WE CELEBRATE YOU

National Senior Citizens Day

On Aug. 21, National Senior Citizens Day recognizes the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and services they give throughout their lives.

According to the 2017 census, 47 million seniors live in the United States. By 2060, that number will nearly double. Their wealth of knowledge, skill, and experience offer so much to the next generation. As technologies advance, these are the people who’ve experienced each step of change. Not only have they contributed to it, but they understand first hand the benefits and the drawbacks. They know life without the advancements that exist today.

This year of 2020 you can now add surviving a pandemic, storms, and power outages. Like every other obstacle in your life you have dealt with it with grace.

Quote: “By the time you’re 80 years old, you’ve learned everything. You only have to remember it.” — George Burns

Our senior citizens are pioneers of science, medicine, psychology, civil rights and so much more. Their valuable contributions to our communities create better places to live. They deserve the respect and dignity their achievements earn them. The day encourages supporting senior citizens to live their lives to the fullest and as independently as possible.

National Senior Citizens Day History


WE’re LOOKING FORWARD TO moving forward

Although it is not clear what our lives will look like over the next few months, we can anticipate what challenges and opportunities are emerging as a result of this pandemic. If we face these challenges and opportunities, we might move more quickly to minimize the negative outcomes of the spread of COVID-19 and maximize positive changes that might be possible. In that spirit, embrace challenges and opportunities arising from the COVID-19 pandemic with hopes that all of us can look forward to getting our lives back in whatever fashion we will call “the new norm.” We have survived — now live a little and trust we as a community will make every effort to keep you safe, healthy, and happy!

TRAIN YOUR BRAIN
search for words three-letter animals and birds

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.

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**
  [AttenboroughReef.com](https://www.attenboroughreef.com/)
- **ACROPOLIS OF ATHENS**
  [AcropolisVirtualTour.gr](http://www.acropolisvirtualtour.gr/)
- **PERU’S MACHU PICCHU**
  [YouVisit.com/tour/MachuPicchu](https://www.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.

CROSSWORD PUZZLE

Across:
1. Bargain-hunt
2. 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. Rhyme
32. Cuts
34. Lament
35. Bee colony
37. "Ah, me!"
38. Character in Othello
39. West Point student
40. Out of ___ behaving inappropriately
41. Wind with stick or roll
42. One who acts like another
43. Lets
44. Evaluate
46. Pillages
48. Do a hairdresser's job
49. Follower of 7 Down
51. Building site
52. Admirable people who influence others
58. William and Sian
61. Reddish-brown animal
62. Tack
63. Gladden
64. "... Wonderful Life"
65. Slave of old
66. Chihuahua children
67. Late actor Bert
68. Worry

Down:
1. Heavenly Miles
2. Nag
3. Not just tacit
4. Mom, dad, or madam
5. Take place
6. Friend at the école
7. Greek letter
8. Espousel
9. Refer
10. Spring
11. Bit of cereal
12. Take advantage of
13. German article
14. Of the U.S.A.
15. Corrostinator's word
16. Renter long-term
17. Nemesis
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9. Refer
10. Spring
11. Bit of cereal
12. Take advantage of
21. High schooler
22. Start
25. Cat
26. Praying figures
27. Windy moods
28. Rough
29. Part of summer
30. Fellow
31. Sea duck
32. Certain love messages
33. Fictional king
34. Miles, e.g.
35. Tosses
36. Public disturbance
45. Sight and taste
50. Existing on a flat surface
51. Sight and taste
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. Insignificant amount
60. Girl's nickname
61. Reddish-brown animal
62. Tack
63. Gladden
64. "... Wonderful Life"
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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?

PUZZLE SOLUTIONS

BRAIN BENDER: MOVING DAY DILEMMA


A WORD GAME to ‘do’

Every answer below is a six-letter word or name that ends with the 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

A WORD GAME TO ‘DO’

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

Use the letters to find clues by clues.

D and O.

A SWEET BRAINTEASER

Apple pie.
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

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

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

IT'S OUR PLEASURE TO SERVE YOU ...