

# Be *Inspired*

AMETHYST ARBOR | a Senior Lifestyle community | PEORIA, AZ 85382 | 623-974-2255

## THIS MONTH'S *silver star*

### APRIL SILVER STAR

Barbara P. is our April Silver Star. She was born on Oct. 20, 1927, in Springfield, Ill., and was the oldest of three children.

After graduating from Lanphier High School, she saw a recruiting poster for the U.S. Nursing Cadet Corp. which she saw as a great opportunity to serve her country during a time of need and further her education.



In the spring of 1948, she met her future husband, Donald, while doing her psyche nursing training at the state mental health hospital in Jacksonville, Ill. Don's younger sister, Margret, was one of Barb's instructors and planned for her brother to meet Barb at a Sunday afternoon tea. (Barb's children like to tease her by saying that she met her husband in a mental hospital.) After a whirlwind romance, the two of them got married Oct. 30, 1948 in Chicago, Ill., which happened to be the same day Barbara took her state nursing board exam.

Don was working for his father's general contracting business based in Chicago at the time of the wedding and decided to go back to school to finish his education. So, in 1949, Barb began a new life in Bloomington, Ill., as Don resumed his studies at Illinois State University. Barb was soon to be a new mother to their son Michael, born Sept. 1, 1949. Life was a little hectic trying to balance caring for her new family, typing Don's papers and working weekends at the local hospital. In 1951, Barb's daughter, Carol, was born.

Don had returned to work for his father's business while Barb continued balancing her roles of wife, mother and nurse. Son, Kevin, born May 29, 1953 and daughter, Mary, born Nov. 7, 1954 completed the family. During this time period, Barb worked part time in several hospitals in the southern suburbs of Chicago.

In January of 1957, the Poole family moved to Wheaton, Ill., located approximately 30 miles west of downtown Chicago. While living there, Barb worked nights at Delnor Hospital and in 1961 began a job as the primary nurse for a pediatrician in Wheaton. Barb then help set up the Pediatric Department at the new Glen Ellyn Clinic, where she eventually ending up trying to manage 10 pediatricians. While working at the Clinic, Barb worked as a NICU doctor's nurse, a Geriatric doctor's nurse, Public Health nurse and finished her nursing career by setting up the parish nurse program at her church.

Barb has lived at Arbor Ridge for over two years. She really appreciates the beautiful facility, the friendliness of the staff and companionship of the residents.

JOIN US THIS MONTH FOR

## *cheerio, england!*

This month we are experiencing a taste of England. In England, Cheerio is just not a breakfast cereal. Cheerio is just a friendly way of saying goodbye. For example, when saying goodbye you could say "cheers" or "cheers then."

Cheerio also means thank you. England is known for their lush, flowery gardens and pastries.



We will be

planting some flowers in the back courtyard, enjoying an English Garden Tea Party in our beautiful front courtyard, and tasting some pastries at the European Bakery and Pastry Shop. We have lots of entertainment this month at The Arbor Ridge. Please check your calendar for the time and place. Join us for an Easter Brunch on Easter in the Dining Room and remember to wear your Bunny Ears! We hope you enjoy the events and the outings this month at The Arbor Ridge.

### TRAIN YOUR BRAIN

*search for five-letter body parts*

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

- ANKLE
- AORTA
- BELLY
- BOWEL
- CHEEK
- CHEST
- COLON
- ELBOW
- HEART
- ILEUM
- LIVER
- MOUTH
- NAVEL
- SCALP
- SKULL
- SPINE
- THIGH
- THUMB**
- WAIST
- WRIST

## A MESSAGE FROM SENIOR LIFESTYLE

When you opened this newsletter, you were likely expecting to see your monthly activities calendar. Due to the developments surrounding COVID-19, we are instead using this space to provide you helpful information and some ideas and activities to take advantage of while social distancing.

Please check our website for updates on the COVID-19 virus and our response at Senior Lifestyle communities:

[www.seniorlifestyle.com/alert/covid-19-information/](http://www.seniorlifestyle.com/alert/covid-19-information/)

## 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, get up and walk 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 tablet or computer and research some topics 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 through 9 in any order.

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

16. Down
17. Down
18. Down
19. Down
20. Down
21. Down
22. Down
23. Down
24. Down
25. Down
26. Down
27. Down
28. Down
29. Down
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55. Down
56. Down
57. Down
58. Down
59. Down
60. Down
61. Down
62. Down
63. Down
64. Down
65. Down
66. Down
67. Down

## 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?
- True or False? Baby carrots are just regular carrots that have been peeled and chopped into 2-inch pieces.
- What common bird is known as the herald of springtime?



## PUZZLE SOLUTIONS

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

SUDOKU

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

CROSSWORD

- ### 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 "broly"
  - 1970
  - William Shakespeare
  - Robin



## EVENT RECAP

# irish fun

Residents at The Arbor Ridge enjoyed themselves at an Irish Pub during one of our Monday Lunch Bunch Outings. A group of our residents volunteered at The Inn to help those residents make a beautiful St. Patrick's Day Wreath.



Volunteer time at The Inn



Cheers!



### APRIL BIRTHDAYS

RICHARD M. — 1st    MARTHA B. — 15th    BETTY D. — 17th    DAVID B. — 24th

### THIS MONTH'S

## heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

April HEART Hero is FLORENCE ONGAU. She is originally from Kenya, Africa and has lived 12 years in the United States. Florence has worked at The Arbor Ridge for over four years as a Med Tech in the Wellness Department. Florence has four children and four grandchildren. On her days off, she enjoys being with her family and watching basketball games on the television. Florence loves taking care of our residents and enjoys working with others. Florence has a spirit of joy about her and spreads kindness to others on a daily basis. She is always on time and very knowledgeable about each resident and their medications they receive. Thank you Florence, for caring for our residents and showing great teamwork with the all staff at The Arbor Ridge.



IT'S OUR PLEASURE TO SERVE YOU ...

### word from your executive director

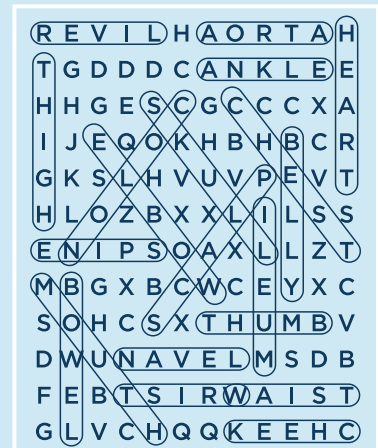
As we enter the month of April, we not only will have a new Management company — The Goodman Group — but the Campus will have a new name: Ridges of Peoria. We expect this transition to go smoothly, but realize there will be lots of questions and concerns. Please feel free to stop by and speak with any Director to relieve any of those concerns. We are looking forward to accepting new challenges and opportunities.

### MANAGEMENT TEAM

Keith Boal, *Executive Director*  
 Judy Perel, *Director of Resident Services*  
 Carrie Godfrey, *Business Office Manager*  
 Erik Grimstad, *Director of Sales & Marketing*  
 Justin Waldrige, *Dining Services Director*  
 Kelsey Maloney, *Memory Care Director*  
 MaryAnn Pappas, *Health and Wellness Director*  
 Mariaelana Martinez, *Sales Counselor*  
 Shannon Smith, *Sales Counselor*  
 Dawn Johnson, *Assisted Living Manager*  
 Melissa Lujan, *Move in Coordinator*  
 Tammy Coleman, *Resident Program Director*

### TRAIN YOUR BRAIN

#### solution



SENIOR LIFESTYLE



PET FRIENDLY

your life, your style