

# Be *Inspired*

EMERALD SPRINGS | a Senior Lifestyle community | YUMA, AZ 85364 | 928-329-7707

## THIS MONTH'S *silver star*

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 consists 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.

JOIN US THIS MONTH FOR

## *easter celebration*

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!



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

R	E	V	I	L	H	A	O	R	T	A	H
T	G	D	D	D	C	A	N	K	L	E	E
H	H	G	E	S	C	G	C	C	X	A	
I	J	E	Q	O	K	H	B	H	B	C	R
G	K	S	L	H	V	U	V	P	E	V	T
H	L	O	Z	B	X	X	L	I	L	S	S
E	N	I	P	S	O	A	X	L	L	Z	T
M	B	G	X	B	C	W	C	E	Y	X	C
S	O	H	C	S	X	<b>T</b>	<b>H</b>	<b>U</b>	<b>M</b>	<b>B</b>	<b>V</b>
D	W	U	N	A	V	E	L	M	S	D	B
F	E	B	T	S	I	R	W	A	I	S	T
G	L	V	C	H	Q	Q	K	E	E	H	C

- |       |       |       |       |
|-------|-------|-------|-------|
| ANKLE | CHEST | LIVER | SPINE |
| AORTA | COLON | MOUTH | THIGH |
| BELLY | ELBOW | NAVEL | THUMB |
| BOWEL | HEART | SCALP | WAIST |
| CHEEK | ILEUM | SKULL | 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/](http://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
  - Hastily
  - "Wanna make \_\_\_?"
  - Pronoun
  - Painful problem
  - Claw
  - Ending for some girls' names
  - Stable staple
  - African antelope
  - Like horse hooves
  - Scottish language
  - Violates
  - 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?



TRIVIA ANSWERS

- Up to 22 mph!
- 16 billion
- Nimbus
- Seder
- Orange
- William Shakespeare
- Diamond
- The pink moon

**PUZZLE SOLUTIONS**

**SUDOKU**

8	6	2	1	3	5	7	4	9
9	7	5	8	2	4	3	1	6
3	4	1	9	6	7	2	8	5
7	1	6	4	8	9	5	2	3
5	8	3	6	7	2	4	9	1
2	9	4	5	1	3	8	6	7
1	3	7	2	9	8	6	5	4
4	2	9	3	5	6	1	7	8
6	5	8	7	4	1	9	3	2

**CROSSWORD**

S	C	O	O	P	R	U	S	S	B	E	T	A		
P	O	L	I	O	O	L	I	O	O	M	E	N		
A	T	A	L	L	B	A	R	B	A	R	I	A	N	
Y	E	N	L	I	E	N	V	E	R	S	E			
			W	E	E	F	L	E	D					
M	A	S	H	E	R	D	E	A	R	S	T			
A	L	A	I	S	E	A	T	S		U	P	A		
T	A	R	Z	A	N	O	F	T	H	E	A	P	E	
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

## 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*

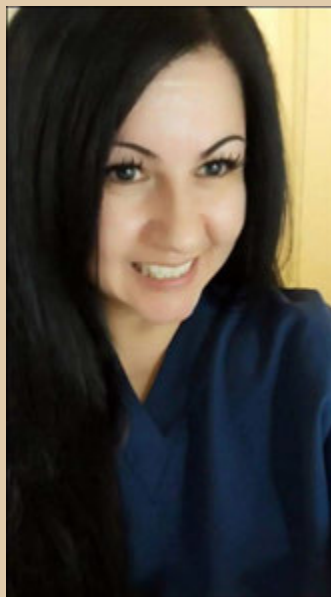
HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

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!

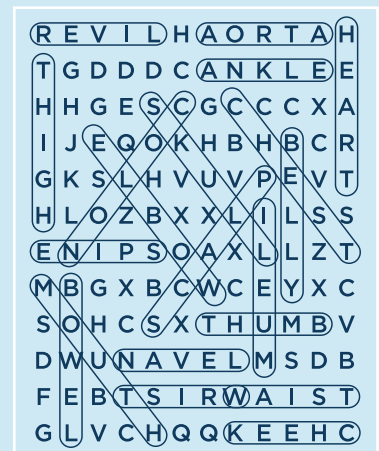


## IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

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*



SENIOR LIFESTYLE

your life, your style



PET FRIENDLY