

livfun

The Linden at Danvers

AUGUST 2020 · TOP OF THE CLASS

Photo Gallery



Ready, aim, fire!



At the Beach

The combination of sand and surf creates scenic coastlines across the world. Relax, unwind and find out what makes some beaches fascinating and fantastic.

- Beaches became popular destinations during the 1700s. Doctors often prescribed a visit to the seashore to improve a person's health.
- Most beach sand is tan or white in color, but there are beaches with sand that's black, green, pink, purple and red.
- Brazil is home to the world's longest beach, Casino Beach, which stretches 150 miles long.

(Continued on back.)



Welcome, Liliansa!

Hi all!

I'm Liliansa, the new Health and Wellness Director. I began my nursing career in 2014 in this same building and now have been blessed with the opportunity to be the director. When I'm not running around the building, you can find me relaxing with my pup Mello, a Maltipoo, or enjoying any back roads I can find on my motorcycle. I look forward to being able to meet all of you, as well as build great relationships with you.



Welcome Liliansa, our new Health and Wellness Director

Remembering V-J Day

The happy news came on Aug. 14, 1945. Calling it “the day we have been waiting for since Pearl Harbor,” U.S. President Harry S. Truman announced to crowds gathered outside the White House that Japan had surrendered unconditionally to the Allies. World War II was finally over.



Three months earlier, fighting had ended in Europe with Germany's surrender. Now relief and jubilation erupted at word that the battle in the Pacific had been won. In the U.S., millions of people flooded city streets to hold impromptu parades, complete with marching bands, confetti and fireworks.

In New York City's Times Square, sailors climbed lampposts and waved American flags, while strangers cheered and embraced. One celebratory moment, of a sailor excitedly kissing a woman in a white dress, was captured by photographer Alfred Eisenstaedt and printed a week later in Life magazine. The iconic image is an enduring symbol of Victory Over Japan Day, or V-J Day.

Allied nations also broke out in festivities, which continued through Aug. 15, the date the United Kingdom declared as V-J Day. Japan's formal surrender took place a few weeks later on Sept. 2.

At the Beach (Continued)

- You'll find the “shark tooth capital of the world” at Venice Beach in Florida. Every year, hundreds of fossilized teeth from prehistoric sharks wash ashore there.
- At 58 feet high, the world's tallest sandcastle was built on a German beach in 2019.
- Tides have turned California's Glass Beach from trash to treasure. Its shore is covered with polished pebbles of colorful sea glass, made from garbage tossed into the ocean long ago.
- A day at the beach or the spa? You can have both at New Zealand's Hot Water Beach, where the water underneath the beach heats up to 150 degrees. Beachgoers dig holes in the sand to soak in their own hot tubs.



Hanging Out in Hammocks

A hammock hanging between two trees is an inviting sight. This swinging bed has provided safety and rest in the centuries since its invention.

Anthropologists say the native people of Central and South America hung the first hammocks about 1,000 years ago, weaving bark and leaves into lightweight nets they called hamacas. While some were used for fishing, others were strung between trees and used as a bed, providing a clean, dry place to sleep, plus protection from animals on the jungle floor.

When Christopher Columbus arrived in the Caribbean in the 1400s, he was fascinated by the sleeping nets and wrote about them in his journal. The explorer took hamacas back to Europe, where they became known as hammocks.

Sailors quickly adopted the suspended beds. Easily rolled up for storage on a crowded ship, hammocks were more hygienic and also helped prevent seasickness by swaying with a vessel's movement. Through the 20th century, hammocks were standard equipment on naval vessels.

In some cultures, hammocks are still the bed of choice. Scientists have discovered that a hammock's gentle rocking helps people doze off faster and get a deeper sleep.



THE LINDEN AT DANVERS

• A LEISURE CARE ASSISTED LIVING & MEMORY CARE COMMUNITY

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Danvers, MA 01923
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**Assistant Program
Supervisor**
Maureen Waddell

**Assistant Program
Supervisor**
Kim Caplin (Opal)

**Plant Operations
Supervisor**
Chris DeMonaco

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
	Locations Activity Room, AR Dining Room, DR Library, LB	Living Room, LR Off Premises, OP		Birthdays Helen Cahagan, 2nd Bill Furey, 5th	Larry Kingsbury, 15th Margaret Keyes, 22nd	10:30 Music & Movement Exercises * 1:30 Jeopardy Game, LR 2:30 Bingo!
2 10:00 The Linden Walking Club * 3:00 Movie Matinee: Limit 6 Residents PF	3 10:30 Music & Movement Exercises, LR * 11:30 Balloon Volleyball, AR 1:30 Ready, Aim, Fire! Target Shooting, AR 2:30 Bingo! 3:30 Sounds of the Symphony: Limit 6 Residents, AR PF	4 10:30 Music & Movement Exercises, LR * 11:15 Cornhole Bean Bag Toss, LR * 2:30 Bingo! 3:30 Sounds of the Symphony: Limit 6 Residents, AR PF	5 10:30 Balance & Stretch Exercises, LR * 1:30 Brain Games & Trivia 2:30 Bingo! 3:30 Sounds of the Symphony: Limit 6 Residents, AR PF	6 10:30 Moving to the Oldies Exercises 11:30 TED Talks & Current Events, LR 2:30 Pokeno 3:30 Sounds of the Symphony: Limit 6 Residents, AR PF	7 10:30 Exercises 11:00 Catholic Rosary with Mary Jo, AR 1:30 Armchair Travels: Limit 6 Residents 2:30 Bingo! 3:00 Traveling Happy Hour Cart! 3:30 Sounds of the Symphony: Limit 6 Residents, AR PF	8 10:30 Music & Movement Exercises * 11:15 Balloon Volleyball, LR 1:30 Jeopardy Game, LR 2:30 Bingo! PF
9 10:00 The Linden Walking Club * 3:00 Movie Matinee: Limit 6 Residents PF	10 10:30 Music & Movement Exercises, LR * 11:30 Balloon Volleyball, AR 1:30 Ready, Aim, Fire! Target Shooting, AR 2:30 Bingo! 3:30 Sounds of the Symphony: Limit 6 Residents, AR PF	11 10:30 Music & Movement Exercises, LR * 11:15 Cornhole Bean Bag Toss, LR * 2:30 Bingo! 3:30 Sounds of the Symphony: Limit 6 Residents, AR PF	12 10:30 Balance & Stretch Exercises, LR * 1:30 Brain Games & Trivia 2:30 Bingo! 3:30 Sounds of the Symphony: Limit 6 Residents, AR PF	13 10:30 Moving to the Oldies Exercises 11:30 TED Talks & Current Events, LR 2:30 Pokeno 2:30 Bingo! 3:30 Sounds of the Symphony: Limit 6 Residents, AR PF	14 10:30 Exercises 11:00 Catholic Rosary with Mary Jo, AR 1:30 Armchair Travels: Limit 6 Residents 2:30 Bingo! 3:00 Traveling Happy Hour Cart! 3:30 Sounds of the Symphony: Limit 6 Residents, AR PF	15 10:30 Music & Movement Exercises * 1:30 Jeopardy Game, LR 2:30 Bingo! PF
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23 10:00 The Linden Walking Club * 3:00 Movie Matinee: Limit 6 Residents PF	24 10:30 Music & Movement Exercises, LR * 11:30 Balloon Volleyball, AR 1:30 Ready, Aim, Fire! Target Shooting, AR 2:30 Bingo! 3:30 Sounds of the Symphony: Limit 6 Residents, AR PF	25 10:30 Music & Movement Exercises, LR * 11:15 Cornhole Bean Bag Toss, LR * 2:30 Bingo! 3:30 Sounds of the Symphony: Limit 6 Residents, AR PF	26 10:30 Balance & Stretch Exercises, LR * 1:30 Brain Games & Trivia 2:30 Bingo! 3:30 Sounds of the Symphony: Limit 6 Residents, AR PF	27 10:30 Moving to the Oldies Exercises 11:30 TED Talks & Current Events, LR 2:30 Pokeno 2:30 Bingo! 3:30 Sounds of the Symphony: Limit 6 Residents, AR PF	28 10:30 Exercises 11:00 Catholic Rosary with Mary Jo, AR 1:30 Armchair Travels: Limit 6 Residents 2:30 Bingo! 3:00 Traveling Happy Hour Cart! 3:30 Sounds of the Symphony: Limit 6 Residents, AR PF	29 10:30 Music & Movement Exercises * 1:30 Jeopardy Game, LR 2:30 Bingo! PF
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Locations Activity Room, AR Assisted Living Common Room, AL LR Living Room, LR Quiet Room, QR		Transportation Monday, 2:30 p.m.: Catholic Mass Tuesday, 10:30 a.m.: Tour The Northshore W/ Tony Tuesday, 1:30 p.m.: Danvers Senior Center — Memory Cafe (2nd Tuesday) Wednesday, 11:30 a.m.: Out For Lunch! (3rd Wednesday) Thursday, By appointment : Medical Appointments			10:00 ● Current Events 1 11:00 ● iPad Brain Games! 1:30 ● Balloon Volleyball 2:00 ● Mid Day Stretch & Refresh 3:00 ● The Linden Cafe Refreshments 4:00 ● Arts & Crafts 6:00 ● Hand Massages & Manicures
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