

livfun

The Woodlake

MAY 2020 · MAY FLOWERS

Signature Programs

Did you know that we host a variety of signature programs to help you keep your mind, body and soul healthy and engaged? We do! In these times of social distancing, these programs can be a breath of fresh air!

BrainHQ is a phenomenal program designed to exercise your memory, attention and more while helping you test your brain and improve your performance! This program gauges your level, challenges you, and progresses at a pace that maintains healthy growth. These proven exercises have shown lasting improvements in brain function. With options for daily, weekly or monthly goals, it is individualized to your challenge level. Each game or challenge in the program increases in difficulty as you reach your goals or pass the challenges. It is the perfect way to keep one of the most important muscles in your body active!

Rosetta Stone is another program we are delighted to offer to keep your brain engaged. It's always a good time to learn a new language, and right now we all have a little more time on our hands to jump in and expand our vocabulary in multiple languages! Rosetta Stone offers a variety of learning styles to help learners read, write, and speak more than 30 languages. We are currently learning Spanish as a group, even though we are doing so in the comfort of our own space.

Spiro100 is a program we offer that provides online video fitness and wellness classes. The courses are vast, with options in every style of exercise you can dream of. This is a unique online option to exercise that helps with fall prevention, strength building, balance focus, endurance, flexibility, cognitive stimulation, stress reduction, pain alleviation, sleep improvement and so much more!

PrimeFit personal training and group options. While social distancing is something new to all of us and we are adapting to it the best we can, we continue to offer PrimeFit personal and group options for our residents. Whether we host group challenges carried out in our own apartments, or we host group sessions by hallway through our community, allowing you all to sit right outside your apartment door and participate, we are committed to keeping you active and healthy! We offer personal training options as well, where our certified PrimeFit instructor will assess you and help you set and reach your personal fitness goals.

(Continued on back.)



Remembering Those Who Have Fallen

Memorial Day is a day for us to remember the men and women who died serving our country. Oftentimes, we want to say thank you to our veterans on this day, but that should be every day. On this day, we should be taking a moment to remember those we can't say thank you to. They gave the ultimate sacrifice, truly believing in something so deeply that they fought and gave their lives for their purpose. So on this day here at The Woodlake, we invite you to share in a moment of silence at 3 p.m., on Monday, May 25. We will follow our moment of silence with a program recognizing those who have fallen and sharing memories of those we have lost. Please join us. We will send out a flyer with details this month.

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

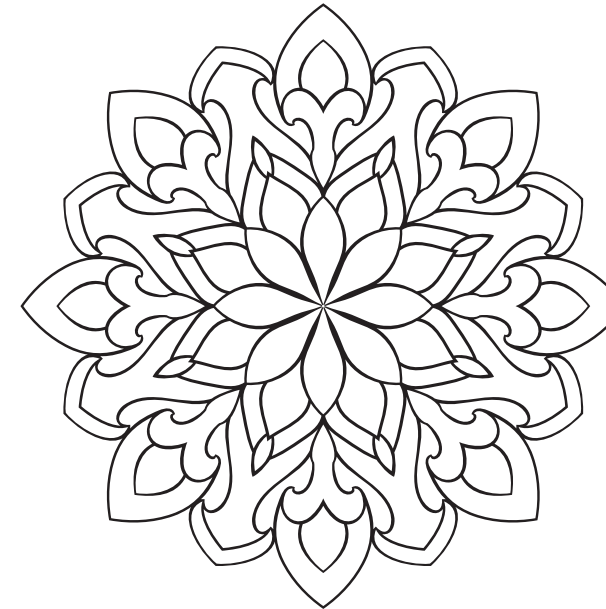
This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

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



Signature Programs (Continued)

These programs are invaluable to the health of your mind, body and spirit and we encourage you to get involved! Getting set up is as easy as contacting me, Tanysha, your Program Supervisor. I can get you set up, challenging yourself and exercising in no time! Please let me know if you would like more information about any of these programs. Let's keep healthy and happy!

A Story From a Mother

As a child growing up, we rarely see the stress, hard work, exhausting efforts and endless worries that encompass being a mother and ensuring your children grow up to be healthy, strong, caring and decent human beings. We delight in our everyday, carefree way of looking at life, devoid of the stresses and reaping the benefits of "mom" always taking care of things. Even if we didn't have what society deems as the "mother of the year," our mothers are a huge part of who we become as an adult. Now, as much as we want to believe it, mothers do not always have the right answer, but they do their best. I truly believe every mother wants to raise her children to be honest, hard working, moral, caring and compassionate individuals, and then share them with the rest of the world – for them to be a better version of herself. Mothers have a knack for taking on all the problems, stresses, and duties in the house. I am not discounting dads. They, too, play a huge role in rearing the children and keeping the household together, but that's for another story! Mothers tend to be the one children run to when they get hurt on the playground, become the tutor for schoolwork, and oftentimes need to decide on the diet choices of the house as they usually do the shopping. They comfort, snuggle, listen to all your woes, and are typically the rock. I did not grow up with your typical mother. She was young when she had my sister and I, and she wasn't really ready to settle down and do the "mom" thing. However, I learned a lot from my mother and I cherish the memories I have of us goofing around, dancing in the car to "Old Time Rock and Roll," and learning how to be independent. When it came time for me to take on the role of a mother, I will be honest – I was not ready. Are we ever really ready for that? I read the books; they just scared me. I listened to the endless stories everyone wants to share with new moms – the advice, the dos and don'ts, and the "I swear by this" product pushing that so often happens. I appreciated all of it, but nothing prepares you for the moment you look your beautiful baby in the eyes the first time. Something just takes over and you instinctively know what your baby needs. Being in Senior Living/Assisted Living for 17 years now, I have had the amazing blessing of being able to learn from my residents and raise my children in an atmosphere that teaches them respect and dignity. It has also taught me so many lessons on parenting. You all have lived it – are still living it, because let's be honest, you never stop being a mother (or father)! I know there is no perfect parent out there, and I am OK with not being perfect! I love my children more than words could ever describe. They have taught me a lot about being humble, honest, strong, and striving for more. They motivate my decisions and have shown me what unconditional love is. I think mothers have a tendency to feel like they aren't doing enough, that they could be doing so much more for their children. The truth is, your children end up being the person they are meant to be and nothing you didn't do would have changed that. What you DO do does make a difference, though it is not measured in material items. It's measured in your investment in them. Really, you guide, encourage, and lead, but they ultimately make the decisions that will impact their lives. Our only hope is that they glean enough from us to be happy, healthy and good. Mothers are special. They hold a power; they can influence the direction of another human's life with the tools they share with them. Whether it's a lesson in what not to do, or what to do, either way they hold a key to the development of a young mind. So, hats off to all you amazing mothers out there. You have done and continue to do a great job and we here at The Woodlake want to wish you all an amazing Mother's Day! Thank you for sharing your lives with us!

THE WOODLAKE

A LEISURE CARE ASSISTED LIVING & MEMORY CARE COMMUNITY

1445 Expo Parkway
Sacramento, CA 95815
916.604.3780

Staff

General Manager

Michelle Swearingen

Sales Manager

Karen Wood

Sales and Move-in Coordinator

Stacy Schmidt

Chef

Alex Winters

Health and Wellness Director

Melissa Cannone

Office Manager

Sandra Guzman

Program Supervisor

Tanysha Borromeo

Assistant Program Supervisor

Mason Swearingen

Opal Manager

Kylie Pasquetti