soda bottle as a stamp!

#### Materials:

- White piece of paper
- Paintbrush
- Dark brown or black acrylic craft paint or marker
- Light pink acrylic craft paint
- Small paper plate
- Empty plastic soda bottle



#### Directions:

Paint or draw a tree branch on the paper using the dark paint or marker. Let dry.

Pour some pink paint on the paper plate. Dip the bottom of the soda bottle into the paint so that the five bumps on the bottom of the bottle are covered.

Use the bottle to stamp pink cherry blossom flowers along the tree branch. Before stamping each flower, dip the bottle into the pink paint for a fresh coat.

Once dry, hang your artwork for all to see.

### Fragrant Flowers

Bring the scent of spring to a room, closet or drawer with this handmade air freshener.

#### Materials:

- Felt
- Scissors
- Sheet pan
- Parchment paper
- Essential oil (any scent)
- Needle and thread
- String
- Hot glue gun and glue

#### Directions:

Cut four circles out of the felt, each a bit smaller than the other. Cut evenly spaced slits around the edge of each circle to create petals.

Cover the sheet pan with parchment paper. Arrange the felt circles on the pan in a single layer and sprinkle each circle with a few drops of essential oil. Leave the pan in a sunny spot for an hour to let the scent soak in.

Layer the circles in a stack from largest to smallest. Sew an "X" through the center of the stack. To make a hanger, knot together two ends of a piece of string to create a loop, then glue the knotted end to the back of the flower.

When the scent fades, sprinkle the flower with more essential oil and let dry in a sunny spot.



# 50 Years of Earth Day

The modern-day environmental movement kicked off 50 years ago on the first Earth Day, April 22, 1970.

The annual event was created by Gaylord Nelson, a senator from Wisconsin who wanted to organize what he called a "national teach-in on the environment" that would educate the public about growing concerns such as pollution and deforestation. On the first Earth Day, 20 million people, about 10% of the country's population at the time, took part in rallies, raising awareness about environmental issues and appealing to protect the health of the planet.

Earth Day's success contributed to several landmark changes, including many of the first laws against air and water pollution, as well as the creation of a new government organization to respond to such issues, the Environmental Protection Agency, which began work in December 1970. By 1990, Earth Day became a worldwide observance.

Today, about 1 billion people in nearly 200 countries celebrate Earth Day.



RETIREMENT  
IN FULL BLOOM

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## The Battle of Okinawa

This month marks the 75th anniversary of the last major battle of World War II, the Battle of Okinawa.

Capturing the tiny island in the Pacific Ocean was crucial due to its location. It would serve as a base for the Allies to launch a planned ground invasion of Japan's main islands. To implement the attack, which was code-named Operation Iceberg, divisions of the U.S. Army and Marine Corps were merged to create the 10th Army, led by Lt. Gen. Simon B. Buckner Jr.

On April 1, 1945, troops stormed Okinawa's beaches. But unlike D-Day, they were met with little resistance. Farther inland, however, came fierce fighting, compounded by torrential rains and rugged terrain.

After 82 days, the Battle of Okinawa ended on June 22, 1945. Although the Japanese were defeated, both sides suffered huge losses. Over 12,000 American troops, including Buckner, were killed; 35,000 were wounded. About 100,000 Japanese troops were killed, and an estimated 150,000 Okinawan civilians died. Less than two months later, Japan surrendered to the Allies, ending World War II.

The Battle of Okinawa was the largest amphibious landing in the Pacific theater of World War II.



## Puzzle Solutions (from pages 2-3)

### April Trivia Answers

- |                  |                        |                         |
|------------------|------------------------|-------------------------|
| 1. Up to 22 mph! | 6. William Shakespeare | 11. Rutherford B. Hayes |
| 2. 16 billion    | 7. Diamond             | 12. A "brolly"          |
| 3. Nimbus        | 8. The pink moon       | 13. 1970                |
| 4. Seder         | 9. Pat Boone           | 14. Robin               |
| 5. Orange        | 10. 33 million         |                         |

### Crossword Solution

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

### Sudoku Solution

8	6	2	1	3	5	7	4	9
9	7	5	8	2	4	3	1	6
3	4	1	9	6	7	2	8	5
7	1	6	4	8	9	5	2	3
5	8	3	6	7	2	4	9	1
2	9	4	5	1	3	8	6	7
1	3	7	2	9	8	6	5	4
4	2	9	3	5	6	1	7	8
6	5	8	7	4	1	9	3	2