# the APRIL 2020 newsletter

# Inspired

AMETHYST GARDENS | a Senior Lifestyle community | PEORIA, AZ 85382 | 623-974-5848

# THIS MONTH'S silver star

### **AUDREY BIGGS**

Our Silver Star for the month of April is Audrey Biggs. Audrey was born on a farm in Indiana and that is where she grew up. Audrey has three children: Robert Jr., David, and Debbie. They all live here in Arizona. She also has seven grandchildren, three girls and four boys and is blessed with 17 great-grandchildren. They range in age from two years to 18 years old. Audrey met her husband, Bob, at her 16th birthday party. While in high school, Audrey was very active. She participated in chorus, cheerleading, drama club and

played the clarinet. After high school, Audrey studied interior design at DePauw University. She later graduated from Indianapolis Business College and went to work as an accountant. Bob's career was in the Air Force. Audrey enjoyed spending time with her family and raising her children. Bob and Audrey traveled to Mexico and were able to go on some cruises



together. They were very active in their church. Bob served as a Deacon and Audrey as an Elder. They eventually moved to Tempe, Ariz. Audrey worked in the Tempe School District for 25 years while Bob was an engineer. Some of the activities Audrey has enjoyed are: Painting, creative writing, interior decorating and at the age of 42, she enrolled in a modern dance class. Bob and Audrey arrived at The Amethyst Gardens in 2013. Bob passed away in 2017, but Audrey has chosen to still call The Gardens her home. She is very active here and enjoys playing the horse races, participating in our parties and giving hugs away with her beautiful smile. She enjoys the friendships she has made and is thankful for the kindness of the staff here at The Gardens. Thank you Audrey, for making this your home. You are a blessing.

### **APRIL BIRTHDAYS**

BETTY P $-5th$	PEGGY E - 19th
HENRY M $-7th$	ROCHELLE P $-19th$
AUDREY B $-10th$	JEAN H $-23rd$
FRANCES M $-14th$	BILL W $-24th$
MARJORIE O $-14th$	HELEN V - 24th
JEAN M <i>− 16th</i>	ROBERT N $-27th$
PEGGY F - 17th	AUDREY V $-27th$
SILVANA M $-18th$	GLORIA M $-20th$

JOIN US THIS MONTH FOR

# spring is here: let's give some cheer

We look forward to all that April will bring. We will start to see nature come alive as flowers and plants begin to bloom. We will celebrate Easter and anticipate the beautiful weather our spring in Arizona has to offer. This will be our first month with the Goodman

Group and we look forward to all that will come with them. We are planning a Garden Tea Party, a Progressive Dinner/



Open House, with some of our residents who would like to show their talents in forms of artwork, puzzles, crafts, etc. We encourage your participation in any of our activities. Thank you for making The Gardens your home.

# TRAIN YOUR **BRAIN** search for five-letter body parts

REVILHAORTAH TGDDDCANKLEE HHGESCGCCCXA IJEQOKHBHBCR GKSLHVUVPEVT HLOZBXXLILSS ENIPSOAXLLZT MBGXBCWCEYXC SOHCSX(THUMB)V DWUNAVELMSDB F E B T S I RWA I S T GLVCHQQKEEHC

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:

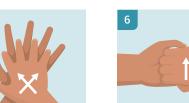
www.seniorlifestyle.com/alert/covid-19-information/







**APPLY SOAP** 



LATHER THE BACKS OF YOUR HANDS

**CLEAN THUMBS** 



**SCRUB BETWEEN** YOUR FINGERS



WASH FINGERNAILS AND FINGERTIPS



**USE THE TOWEL TO** SINGLE USE TOWE TURN OFF THE FAUCET



RINSE HANDS

**RUB HANDS** 

PALM TO PALM

**RUB BACKS OF FINGERS** 

ON OPPOSING PALMS

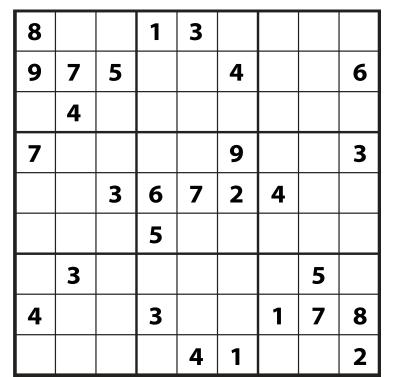
YOUR HANDS ARE CLEAN

# **KEEP ACTIVE** with these activities

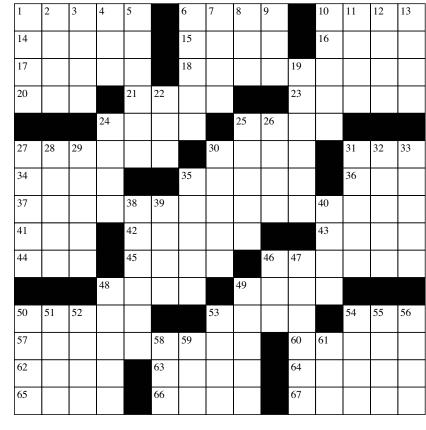
- Carry on a daily routine as much as possible.
- Stay connected with family and friends by telephone, writing them a letter or email, or by using social media.
- Keep physically active as much as you can. Take advantage of the limited walks when possible, get up and walk around your apartment, and do 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.



# CROSSWORD *puzzle*



### **ACROSS**

- 1. Ice cream serving
- 6. Man's nickname
- 10. Second in a series 14. Disease that attacks
- the muscles
- 15. Mixture
- 16. Future indicator
- \_ costs; regardless of the difficulty
- 18. Very cruel
- 20. Hankering
- 21. Property buyer's concern
- 23. Biblical line
- 24. Rapidly growing item
- 25. Got away
- 27. Potato implement
- 30. Cherished
- 31. UV forerunners
- 34. Jai \_\_
- 35. Does an usher's job 36. \_\_\_ tree; cornered
- 37. Film set in a jungle
- 41. Work unit
- 42. Restores to health
- 43. Pinnacle
- 44. Cockney abode
- 45. European river
- 46. Makes changes in 48. Mars' Greek counterpart
- 49. Anthology entries

- 50. Hastily
- 53. "Wanna make
- 54. Pronoun
- 57. Painful problem
- 60. Claw
- 62. Ending for some girls' names
- 63. Stable staple
- 64. African antelope
- 65. Like horse hooves
- 66. Scottish language
- 67. Violates

# **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
- \_\_\_\_ Bator, Mongolia Polite person's word
- 9. Sound of grief 10. Weary
- 11. Kuwaiti leader
- 12. Sri Lanka exports
- 13. \_\_\_ Murray
- 19. Opposed
- 22. Suffix for wind or sand

- 25. Accomplishments
- 26. Strip of wood
- 27. San \_\_\_\_, California
- 28. Warning device
- 29. "Beetle Bailey" figure
- 30. Postpone
- 31. 100 paise
- 32. Pierce
- 33. Puts a burden on
- 35. Painful spots
- 38. Oak droppings
- 39. Like a streaker 40. Homes for some:
- abbr.
- 46. Fruity concoction
- 47. B, for one
- 48. Was achy and
- feverish
- 49. Fat
- 50. Grows gray
- 51. College major
- 52. Singer's range 53. Picnic spoilers
- 54. Insult
- 55. Sharpen
- 56. Football players
- 58. Gout spot
- 59. One of a pair
- 61. Chicken \_\_\_ king



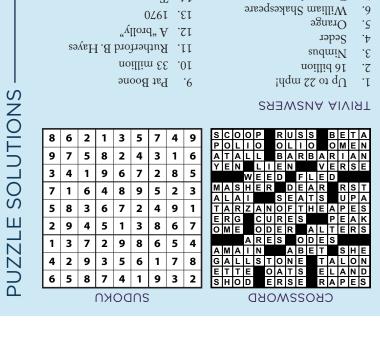
## APRIL TRIVIA

- 1. How fast can raindrops fall?
- 2. How many jelly beans are produced for Easter each year?
- 3. What cloud shares its name with the Latin word for "rain"?
- 4. What is the name of the dinner during the celebration
- 5. Green, white, purple and orange: Which of these is *not* a color
- 6. Who wrote, "... April, dressed in all his trim Hath put a spirit of youth in everything"?
- 7. What is April's birthstone?
- 8. What is the name of April's full moon?
- 9. Who sang the 1957 hit song "April Love"?
- 10. About how many umbrellas are sold each year in the U.S.? 11. Who was the U.S. president during the first White House Easter egg roll in 1878?
- 12. What do they call an umbrella in England?
- 13. In what year did the first Earth Day (April 22) take place?
- 14. True or False? Baby carrots are just regular carrots that have been peeled and chopped into 2-inch pieces.
- 15. What common bird is known as the herald of springtime?



15. Robin

14. True



8. The pink moon

Diamond

## **EVENT RECAP**

# march madness

March brought about the arrival of springtime. We had some wet weather in the beginning of the month. We got to enjoy some delicious foods from the state of Massachusetts during our Plates of America activity. We were able to try some authentic foods from Irish restaurants during our Lunch Bunch outings. Toward the end of the month, we had a great time together celebrating Spirit Week. Each day, we dressed according to a different theme and prizes were awarded. We are thankful to our residents for all their participation.





# 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 all staff at The Arbor Ridge.



# 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
Sandra Rangel, Dining Room Manager
Justin Smith, Director of Plant Operations
MaryAnn Pappas, Health and Wellness Director
Michele Vargas, Assisted Living Manager
Krystal Flippo, Resident Program Director

# TRAIN YOUR **BRAIN** solution





SENIOR LIFESTYLE your *life*, your *style* 

