

livfun

The Woodlake

APRIL 2020 · SOUNDS OF SPRING



Welcome to The Woodlake!

We are so excited to get to know you, learn of your interests and passions, and create an atmosphere where you will feel safe, loved, heard, and cared for. The team, led by our amazing General Manager, Michelle Swearingen, is dedicated to providing you and your loved ones the best care, food, services and programs around. By creating a meaningful quality of life and an abundance of joy for all involved, our goal, our purpose, is to give you a positive and rewarding experience every day in all we do. Michelle has developed a wonderful team of experienced and passionate individuals, each with strengths and abilities to ensure the best of the best in what they do. Each month, we will feature a new team member in this newsletter, giving you an opportunity to get to know them. Please look for those articles! This month we wanted to give you a brief introduction to the Leadership team here at The Woodlake. As we mentioned



Meet the Team!

before, our fearless leader is Michelle Swearingen, General Manager. Melissa Cannone is leading the pack in care as our Health and Wellness Director. Kylie Pasquetti, also leading the pack in care, is our Opal Manager, overseeing our Memory Care neighborhood. Alex Winters is our very skilled and phenomenal Chef. Our Plant Ops Supervisor, keeping our community beautiful and safe, is Joseph Simon. Sandra Guzman is our Business Office Manager, maintaining our accounts and keeping us all on track! Tanysha Borrromeo is our Program Supervisor, engaging us all and creating quality programming that meet your interests. Our sales team includes Karen Wood, our Sales Manager, introducing you to the community and helping you through each step of the process. With her comes, Julia Hawkins, Sales Advisor, and Stacy Schmidt, Sales and Move-in Coordinator. All very important in ensuring a smooth and stress-free move to The Woodlake.

Each team member brings with them a skill set that can't be taught — compassion and care. We each come to you with different stories, reasons or purposes for choosing the career we have chosen. Each with a special kind of heart that drives us to serve and help others. We truly are here for you, for your loved ones, to lean on, to count on, to encourage good health, provide excellent care, promote independence and healthy lifestyle choices while engaging your interests. We look forward to serving you!

Communication From Leisure Care

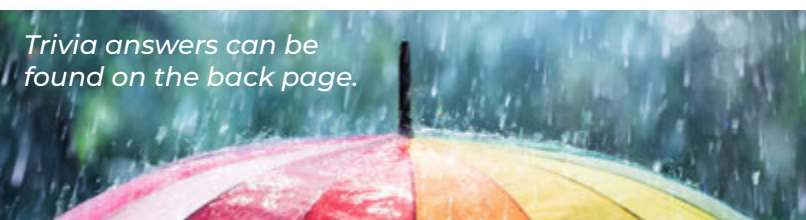
It goes without saying that we are living in an unprecedented and challenging time. When you opened this newsletter, you were likely expecting to see your monthly activities calendar. Due to COVID-19, we have canceled all activities throughout the community and are instead using this space to provide you helpful information and some ideas and activities while social distancing.

With 50 communities in 17 states, like all of you, we have been closely monitoring the developments that are changing daily and, in some cases, hourly. With that in mind, we are regularly modifying our protocol in alignment with best practices as determined by the CDC and state regulatory bodies, while also seeking alignment with our company values of doing the right thing. With all that is going on, our priorities have not changed; the health of our residents and employees remains our main focus.

For our most recent updates, visit www.leisurecare.com/communication-plan. Please contact your management team if you have any questions about COVID-19.

April Trivia

- How fast can raindrops fall?
- How many jelly beans are produced for Easter each year?
- What cloud shares its name with the Latin word for "rain"?
- What is the name of the dinner during the celebration of Passover?
- Green, white, purple and orange: Which of these is *not* a color of asparagus?
- Who wrote, "... April, dressed in all his trim Hath put a spirit of youth in everything"?
- What is April's birthstone?
- What is the name of April's full moon?
- Who sang the 1957 hit song "April Love"?
- About how many umbrellas are sold each year in the U.S.?
- Who was the U.S. president during the first White House Easter egg roll in 1878?
- What do they call an umbrella in England?
- In what year did the first Earth Day (April 22) take place?
- What common bird is known as the herald of springtime?



Trivia answers can be found on the back page.

Keep Active With These Activities

- Carry on a daily routine as much as possible.
- Stay connected with family and friends by telephone, writing them a letter or email, or by using social media.
- Keep physically active as much as you can. Take advantage of the limited walks when possible, move around your apartment, and do simple seated stretches.
- Use this time as an opportunity. Read that book you've been wanting to get to, work on your favorite crafting project or hobby, take on a puzzle (Try the ones here in the newsletter!), start a journal, or learn something new.
- Unleash your inner artist with coloring pages or take up drawing or sketching.
- Organize something you've put off, such as that pile of papers, a drawer or shelf.
- Listen to your favorite music.
- If it's possible, use your TV's streaming service to catch up on some classic movies or one of those popular TV shows everyone's talking about.
- Use your device to research a topic you've always been interested in, learn some phrases in a foreign language, watch a YouTube tutorial or TED talk, or just laugh at some animal videos!
- Above all, maintain a positive attitude. You have likely coped with difficult situations before, and be reassured that you will cope with this current situation as well.

Sudoku

The object of Sudoku is to fill all the blank squares with the correct numbers. Each row, column, and 3x3 subsection must include all digits 1-9 in any order.

Solution can be found on the back page.

8			1	3				
9	7	5			4			6
	4							
7					9			3
		3	6	7	2	4		
			5					
	3							5
4			3			1	7	8
				4	1			2

Crossword Puzzle

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20				21	22						23			
			24					25	26					
27	28	29					30					31	32	33
34						35						36		
37				38	39							40		
41				42								43		
44				45					46	47				
			48					49						
50	51	52						53				54	55	56
57						58	59				60	61		
62						63					64			
65						66					67			

ACROSS

- Ice cream serving
- Man's nickname
- Second in a series
- Disease that attacks the muscles
- Mixture
- Future indicator
- ___ costs; regardless of the difficulty
- Very cruel
- Hankering
- Property buyer's concern
- Biblical line
- Rapidly growing item
- Got away
- Potato implement
- Cherished
- UV forerunners
- Jai ___
- Does an usher's job
- ___ tree; cornered
- Film set in a jungle
- Work unit
- Restores to health
- Pinnacle
- Cockney abode
- European river
- Makes changes in
- Mars' Greek counterpart
- Anthology entries
- Hastily
- "Wanna make ___?"
- Pronoun
- Painful problem
- Claw
- Ending for some girls' names
- Stable staple
- African antelope
- Like horse hooves
- Scottish language
- Violates
- SPCA's advice
- Place for sheep
- Pearl Buck heroine
- Word with olive or motor
- Gallup respondent
- Regally clothed
- ___ Bator, Mongolia
- Polite person's word
- Sound of grief
- Weary
- Kuwaiti leader
- Sri Lanka exports
- ___ Murray
- Opposed
- Suffix for wind or sand
- Genius
- Accomplishments
- Strip of wood
- San ___, California
- Warning device
- "Beetle Bailey" figure
- Postpone
- 100 paise
- Pierce
- Puts a burden on
- Painful spots
- Oak droppings
- Like a streaker
- Homes for some: abbr.
- Fruity concoction
- B, for one
- Was achy and feverish
- Fat
- Grows gray
- College major
- Singer's range
- Picnic spoilers
- Insult
- Sharpen
- Football players
- Gout spot
- One of a pair
- Chicken ___ king

DOWN

1. SPCA's advice
2. Place for sheep
3. Pearl Buck heroine
4. Word with olive or motor
5. Gallup respondent
6. Regally clothed
7. ___ Bator, Mongolia
8. Polite person's word
9. Sound of grief
10. Weary
11. Kuwaiti leader
12. Sri Lanka exports
13. ___ Murray
14. Opposed
15. Suffix for wind or sand
16. Genius
17. Accomplishments
18. Strip of wood

Solution can be found on the back page.

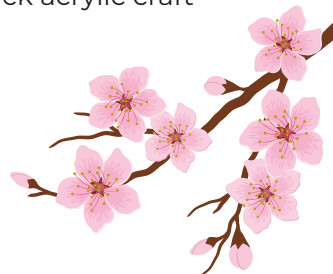
Craft Corner

Soda Bottle Spring Blossoms

It's easy to paint a beautiful cherry tree in bloom—just use a soda bottle as a stamp!

Materials:

- White piece of paper
- Paintbrush
- Dark brown or black acrylic craft paint or marker
- Light pink acrylic craft paint
- Small paper plate
- Empty plastic soda bottle



Directions:

Paint or draw a tree branch on the paper using the dark paint or marker. Let dry.

Pour some pink paint on the paper plate. Dip the bottom of the soda bottle into the paint so that the five bumps on the bottom of the bottle are covered.

Use the bottle to stamp pink cherry blossom flowers along the tree branch. Before stamping each flower, dip the bottle into the pink paint for a fresh coat.

Once dry, hang your artwork for all to see.

Fragrant Flowers

Bring the scent of spring to a room, closet or drawer with this handmade air freshener.

Materials:

- Felt
- Scissors
- Sheet pan
- Parchment paper
- Essential oil (any scent)
- Needle and thread
- String
- Hot glue gun and glue

Directions:

Cut four circles out of the felt, each a bit smaller than the other. Cut evenly spaced slits around the edge of each circle to create petals.

Cover the sheet pan with parchment paper. Arrange the felt circles on the pan in a single layer and sprinkle each circle with a few drops of essential oil. Leave the pan in a sunny spot for an hour to let the scent soak in.

Layer the circles in a stack from largest to smallest. Sew an "X" through the center of the stack. To make a hanger, knot together two ends of a piece of string to create a loop, then glue the knotted end to the back of the flower.

When the scent fades, sprinkle the flower with more essential oil and let dry in a sunny spot.

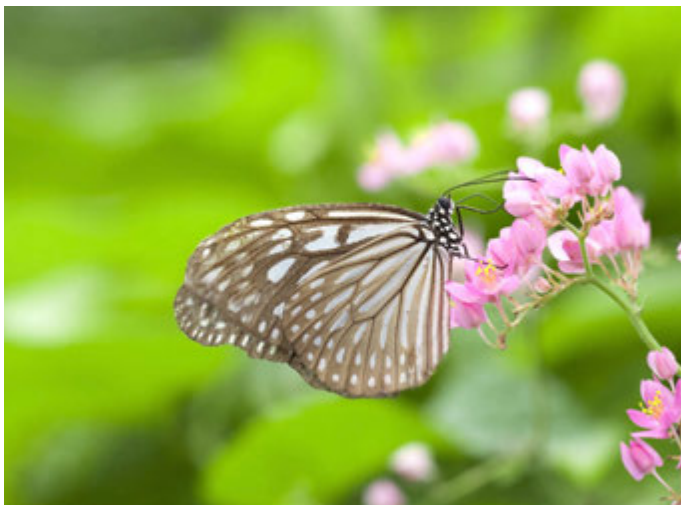


Happiness Advantage With Tanysha

Join me as we embark on a journey into positive psychology and how it can benefit you in more ways than you could imagine! I have been called a “Positive Pam” or “Happy go Lucky.” I’ve even been told I can be too positive at times. How is that even possible? I mean, who doesn’t want to look around them and see the blessings and amazing things happening every day? Now, I am not saying everything is great all the time — that only happens in children’s movies! The idea behind our Happiness Advantage Program is to learn how our brains work and how we can choose our attitude each day and find the positive in any situation. How we can take a negative situation and with the right perspective, have something positive to take away from it. What’s the worst that can happen? Think about it — every situation, every person we come across, every instant affects us and can steer our emotions in any direction we let it. In our Happiness Advantage Program, we will learn how the brain works and how we can start to retrain our brains to hold on the good and let the bad go much faster, in turn, maintaining a positive and productive lifestyle. Not allowing “bad” things to guide our reactions. I have been studying positive psychology for many years. I stumbled upon it and I am forever grateful. In this Program, we will explore how we can be more in control of our happiness. Happiness is not reached after you accomplish a big goal; it’s not in how someone else treats you or thinks of you. It’s yours for the taking and isn’t a reaction to something good, bad, or indifferent. In fact, if you choose your happiness, choose your attitude each morning as you rise for the day. You will see everything comes a little easier; life is a little brighter. Please join me every Monday, at 1:30 p.m., on the Front Porch.

Spring Is in the Air, and I’m Excited!

Spring, such a beautiful time of the year. Flowers blooming, children running around excited to play in the sun, birds chirping and butterflies fluttering about. Such a wonderful time to enjoy the little things in life. This spring, we here at The Woodlake have a lot to look forward



to! We will be picnicking in the park, going to museums, kicking off our Walk with Me Walking Club starting our virtual trek to the destination we choose, enjoying the excitement of new neighbors moving in, creating art, appreciating art, getting to know each other, exercising our brains and bodies, challenging ourselves and treating ourselves to the many wonderful amenities we have here at the community. I look forward to joining the Eldergrow Gardening Classes and checking out our TED Talks series, learning new things! I can’t wait to start the Happiness Advantage program and get my creative juices flowing in all our art-related programs. It’s an exciting time here and I look forward to spending it with all of you. So, get out your sun hats and garden gloves, grab your walking shoes and be sure to check your calendar every day for the next great opportunity to live life to the fullest!

THE WOODLAKE

A LEISURE CARE ASSISTED LIVING & MEMORY CARE COMMUNITY

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Julia Hawkins

Sales and Move-in Coordinator

Stacy Schmidt

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Alex Winters

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Melissa Cannone

Office Manager

Sandra Guzman

Program Supervisor

Tanysha Borromeo

Assistant Program Supervisor

Mason Swearingen

Plant Operations Supervisor

Joseph Simon

Opal Manager

Kylie Pasquetti

Puzzle Solutions (from pages 2-3)

April Trivia Answers

- Up to 22 mph!
- 16 billion
- Nimbus
- Seder
- Orange
- William Shakespeare
- Diamond
- The pink moon
- Pat Boone
- 33 million
- Rutherford B. Hayes
- A “brolly”
- 1970
- Robin

Crossword Solution

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

Sudoku Solution

8	6	2	1	3	5	7	4	9
9	7	5	8	2	4	3	1	6
3	4	1	9	6	7	2	8	5
7	1	6	4	8	9	5	2	3
5	8	3	6	7	2	4	9	1
2	9	4	5	1	3	8	6	7
1	3	7	2	9	8	6	5	4
4	2	9	3	5	6	1	7	8
6	5	8	7	4	1	9	3	2