

livfun

The Ackerly at Sherwood

MAY 2020 • MAY FLOWERS



The Story of the School Nurse

In communities across the country, school nurses offer care to students of all ages, safeguarding their health and education.

The history of this vital nursing specialty begins at the turn of the 20th century. Due to its growing population, New York City's public schools battled a rise in contagious infections among students. Despite hiring doctors to provide health screenings, the rates of illnesses and absences remained high until a woman named Lillian Wald stepped in.

A nurse who worked in low-income neighborhoods, Wald saw the need for children to receive basic health care at school. In 1902, she persuaded officials to hire the first public school nurse in America, Lina Rogers. In her first month on the job working at four schools, Rogers treated nearly 900 students and made over 100 home visits. Soon after, 27 more school nurses were hired, and within six months, health-related absenteeism dropped by a whopping 90%.

By the '20s, school nurses were working throughout the nation, treating minor conditions, providing first aid, and educating children and their families about preventive health care.

Today's school nurses fill a variety of needs, such as performing vision and hearing screenings, assisting students with chronic conditions and allergies, and providing resources for mental health.

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.

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.

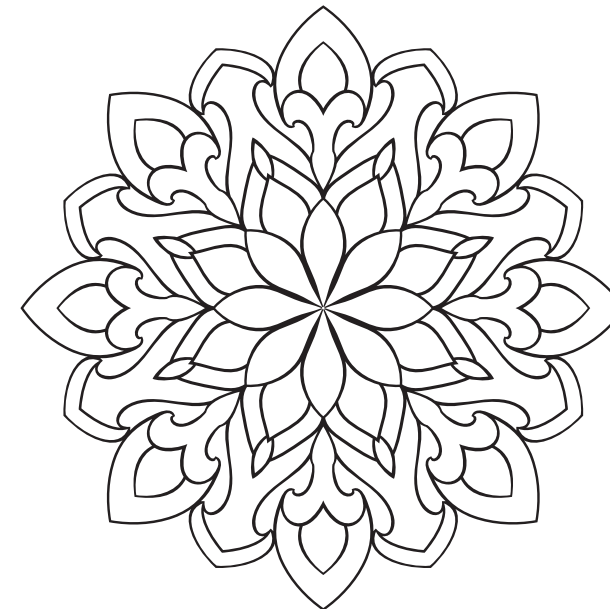
R	O	D	D	R	O	D	U	N	K
C	O	N	W	O	N	N	I	L	A
S	P	A	R	R	G	I	S	O	K
O	D	M	A	W	O	B	I	P	A
V	K	B	G	O	R	C	R	I	M
E	N	O	P	I	E	K	H	W	O
K	I	B	S	T	O	R	E	I	T
I	L	O	F	I	N	C	A	K	M
E	L	I	L	E	R	H	W	A	O
Q	U	A	P	E	T	M	A	C	T

BOBOLINK
CONDOR
~~CROW~~
DOVEKIE
DRONGO
DUNLIN
FINCH
IBIS
KAKAPO

KIWI
MACAW
MAGPIE
MOTMOT
PETREL
QUAIL
RHEA
SPARROW
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

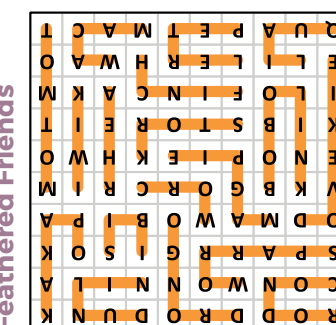
Take a Closer Look

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

Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look

