



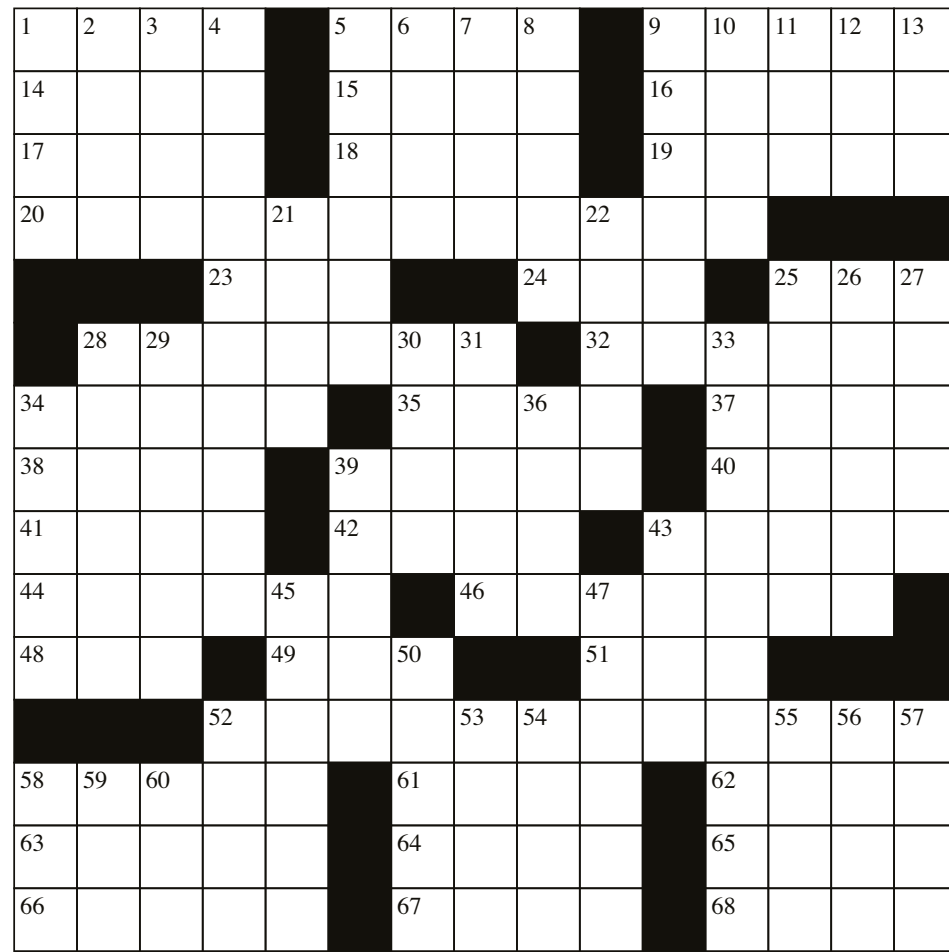
A MESSAGE FROM SENIOR LIFESTYLE

We are continuing to follow a modified schedule of activities due to COVID-19. Instead of the monthly calendar, please enjoy these additional activities that you can do at your leisure. Again, we thank you for your cooperation in helping to keep everyone in our community healthy and safe.

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/)

CROSSWORD PUZZLE



ACROSS

- 1. Bargain-hunt
- 5. Fog
- 9. Read \_\_; recite
- 14. Novel setting
- 15. Of the U.S.A.
- 16. Rent long-term
- 17. Of a generation
- 18. Pocket bread
- 19. Procrastinator's word
- 20. Warm lunch
- 23. Originally named
- 24. Call a halt to
- 25. Nemesis
- 28. Rhythm
- 32. Cuts
- 34. Lament
- 35. Bee colony
- 37. "Ah, me!"
- 38. Character in Othello
- 39. West Point student
- 40. Out of \_\_; behaving inappropriately
- 41. Word with stick or roll
- 42. One who acts like another
- 43. Lets
- 44. Evaluate
- 46. Pillages

DOWN

- 48. Do a hairdresser's job
- 49. Follower of 7 Down
- 51. Building site
- 52. Admirable people who influence others
- 58. William and Sean
- 61. Reddish-brown animal
- 62. Tack
- 63. Gladden
- 64. "\_\_ Wonderful Life"
- 65. Slave of old
- 66. Chihuahua children
- 67. Late actor Bert
- 68. Worry
- 21. High schooler
- 22. Start
- 25. Cat
- 26. Praying figures
- 27. Winding roads
- 28. Rough
- 29. Part of summer
- 30. Fellow
- 31. Sea duck
- 33. Certain love messages
- 34. Fictional king
- 36. Miles, e.g.
- 39. Tosses
- 43. Public disturbance
- 45. Sight and taste
- 47. Existing on a flat surface
- 50. Fourth page of a wall hanging
- 52. Preposition
- 53. Insignificant amount
- 54. Complaint to a dermatologist
- 55. Hot spot
- 56. \_\_ PM; 2100 hours
- 57. Did in
- 58. Item in a desk drawer
- 59. Mr. Whitney
- 60. Girl's nickname

BRAIN BENDER: moving day dilemma

Anna, Bridget, Crystal, Danielle, Elyse, Faith, Gabby, Hallie and Jade are all moving into a three-story apartment building. Each floor has three apartments: west, middle and east. Use the clues below to figure out the floor and the apartment where each lives.

- Hallie does not live on the ground floor.
- Faith lives directly above Jade and directly next to Bridget, who lives in a west apartment.
- Elyse lives in an east apartment and one floor higher than Faith.
- Danielle lives directly above Faith.
- Gabby lives directly above Crystal.

A SWEET brainteaser

It's a two-word dessert. It has a total of eight letters and the only consonants it uses are L and P. What is it?

A WORD GAME to 'do'

Every answer below is a six-letter word or name that ends with the two letters D and O.

1. Lizard that's a "dragon"
2. Spanish for "Saturday"
3. Men's fancy black-and-white attire
4. Actor who starred in "On the Waterfront"
5. Square dance move
6. City in Ohio
7. Type of martial art
8. Name of a U.S. state and a river

GLOBETROTTING ONLINE

The next best thing to being there, traveling online is a good way to get away. Many of the world's tourist destinations are using technology so that virtual travelers can tour and interact with locales. Here's a sample of some digital tours:

- **AUSTRALIA'S GREAT BARRIER REEF**  
*AttenboroughsReef.com*
- **ACROPOLIS OF ATHENS**  
*AcropolisVirtualTour.gr*
- **PERU'S MACHU PICCHU**  
*YouVisit.com/tour/MachuPicchu*

Use the search terms "virtual tour" with the names of other famous places, and you'll likely find they offer online experiences. There are tours of the Eiffel Tower, Great Wall of China, Taj Mahal, and the Egyptian pyramids. NASA even has out-of-this-world trips to the International Space Station and explorations of other solar systems.

PUZZLE SOLUTIONS

BRAIN BENDER: MOVING DAY DILEMMA

Ground floor: west: Anna; middle: Jade; east: Crystal. Second floor: west: Bridget; middle: Faith; east: Gabby. Third floor: west: Hallie; middle: Danielle; east: Elyse

A WORD GAME TO 'DO'

1. Komodo; 2. Sabado; 3. tuxedo; 4. Marlon Brando; 5. do-si-do; 6. Toledo; 7. judo or hapkido; 8. Colorado

A SWEET BRAINTEASER

Apple pie

'CARE' IS ONE

How many words can you come up with using the letters in "appreciate"?

THIS WILL LEAF you smiling

- Q:** What's a tree's least favorite month?  
**A:** Sep-timber!

COLORING CORNER



RECAP: HOW WE STAYED CONNECTED THIS MONTH

# come on back to activities

It's so important that communication and planning allow us to remain safely connected as we practice social distancing. Involve another element — actual social connection. Remaining connected is especially important for seniors — regular social contact can be a lifeline for support. We are moving to regular activities in common areas. Our main concern is you feel safe. Please know we are doing everything we can to open back up safely.

IT'S OUR PLEASURE TO SERVE YOU ...

## word from your leadership team

SAYING GOOD-BYE

It has been my pleasure to be a part of your lives for the last two years. I look at what we have come through in the last few months as a community as well, sort of a blessing in disguise. I say this because it allowed me to get to know each of you in a very personal way. You opened your door to me every day and allowed me a few minutes to try to make your day — little did you know you were making mine. I leave you all with such fond memories of our fun times together. My resignation is very bittersweet, but I know the staff I trained and leave you with care about you very much. There are never good words to say goodbye so I will say so long till our paths meet again. God bless you, as he has blessed me.

*Toni Allebach*



## Together We Can Overcome

Staying Connected During Covid-19



### ADDITIONAL SERVICES

BARGAIN BOX  
Tuesday & Thursday, Noon-2 p.m.  
Longwood, Lower Level

LOBBY  
Monday-Friday, Noon-2 p.m.

### MANAGEMENT TEAM

- Teresa Long, *Executive Director*
- Brandon Wright, *Associate Executive Director*
- Toni Allebach, *Director of Resident Programs*
- Jackie Johnson, *Business Office Manager*
- Theresa Wallace, *Director of Sales & Marketing*
- Mike Mulhollan, *Dining Services Director*
- Raashida Martin, *Director of Nursing Wellness*
- Jude Morrison, *Dining Room Manager*
- Devon Paul, *Director of Plant Operations*
- Iashia Coates, *Director of Housekeeping*
- Carmen Winfield, *Human Resource Director*

## THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

Bellingham HOUSEKEEPING STAFF are heroes in every way.

During COVID-19, we have seen videos of essential workers getting well-deserved praise for their lifesaving work. While I too applaud the doctors and hospital workers, other heroes on the front lines also deserve our praise and attention. I ask you to express gratitude for the “unsung heroes” of this pandemic: This month our Housekeeping staff with the leadership of Iashia Coates. They are heroes on the front lines, who deserve kudos for their sense of duty, commitment, and determination — all while balancing their own families. Our Housekeeping Team gets to know each of you as they spend time in your room. Many of you think of them as a friendly visit while they clean your room. Iashia and her team know your preferences because they take the time going over and above to know you the person, not the apartment number they are cleaning. Thank you Iashia, for all you do in leading your team.



## TRAIN YOUR BRAIN solution



SENIOR LIFESTYLE



your life, your style

PET FRIENDLY