

livfun

Markham House



SEPTEMBER 2020 • BELIEVE

Photo Gallery



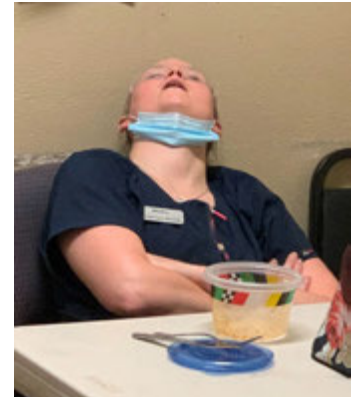
Live music by Art Goodman



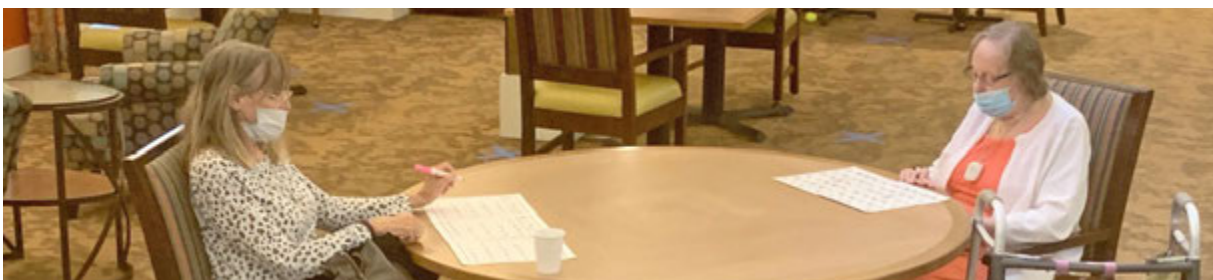
Music Therapy by Gabe



Social distancing scenic drive



This is what happens when you go to the gym at 5 a.m. before work.

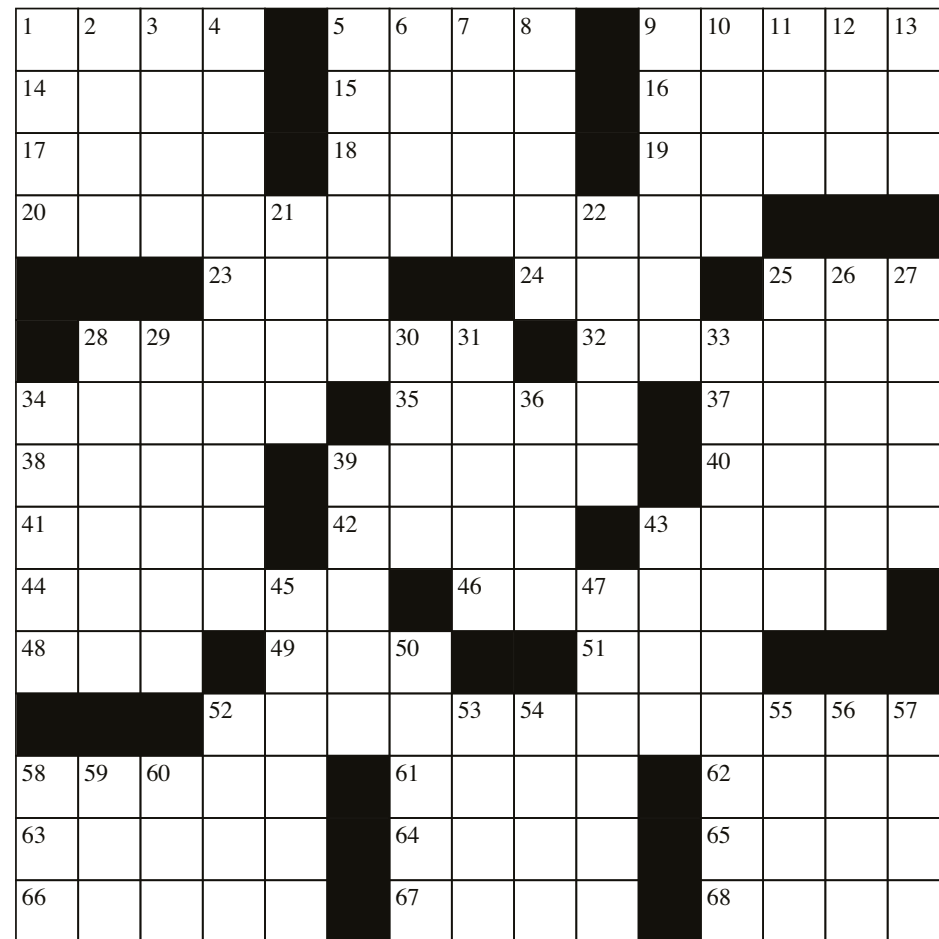


A Message From Leisure Care

We are continuing to follow a modified schedule of activities due to COVID-19. Instead of the monthly calendar, please enjoy these additional activities that you can do at your leisure. Again, we thank you for your cooperation in helping to keep everyone in our community healthy and safe.

For updates, visit www.leisurecare.com/communication-plan. Please contact your management team if you have any questions.

Crossword Puzzle



ACROSS

1. Bargain-hunt
5. Fog
9. Read __; recite
14. Novel setting
15. Of the U.S.A.
16. Rent long-term
17. Of a generation
18. Pocket bread
19. Procrastinator's word
20. Warm lunch
23. Originally named
24. Call a halt to
25. Nemesis
28. Rhythm
32. Cuts
34. Lament
35. Bee colony
37. "Ah, me!"
38. Character in Othello
39. West Point student
40. Out of __; behaving inappropriately
41. Word with stick or roll
42. One who acts like another
43. Lets
44. Evaluate
46. Pillages
48. Do a hairdresser's job

DOWN

1. Heavenly Milles.
2. Nag
3. Not just tacit
4. Mom, dad, or madam
5. Take place
6. Friend at the école
7. Greek letter
8. Expunge
9. Refer
10. Spring
11. Bit of cereal
12. Take advantage of
13. German article
21. High schooler
22. Start
25. Cat
26. Praying figures
27. Winding roads
28. Rough
29. Part of summer
30. Fellow
31. Sea duck
33. Certain love messages
34. Fictional king
36. Miles, e.g.
39. Tosses
43. Public disturbance
45. Sight and taste
47. Existing on a flat surface
50. Fourth page of a wall hanging
52. Preposition
53. Insignificant amount
54. Complaint to a dermatologist
55. Hot spot
56. __ PM; 2100 hours
57. Did in
58. Item in a desk drawer
59. Mr. Whitney
60. Girl's nickname

Brain Bender: Moving Day Dilemma

Anna, Bridget, Crystal, Danielle, Elyse, Faith, Gabby, Hallie and Jade are all moving into a three-story apartment building. Each floor has three apartments: west, middle and east. Use the clues below to figure out the floor and the apartment where each lives.

- Hallie does not live on the ground floor.
- Faith lives directly above Jade and directly next to Bridget, who lives in a west apartment.
- Elyse lives in an east apartment and one floor higher than Faith.
- Danielle lives directly above Faith.
- Gabby lives directly above Crystal.

A Word Game To 'DO'

Every answer below is a six-letter word or name that ends with the two letters D and O.

1. Lizard that's a "dragon"
2. Spanish for "Saturday"
3. Men's fancy black-and-white attire
4. Actor who starred in "On the Waterfront"
5. Square dance move
6. City in Ohio
7. Type of martial art
8. Name of a U.S. state and a river

Globetrotting Online

The next best thing to being there, traveling online is a good way to get away. Many of the world's tourist destinations are using technology so that virtual travelers can tour and interact with locales. Here's a sample of some digital tours:

- **Australia's Great Barrier Reef**
AttenboroughsReef.com
- **Acropolis of Athens**
AcropolisVirtualTour.gr
- **Peru's Machu Picchu**
YouVisit.com/tour/MachuPicchu

Use the search terms "virtual tour" with the names of other famous places, and you'll likely find they offer online experiences. There are tours of the Eiffel Tower, Great Wall of China, Taj Mahal, and the Egyptian pyramids. NASA even has out-of-this-world trips to the International Space Station and explorations of other solar systems.

Puzzle Solutions

Brain Bender: Moving Day Dilemma

Ground floor: west: Anna; middle: Jade; east: Crystal. Second floor: west: Bridget; middle: Faith; east: Gabby. Third floor: west: Hallie; middle: Danielle; east: Elyse

A Word Game To 'DO'

1. Komodo; 2. Sabado; 3. tuxedo; 4. Marlon Brando; 5. do-si-do; 6. Toledo; 7. judo or hapkido; 8. Colorado

'Care' Is One

How many words can you come up with using the letters in "appreciate"?

This Will Leaf You Smiling

Q: What's a tree's least favorite month?

A: Sep-timber!

Coloring Corner



The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight.

The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color, blooms can also be orange, red or purple, or have striped hues.

Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed.

A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.

Dried Fruits for a Wellness Boost

Bite-sized servings packed with flavor, dried fruits can be a sweet addition to a nutritious diet. When you're hankering for a snack, reach for one of these popular options:

Apricots — This orange, velvety fruit related to the peach is rich in vitamins A, C and E, which promote healthy vision, benefit your skin, and can help strengthen immunity. Apricots' high calcium and iron content aids in maintaining strong bones and good circulation.

Dates — Although they taste very sweet, dates have a low glycemic index, making them a nourishing nibble for those watching their blood sugar levels. Full of fiber and iron, these sticky dried fruits are featured in baked goods, as well as rice and lentil dishes.

Prunes — Like dates, prunes, which are dried plums, are a sweet, filling snack that won't cause blood sugar levels to spike. Prunes are good sources of vitamins A and K, as well as fiber, potassium and boron, a mineral that supports bone health.

Figs — Grown on certain species of ficus trees, figs have more fiber than any other fruit. Their high levels of fatty acids, antioxidants and prebiotics can help lower cholesterol, prevent disease and improve digestion.

Raisins — These dehydrated grapes contain potassium and iron, which are linked to lowering blood pressure and inflammation. Sprinkle them in cereal and salads, bake them in cookies and bread, or add them to trail mix. They're also a flavorful ingredient in a variety of savory recipes.

September Birthdays

Tom Schulz, 4th

Florence Mickelson, 29th

MARKHAM HOUSE

LIVING BETTER THAN EVER

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