

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/



HOW TO WASH YOUR HANDS

PROTECT YOURSELF AND OTHERS FROM COVID-19



WET HANDS



APPLY SOAP



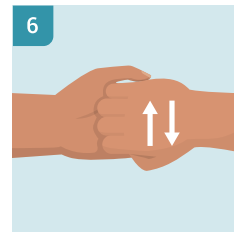
RUB HANDS PALM TO PALM



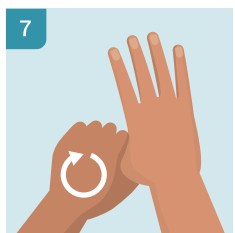
LATHER THE BACKS OF YOUR HANDS



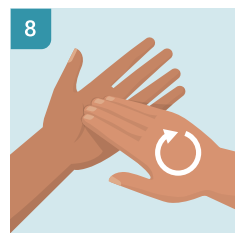
SCRUB BETWEEN YOUR FINGERS



RUB BACKS OF FINGERS ON OPPOSING PALMS



CLEAN THUMBS



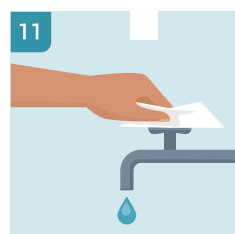
WASH FINGERNAILS AND FINGERTIPS



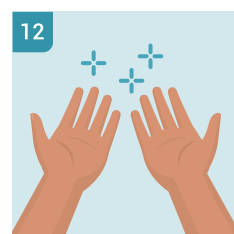
RINSE HANDS



DRY WITH A SINGLE USE TOWEL



USE THE TOWEL TO TURN OFF THE FAUCET



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.

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

DOWN

- 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

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	S	C	O	O	P	R	U	S	S	B	E	T	A	
9	7	5	8	2	4	3	1	6	P	O	L	I	O	O	L	I	O	O	M	E	N	
3	4	1	9	6	7	2	8	5	A	T	A	L	L	B	A	R	B	A	R	I	A	N
7	1	6	4	8	9	5	2	3	Y	E	N	L	I	E	N	V	E	R	S	E		
5	8	3	6	7	2	4	9	1	W	E	E	D	F	L	E	D						
2	9	4	5	1	3	8	6	7	M	A	S	H	E	R	D	E	A	R	R	S	T	
1	3	7	2	9	8	6	5	4	A	L	A	I	S	E	A	T	S	U	P	A		
4	2	9	3	5	6	1	7	8	T	A	R	Z	A	N	O	F	T	H	E	A	P	E
6	5	8	7	4	1	9	3	2	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

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
 - True
 - Robin

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.



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*
- 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*

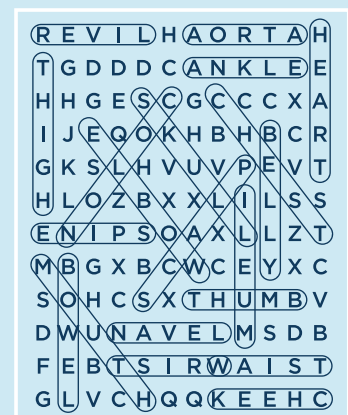
THIS MONTH'S heart hero

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.



TRAIN YOUR BRAIN solution



SENIOR LIFESTYLE



your life, your style