This month’s Emerald Springs Silver Star is Ruth. Ruth has been living at Emerald Springs for about nine months. Before moving to Emerald Springs, Ruth lived on a 5-acre property on County 15 with her husband and dogs. She has a grown daughter who lives in Yuma and two sons who live in Tucson and Washington state. She has lived in Arizona for quite awhile after her husband was stationed here working for U.S. Customs in San Luis. She and her husband traveled around often when he was in the Navy, living in places such as Alaska and even the Philippines. They eventually ended up in Arizona and enjoyed camping in the desert often. She now has a dog that she cares for here at Emerald Springs.

After her husband died, Ruth took a job working on and off for nine years at the Peanut Patch. She is very close friends with the owner of the Peanut Patch and will occasionally help out when she can. Ruth tends to stay quite active and participates in many activities within the community. During her spare time, her favorite activities consist of eating and sleeping! She does not watch many movies, but still loves watching several game shows. Ruth has a soft spot for old country western music. She likes to stay active and everyone here knows her by how easily she warms up to everyone.

Ruth admits she likes everything here at Emerald Springs. She enjoys the food and is amazed that she likes eating fish now because she wasn’t a huge fan of it before. Her friends say that she gets along very well with practically everyone in the community and is extremely personable.

Please join us this month for our annual Easter Celebration! We will be hosting an Easter Bunny surprise for all residents April 16, 2020. We look forward to celebrating this special spring holiday with everyone!
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.

PUZZLE SOLUTIONS

TRIVIA ANSWERS
EVENT RECAP

**st. patrick’s day celebration**

Last month’s St. Patrick’s Day Celebration was a big hit! We enjoyed a wonderful lunch buffet with all the Irish goodies. Our Happy Hour was full of Irish music, snacks, and drinks. Thank you to everyone who came out to join us for this special celebration! And a BIG thanks to all the staff who made this happen!

REMINISCENT **corner**

**10 YEARS AGO — 2010:** 7.2 Baja California earthquake occurred on Easter Sunday. It was the strongest earthquake since 1992.

**20 YEARS AGO — 2000:** The 2000 U.S. Census determined the resident population of the U.S. to be 281,421,906.

**30 YEARS AGO — 1990:** The Space Shuttle Discovery placed the Hubble Space Telescope into orbit.

**40 YEARS AGO — 1980:** President Jimmy Carter severed relations with Iran and imposed economic sanctions following the taking of American hostages in November 1979.

**50 YEARS AGO — 1970:** President Richard Nixon signed the Public Health Cigarette Smoking Act into law, banning cigarette television advertisements in the U.S.

**100 YEARS AGO — 1920:** Ice hockey made its Olympic debut at the Antwerp Games.

**THIS MONTH’S heart hero**

**HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK**

This month’s Emerald Springs HEART Hero is **RUBY TORRES**. Ruby is a member of our Wellness Department and is both a Med Aide and a Caregiver. This month will mark her 1 year at Emerald Springs!

Ruby was born and raised in Yuma, Ariz. and had also lived in Somerton for some time. She graduated from Kofa High School as part of the class of 1987. Before coming to Emerald Springs, she worked at Caring Hearts of Yuma. She has two grown children and enjoys all the family time she can get! During her spare time, Ruby enjoys art, reading, and family activities.

Ruby currently works the NOC shift and absolutely loves it. She adores the people she works with and has enjoyed getting to know all of the residents.

If you see Ruby around Emerald Springs, be sure to congratulate her on being this month’s HEART Hero!

**IT’S OUR PLEASURE TO SERVE YOU …**

**word from your executive director**

DEB LUDINGTON

If ever there were a spring day so perfect, so uplifted by a warm intermittent breeze that it made you want to throw open all the windows in the house and unlatch the door to the canary’s cage, indeed, rip the little door from its jamb, a day when the cool brick paths and the garden bursting with peonies seemed so etched in sunlight that you felt like taking a hammer to the glass paperweight on the living room end table, releasing the inhabitants from their snow-covered cottage so they could walk out, holding hands and squinting into this larger dome of blue and white, well, today is just that kind of day.

— Billy Collins

**TRAIN YOUR BRAIN solution**

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