

livfun

The Woodlake



JULY 2020 · STORIES OF OLD GLORY

Meet the Team!

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 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 Artie Torres. 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 meets 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 Stacy Schmidt, Sales and Move-in Coordinator. Both are 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. Each comes to you with different stories, reasons or purposes for choosing the career they have chosen. Each has a special kind of heart that drives them to serve and help others. They 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!

Happiness Advantage!

Let's embark on a journey into positive psychology and how it can benefit you! 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 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 choosing our attitude each day can retrain our brains ... 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 them. Maintaining a positive and productive lifestyle is so important to our health. Especially with current circumstances in the world, we need to stay focused on the good. 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.

A Message From Leisure Care

While managing the changes brought on by the coronavirus, we continue to adjust our daily routines to keep our residents and staff happy and healthy. Thank you for doing your part in making a positive difference. As you know, we are following ongoing social distancing directives, based on guidelines from state and local jurisdictions as well as the Centers for Disease Control and Prevention. Due to our modified schedule of activities, we are using this space to provide you with additional activities.

For updates, visit www.leisurecare.com/communication-plan. Please contact your management team if you have any questions.

Patriotic Pillow Craft

Make a festive throw pillow in just a few minutes!

Materials:

- 1 red 20-inch bandana
- 1 blue 20-inch bandana
- 18-inch pillow insert
- Four rubber bands
- Scissors
- Red, white or blue ribbon

Directions:

Spread out one bandana and lay the pillow insert on top of it. Place the second bandana on top of the pillow. Use the rubber bands to bind the bandanas together at each of the four corners so that the pillow is secure inside the cover. Cut four pieces of ribbon several inches long and tie bows around the corners to hide the rubber bands.

Logic Problem: And the Winner Is ...

Five people ran a footrace: Mitch, Kyle, Joy, Leslie and Gwen. Based on the following clues, can you figure out what order the runners finished?

- Mitch was neither first nor last.
- Joy beat Mitch, and Mitch beat Gwen.
- Kyle was neither first nor last.
- Kyle beat Leslie, and Gwen beat Kyle.

Secret Superheroes

Match these superheroes to their alter egos.

Superhero	Name
1. Captain America	A. Britt Reid
2. Superman	B. Diana Prince
3. Wonder Woman	C. Steve Rogers
4. The Green Hornet	D. Clark Kent
5. Daredevil	E. Linda Danvers
6. Supergirl	F. Matt Murdock

Sudoku

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

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

Sundae Edition

Q: Why did the news reporter go to the ice cream parlor?

A: She wanted to get the scoop!

THE 50 STATES

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

A I N V I R
R M N A N G

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

ALABAMA	HAWAII	MASSACHUSETTS	NEW MEXICO	SOUTH DAKOTA
ALASKA	IDAHO	MICHIGAN	NEW YORK	TENNESSEE
ARIZONA	ILLINOIS	MINNESOTA	NORTH CAROLINA	TEXAS
ARKANSAS	INDIANA	MISSISSIPPI	NORTH DAKOTA	UTAH
CALIFORNIA	IOWA	MISSOURI	OHIO	VERMONT
COLORADO	KANSAS	MONTANA	OKLAHOMA	VIRGINIA
CONNECTICUT	KENTUCKY	NEBRASKA	OREGON	WASHINGTON
DELAWARE	LOUISIANA	NEVADA	PENNSYLVANIA	WEST VIRGINIA
FLORIDA	MAINE	NEW HAMPSHIRE	RHODE ISLAND	WISCONSIN
GEORGIA	MARYLAND	NEW JERSEY	SOUTH CAROLINA	WYOMING

Puzzle Solutions

Logic Problem: And the Winner Is ...

1st: Joy; 2nd: Mitch; 3rd: Gwen; 4th: Kyle; 5th: Leslie

Secret Superheroes

1. C; 2. D; 3. B; 4. A; 5. F; 6. E

Sudoku

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

The 50 States

Signature Programs at The Woodlake

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!

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.

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 offers 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 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.

These programs are invaluable to the health of your mind, body and spirit and we encourage you to get involved! Getting set up easy – contact Tanysha, program supervisor. You'll be challenging yourself and exercising in no time! Let's keep healthy and happy in every way we can!

A 'Beautiful' Tribute

Expressing national pride "from sea to shining sea," the stirring anthem "America the Beautiful" turns 125 this month.

The song's lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts' Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, "the sea-like expanse of fertile country ... under those ample skies."

Inspired, she finished her poem during the trip, but didn't publish it until two years later. The first version appeared in a weekly Massachusetts newspaper, The Congregationalist, on July 4, 1895.

For a while, "America the Beautiful" was sung to the melodies of various folk tunes, including "Auld Lang Syne." But it was a hymn titled "Materna," composed in 1882 by Samuel A. Ward, that became the most common music for Bates' lyrics and is still used today.

"America the Beautiful" has become a patriotic standard and is often played at national celebrations and sporting events.

THE WOODLAKE

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