

livfun

The Village at Mill Landing

MAY 2020 · MAY FLOWERS



Thank You!

During such unprecedented times, these past weeks have certainly been a challenge. We have all had to change our way of thinking, our way of interacting and our way of everyday living. We have been asked to reduce social contact with family and friends, to change our regular routine of meals in our dining room and to restrict programming to just halls and doorways. Despite these changes which have become our “new norm,” we have seen numerous acts of kindness, generosity, humor and compassion.

Thank you to all our residents, staff and families for your understanding and willingness to cooperate in such uncertain times. We truly appreciate all of your support! We are all in this together!



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

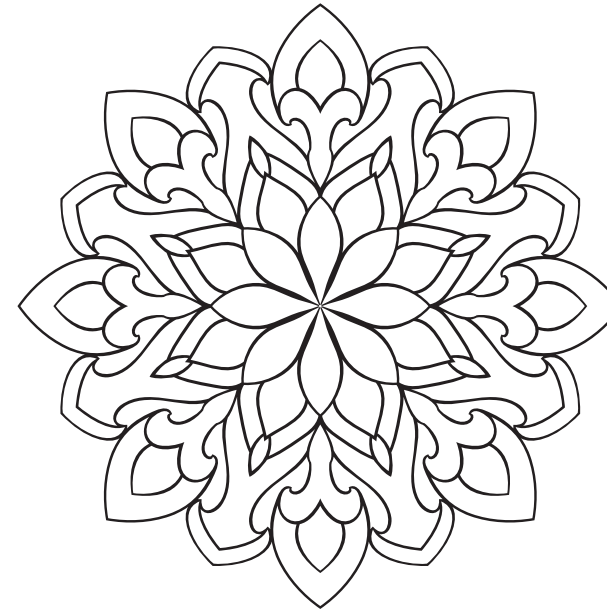
This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

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 | KIWI |
| CONDOR | MACAW |
| CROW | MAGPIE |
| DOVEKIE | MOTMOT |
| DRONGO | PETREL |
| DUNLIN | QUAIL |
| FINCH | RHEA |
| IBIS | SPARROW |
| KAKAPO | 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.

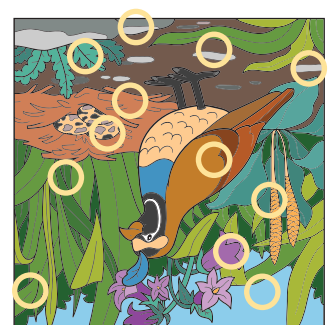
Solution can be found at the bottom of this page.



Feathered Friends

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

Take a Closer Look



Celebrating the History of the Lilac Festival in Rochester

At over 110 years old, Highland Park is one of Rochester's oldest parks. In fact, the initial gift of 20 acres from Mount Hope Nurseries in 1888 caused Rochester to form a Parks Department, which hadn't yet existed.

A little pre-history: Started in 1840, Mount Hope Nurseries quickly grew into the area's largest nursery, and ultimately, the world's, when it peaked in size in 1888 at over 650 acres on the city's south side. During that same year, the owners, George Ellwanger and Patrick Barry, decided to donate a small parcel of their land set on the side of a foothill to the city to create a public area to view all of what the duo could offer.

Beginning with a pair of everything they carried and handfuls of hardwoods, the park's landscape was started. In 1892, under the direction of the new superintendent of parks Calvin C. Laney, horticulturist John Dunbar began the park's lilac collection with 20 varieties, some of which were descendants of native plants brought over by early settlers. Overseeing the park's design was Frederick Law Olmsted (of Central Park fame); his goal was to give the park a naturalistic feel. For those who wish to gain a little more knowledge about the wide variety of lilacs on display in the park, there is a short walkway among a series of lilac bushes that have numbers and names attached to each type of plant. The path begins just west of the flower bed that sits on the north side of Highland Ave and features about 20 plants with labels that give both their common and scientific names.

Almost immediately, people started gathering at the park when the lilacs would bloom, and in 1898, Rochester held its first official Lilac Festival for a crowd of around 3,000. Today, over half a million people visit the 1,200 specimens that make up about 500 different varieties of lilacs covering about 20 of the park's 155 acres.

Of course, Highland Park is not just about lilacs. There are many other reasons to visit, including other plants like azaleas, cherry blossoms, forsythias, rhododendrons and more! In fact, there are over 35 varieties of magnolias alone. Visit in spring for the thousands of bulbs and wildflowers and in the fall for the large number of trees. Don't forget to check out the big rock garden with little evergreens, the Lilac Arches, Lambertton Conservatory and the Sunken Garden.

Some of the several interesting attractions at the park:

Lamberton Conservatory

Warner Castle is a real castle, home to the Rochester Civic Garden Center. It has a library and sunken garden.

Pansy Bed – A Lilac Festival tradition since 1904, the pansy bed is located in the main lilac display area on Highland Avenue near Goodman Street. It contains 10,000 pansies, hand-planted anew every year by dedicated Monroe County Parks Department personnel. The oval floral "carpet" measures 20 feet by 50 feet, and each year, the pattern is changed. The Pansy Display begins in early May and reaches its flowering peak in May and June.

Rhododendron and Azalea Collection – Highland Park's famous collection can be found in one of the park's sheltered valleys; the many varieties bloom from May into mid-summer. Rhododendrons, Azaleas, Mountain Laurel and Andromeda thrive in the cool, moist atmosphere of the Rhododendron Dell.

May Birthdays

Winnie Krochalis, 3rd

Marian Conradt, 9th

Doris Smith, 28th

Rose Ann Szczepanik, 7th

Phil Arengi, 24th

Donna Rice, 31st



THE VILLAGE UNITY • MILL LANDING

The Village at Mill Landing
45 Mill Road
Rochester, NY 14626
585-720-3000

Staff

General Manager
Christine Hill

Sales Advisor
Amy Rist

Dining Services Manager
Heather Weber

Health and Wellness Director
Terry Kipp, RN

Health and Wellness Manager
Doug Lynch

Bookkeeper
Margaret Melia

Program Supervisor
Tracy LaFountain

Maintenance Supervisor
Martin Pier