

JUNE 2020 • FUN IN THE SUN

U.S. Military Helmets Through History

A crucial piece of equipment for a soldier in battle is their helmet. The head protectors have continually evolved over America's military history.

The U.S. Army first issued helmets when America entered World War I in 1917. Modeled after the British Army's Brodie helmet, the headgear resembled an upside-down metal bowl with a brim and chinstrap. The steel helmet helped protect the tops of soldiers' heads, but the face and sides of the head were left exposed.

World War II soldiers wore the M1 helmet, which extended farther down the head and had a steel shell and adjustable liner, similar to construction hard hats. Its sturdiness prompted troops to nickname it the "steel pot." The M1 went on to be the standard-issue helmet during the Korean and Vietnam wars.

The invention of the synthetic fiber Kevlar led to the PASGT helmet, short for personal armor system for ground troops. Layers of puncture-resistant Kevlar provided a more lightweight yet effective shield against battlefield hazards for troops during the 1980s and '90s.

Since 2003, U.S. ground forces have worn the ACH, or advanced combat helmet, but officials are continually testing new options to provide the most state-of-the-art military helmet.

Photo Gallery



Margaret's 101st Birthday!



Zohreh is giving Easter gifts to our residents!



Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century. When first imported to the U.S. in the 1800s, the banana was considered an exotic food and eaten with a knife and fork.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger, and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure. The mineral also improves muscle function and boosts energy, and that's why many athletes eat a banana during competition and after workouts.

In the U.S., bananas are grown in Hawaii and Florida, but most of the nation's supply comes from Central and South America.

(Photos continued on back.)

A Message From Leisure Care

As we continue to navigate the situation brought on by COVID-19, we remain vigilant about social distancing and infection control protocols, based on guidelines from the CDC and state health agencies. Instead of our monthly calendar, we are using this space to provide some additional puzzles and activities that you can enjoy at your leisure.

Thank you for your commitment to doing your part in keeping other residents and team members safe. For our most recent updates, visit www.leisurecare.com/communication-plan. Please speak with your management team if you have any questions.

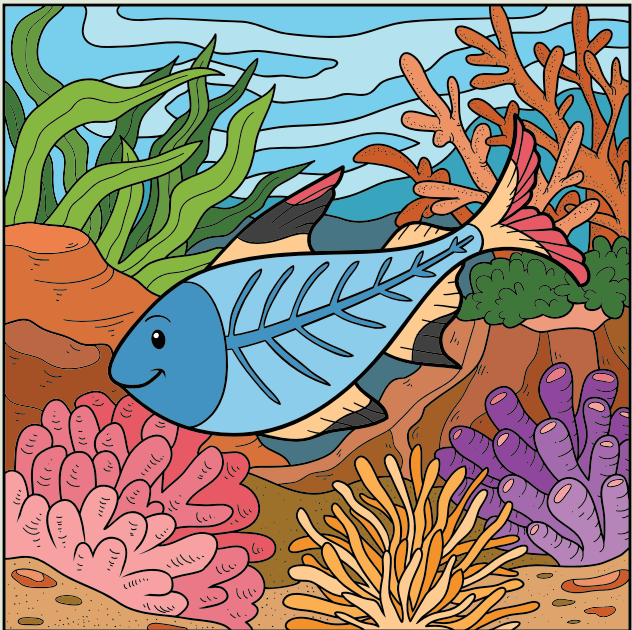
TV Dads

Match the father figure character to the TV show he appeared in.

Fictional Father	TV Show
1. Tim Taylor	A. "Father Knows Best"
2. James Evans Sr.	B. "Home Improvement"
3. Tom Corbett	C. "Good Times"
4. Steve Douglas	D. "Family Matters"
5. Carl Winslow	E. "My Three Sons"
6. Howard Cunningham	F. "Happy Days"
7. Jim Anderson	G. "The Courtship of Eddie's Father"

Double Take

Fish around and find 10 differences in these two pictures.



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				68			

ACROSS	DOWN
1. Use a dagger	1. Chunk
5. Dull sound	2. Row
9. Upper right-hand corner item	3. Bern waterway
14. One not to be trusted	4. Shows to the public
15. 1967 Montreal event	5. Shrimp
16. Comic strip Viking	6. Five dozen old Romans, plus two
17. Prefix for nautical or ballistics	7. Sports event
18. "...had a farm, ___."	8. Gist
19. Pay homage to	9. Distributed
20. Job holders	10. Tiny amounts
23. Rolled cube	11. In the past
24. Naples three	12. Ruin the surface of
25. 7 Down sponsor, for short	13. Prefix for shrunk or suppose
28. Ordains	21. Launderer's concern
32. Befuddles	22. Rub away
34. Leader assassinated in 1981	25. Adaptable
35. Forest creatures	26. Brilliant one
37. German one	27. Those who help: abbr.
38. Work units	28. Sewer
39. A la ___	29. Gardeners' machines
40. ___ accompli	30. Cheese variety
41. Dill herb	31. Blisters
42. Laic response	33. Pleadings
43. Food lists	34. Theater necessities
44. More to the point	36. Explosive peak
46. Learned people	39. Gave a hoot
48. Grads-to-be: abbr.	43. Educator Horace ___
49. Bulgaria's currency	45. Forefathers
51. Mich.'s neighbor	47. Musical instruments
52. Besides	50. Projecting brim
58. Informed	52. Square footage
61. Circus performer	53. Far: pref.
62. Church section	54. Fictional villain
63. Boatman	55. Merry prank
64. Olympian Korbut	56. 57
65. Lose one's footing	57. Slangy responses
66. Beverages	58. Band of electrical sparks
67. Classic cars	59. Court
68. Downhill conveyors	60. Hole maker

Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris.
Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

- DAD**
- ___ Took action
- ___ A cube with dots
- TIE**
- GOLF**
- ___ Wide chasm
- ___ Sea-loving bird
- ___ Bovine patriarch
- BALL**
- FISH**
- ___ A tightly closed hand
- ___ Tiny water droplets
- ___ Chewing gum flavor
- ___ Two cups
- ___ Sewing accessories
- FINS**

Summertime Snicker

- Q:** What holds the sun up in the sky?
- A:** Sunbeams!

Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan's last name isn't Hall.
2. Calvin, whose last name isn't Reynolds, didn't catch the smallest fish.
3. The man who caught the 8-pound fish didn't catch the walleye.
4. Mr. White didn't catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

A collection of white, rolled-up fabric items, likely baby clothes, neatly arranged in a cardboard box. Several small, decorative tags are attached to the rolls, featuring various designs including hearts, flowers, and text such as "LOVE", "BABY", and "Loved".



Hatsy Sakaguchi, 11th

Barbara Marquam, 12th



Ann is the winner of February Fitness Frenzy challenge!



LIVING BETTER THAN EVER

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Stefanny Villalobos

Health and Wellness Director
JJ White

Program Supervisor
Heli Mohammadi

Driver
Jason Laxamana

Plant Operations

Robin Laparra

Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

1. B; 2. C; 3. G; 4. E; 5. D; 6. F; 7. A

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

