

livfun

The Landing of Collegeville

MAY 2020 · MAY FLOWERS

“Everything Is Gonna Be Alright, Everything Is Gonna Be Okay!”

As we write this newsletter, we are in the midst of the Coronavirus Pandemic. We are all hoping by the time this newsletter comes to print we are “flattening the curve” and can slowly return to some normalcy, whatever that normalcy may look like on the other side of this pandemic.

We are trying on a daily basis to shelter our residents from some of this, as much as we can. Many do not understand the magnitude of what is happening (which may be a good thing). It’s a team effort, as it always is here at the Landing. From Nursing to Activities, Dining to Housekeeping and Maintenance, everyone is jumping in. Our ladies at the front desk are managing the many daily deliveries and family phone calls, and our Sales & Marketing team are busy keeping in contact with folks in the community as well as helping our families connect with their loved ones. Kudos to our OPAL team for keeping our residents active and happy. Hats off to our nursing team, what a group of nurses, med techs and caregivers. As the saying goes, it takes a village!

A special thanks to our GM Monica Paulino for keeping us updated on all things Covid-19 and keeping the team going through extraordinary times.

While large group activities have ceased, we are still having fun and bringing programs right to our residents’ doors! With weekly themes from Greek Week to Baseball and more, we are here to support our residents and families. We hope you join in on some of our “social distancing” visits, and please call to set up a Facetime chat!

Stay healthy and happy, and see you on the other side of this unique time in history. Thank you for trusting us with your loved one’s care; we know the separation is so hard on so many. Please know we are here for you all, so call or email with thoughts, questions or just to say hello. We are in this together and appreciate your support.



Cheers to Our Rock Star!

It always feels good to recognize our residents. I know you have been hearing about Fitness Frenzy for months now, but officially, we can say that Margaret Carlson is our resident with the most active points here at the Landing of Collegeville. While we had so many residents who jumped in and had fun, Margaret is our Rock Star, out walking bright and early every morning, no matter the weather! Thanks to everyone who participated, donated and raised money with us! This year, we raised over \$650! \$250 goes to our company’s One Eighty Foundation (check them out online) and the rest goes to Mostly Muttz animal rescue! Thanks also to our Fox Therapy Team, Bayada and Kimberton Whole Foods for their contributions.

Take time to give Margaret a high five (or rather an air or virtual high five since we are maintaining social distancing), and until next year’s Fitness Frenzy, Thank You and stay healthy.



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.

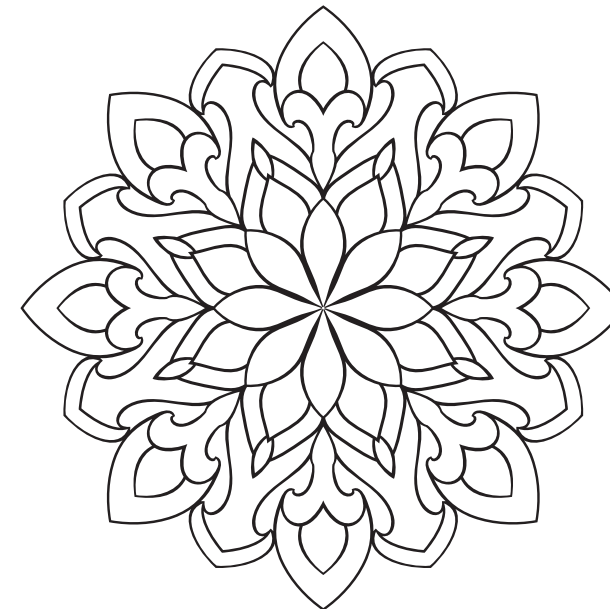
R	O	D	D	R	O	D	U	N	K
C	O	N	W	O	N	N	I	L	A
S	P	A	R	R	G	I	S	O	K
O	D	M	A	W	O	B	I	P	A
V	K	B	G	O	R	C	R	I	M
E	N	O	P	I	E	K	H	W	O
K	I	B	S	T	O	R	E	I	T
I	L	O	F	I	N	C	A	K	M
E	L	I	L	E	R	H	W	A	O
Q	U	A	P	E	T	M	A	C	T

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

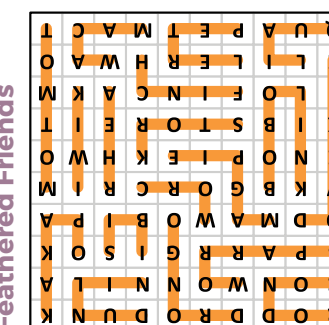
Take a Closer Look

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

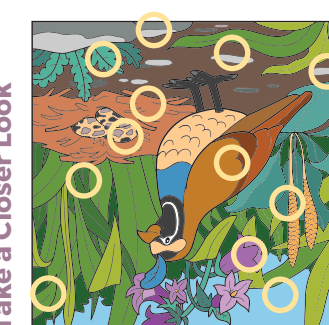
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look



Staying Active and Having Fun!

Just peek into our daily lives here at the Landing of Collegeville!



May Birthdays

Anne Greene, 1st

Norma Cutler, 5th

Erna Dampf, 11th

Dot Hoffman, 12th

Roger Binns, 13th

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