

**PACE CNY
AT-HOME THERAPEUTIC RECREATION
CALENDAR**



August

Therapeutic Recreation Staff:

Director of Therapeutic Recreation

Orion Roeder, CTRS oroeder@lorettosystem.org 315-413-3330

Sally Coyne (P1) Recreation Therapists:

Kristin Dohner, CTRS kdohner@lorettosystem.org 315-413-4508

McKenzie Boyer, CTRS mboyer@lorettosystem.org 315-413-4534

Creek Circle (P2) Recreation Therapists:

Kate Marzinsky, CTRS kmarzinsky@lorettosystem.org 315-413-3303

Krystle Wood, CTRS kwood2@lorettosystem.org 315-413-3303

Sharon Spencer, CTRS sspencer@lorettosystem.org 315-413-3399

Natalie Maloney, CTRS nmaloney@lorettosystem.org 315-413-3399

Sister Linda Ann Palmisano (Spiritual Care) 315-413-3631

FRAUD Surrounding COVID-19

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it.

The Senior Medicare Patrol (SMP) recommends that Medicare beneficiaries:



Be cautious of anyone who comes to your door offering free coronavirus testing, treatment or supplies.



Don't click on links from sources you do not know. You could be putting your computer or device at risk.



Review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that you did not receive.



Ignore online offers for vaccinations. If you see ads for prevention products or cures for COVID-19, they are most likely a scam.



Do not give out your Medicare number, Social Security number or personal information to anyone via phone, text, email, or home visits.



Be Cautious When Purchasing Medical Supplies from unverified sources, including online advertising, emails and phone solicitations

**If you or anyone you know has been a victim of FRAUD,
call the NYS Senior Medicare Patrol at 800-333-4374
or visit us online at nysenior.org.**

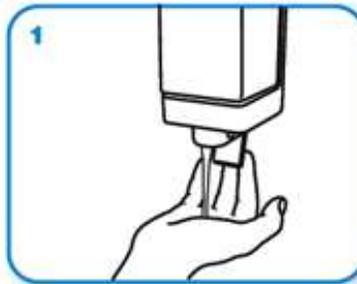
This project was supported, in part by grant number 90MPPG0010-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



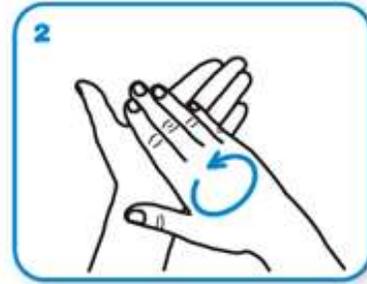
Practice Good Hand Hygiene



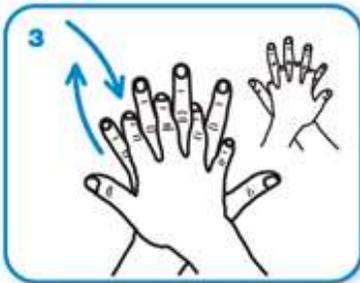
Wet hands with water



apply enough soap to cover all hand surfaces.



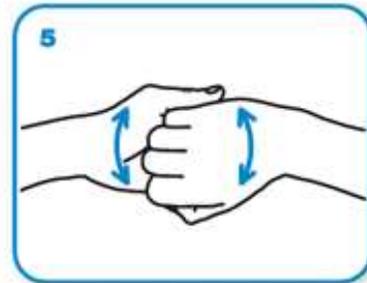
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



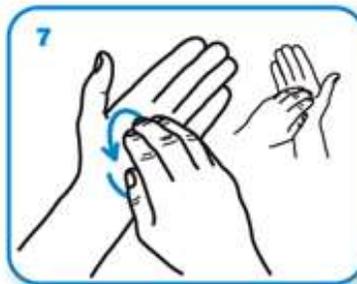
palm to palm with fingers interlaced



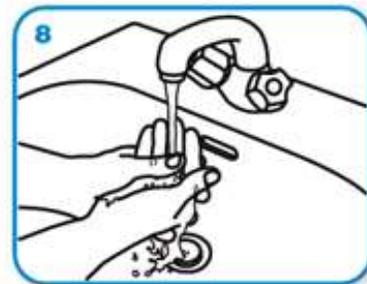
backs of fingers to opposing palms with fingers interlocked



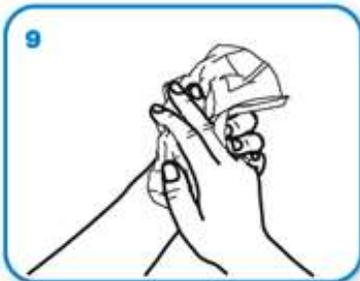
rotational rubbing of left thumb clasped in right palm and vice versa



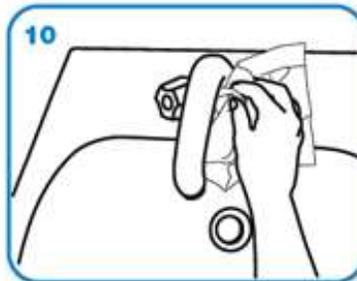
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



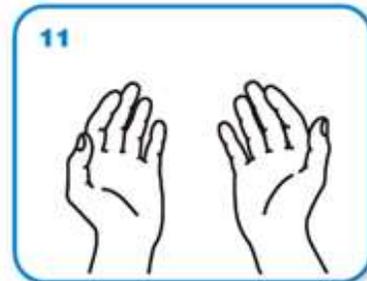
Rinse hands with water



dry thoroughly with a single use towel

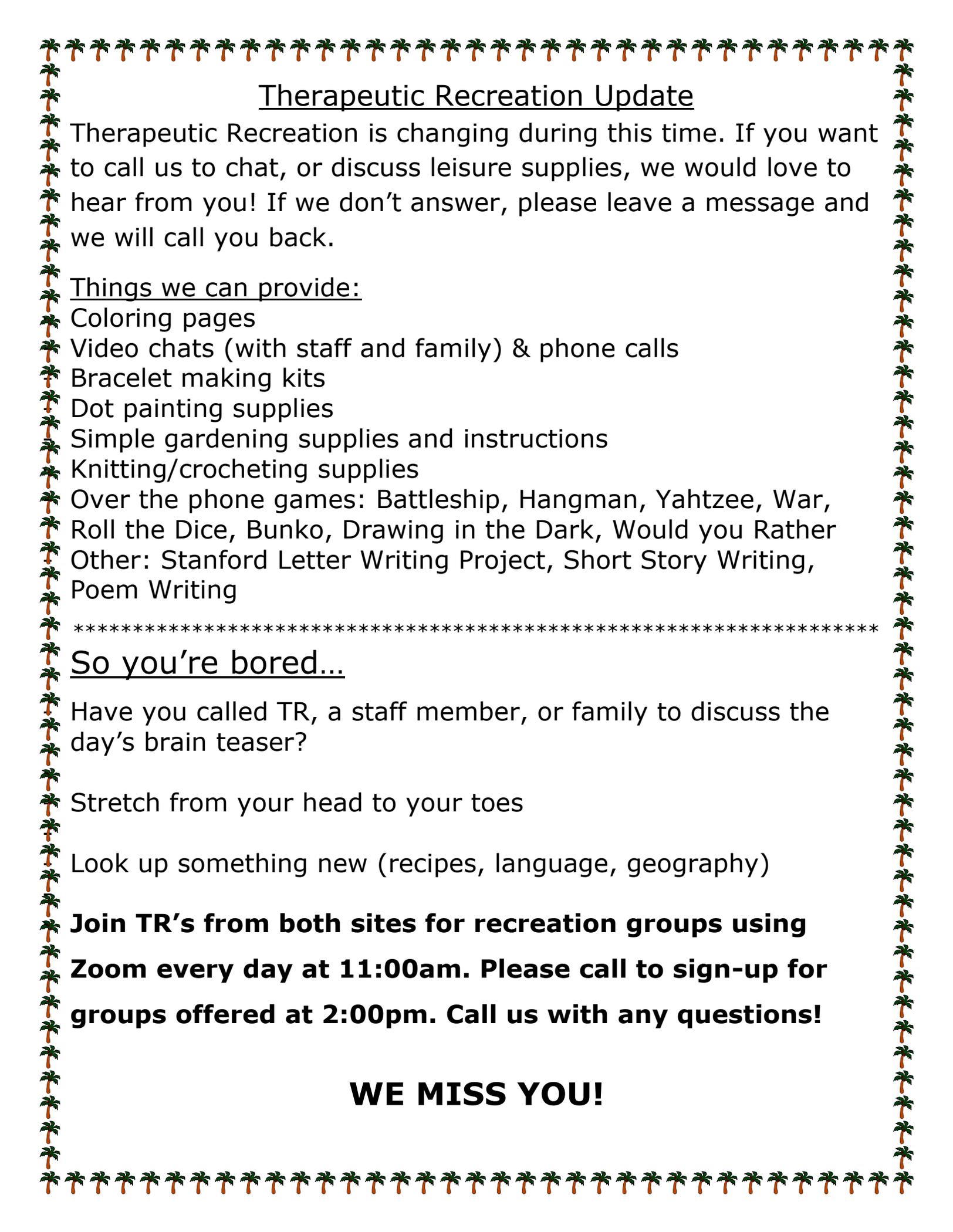


use towel to turn off faucet



...and your hands are safe.

Wash Your Hands for 20 Seconds!



Therapeutic Recreation Update

Therapeutic Recreation is changing during this time. If you want to call us to chat, or discuss leisure supplies, we would love to hear from you! If we don't answer, please leave a message and we will call you back.

Things we can provide:

Coloring pages

Video chats (with staff and family) & phone calls

Bracelet making kits

Dot painting supplies

Simple gardening supplies and instructions

Knitting/crocheting supplies

Over the phone games: Battleship, Hangman, Yahtzee, War, Roll the Dice, Bunko, Drawing in the Dark, Would you Rather

Other: Stanford Letter Writing Project, Short Story Writing, Poem Writing

So you're bored...

Have you called TR, a staff member, or family to discuss the day's brain teaser?

Stretch from your head to your toes

Look up something new (recipes, language, geography)

Join TR's from both sites for recreation groups using Zoom every day at 11:00am. Please call to sign-up for groups offered at 2:00pm. Call us with any questions!

WE MISS YOU!

Check out the PACE CNY Website!

www.pacecny.org

Stay up to date with pictures of what participants and staff have been up to!

Download the latest version of the PACE CNY TR Calendar to view in full color, adjust the magnification, and easily follow hyperlinks!

<https://pacecny.org/services/day-care/>

Be our Pen Pals!

We can't wait to hear from you!

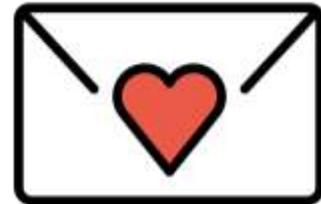
McKenzie, Kristin, or Orion

Attention: (Staff Member Name Here)

PACE CNY

100 Malta Lane

North Syracuse, NY 13212



Kate, Krystle, Natalie, Shari, or Orion

Attention: (Staff Member Name Here)

PACE CNY

115 Creek Circle

East Syracuse, NY 13057

Get Creative!

Recreation is encouraging you to get creative during this time of social distancing. We have made a space to display your work at the day center. We are so excited to see what you've been up to!

What counts as a creative work?

- Coloring pages
- Painting
- Short story
- Poems
- Drawing
- Anything else you made and feel proud of!

You can mail your work to the day center (address below), have it picked up, or bring it in when we are back together.

Therapeutic Recreation
100 Malta Ln
North Syracuse, NY 13212



Virtual Creative Writing & Choir Groups are forming, please let your Recreation Therapist know if you are interested!

First Creative Writing Group Th. 8/27/2020 @ 1:30pm

Exercises

Neck: Do each stretch 3 times



- Right ear toward your right shoulder



- Left ear toward your left shoulder



- Chin to chest

Shoulders: Do each stretch 10 times



- Roll your shoulders forward



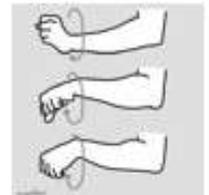
- Roll your shoulders backward



- Shrug your shoulders your ears

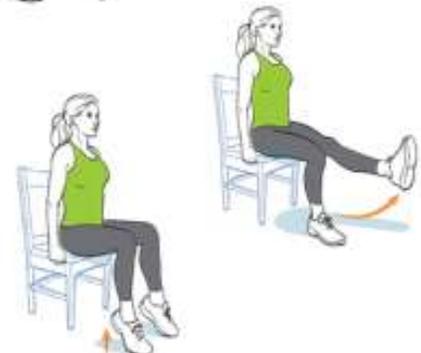
Arms and Wrists: Do each stretch 10 times

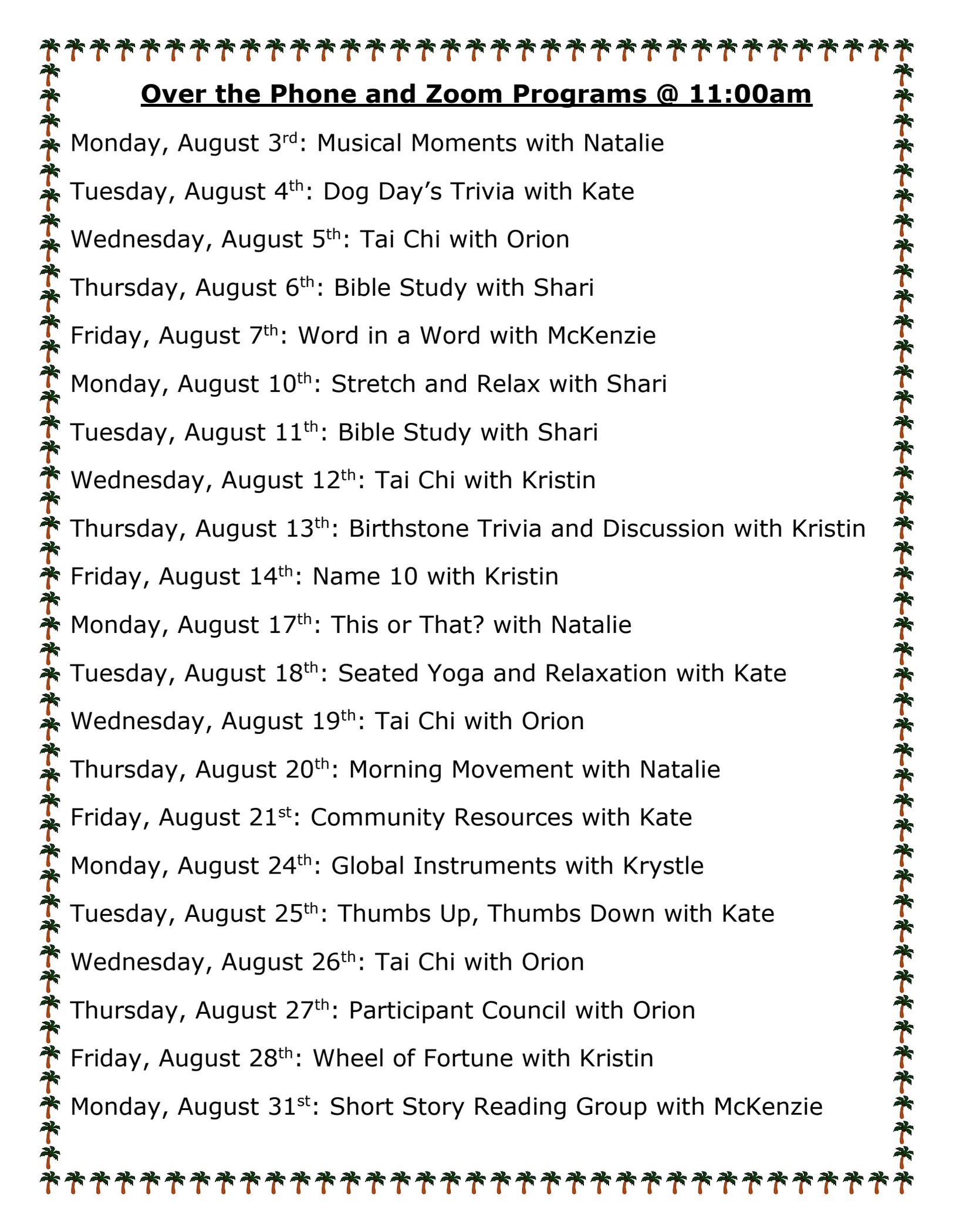
- Arms straight out and pull in like you're rowing a boat
- Tuck your elbows into your side, hands at your legs, bring your hands up to your shoulders
- Arm circles; switch the direction (both arms at the same time)
- Wrist circles; switch the direction (both wrists at the same time)



Legs and Ankles: Do each stretch 10 times

- Keeping your knee bent, lift your foot off the ground; switch to the other leg
- Kick straight out, extending your knee as much as you can; switch to the other leg
- Both feet flat on the floor, lift your heels off the ground, keeping your toes down
- Ankle circles; switch the direction; switch to the other leg
- March in place





Over the Phone and Zoom Programs @ 11:00am

Monday, August 3rd: Musical Moments with Natalie

Tuesday, August 4th: Dog Day's Trivia with Kate

Wednesday, August 5th: Tai Chi with Orion

Thursday, August 6th: Bible Study with Shari

Friday, August 7th: Word in a Word with McKenzie

Monday, August 10th: Stretch and Relax with Shari

Tuesday, August 11th: Bible Study with Shari

Wednesday, August 12th: Tai Chi with Kristin

Thursday, August 13th: Birthstone Trivia and Discussion with Kristin

Friday, August 14th: Name 10 with Kristin

Monday, August 17th: This or That? with Natalie

Tuesday, August 18th: Seated Yoga and Relaxation with Kate

Wednesday, August 19th: Tai Chi with Orion

Thursday, August 20th: Morning Movement with Natalie

Friday, August 21st: Community Resources with Kate

Monday, August 24th: Global Instruments with Krystle

Tuesday, August 25th: Thumbs Up, Thumbs Down with Kate

Wednesday, August 26th: Tai Chi with Orion

Thursday, August 27th: Participant Council with Orion

Friday, August 28th: Wheel of Fortune with Kristin

Monday, August 31st: Short Story Reading Group with McKenzie

Over the Phone and Zoom Programs @ 2:00pm by Sign-Up

Monday, August 3rd: Seated Exercise with McKenzie

Tuesday, August 4th: Would You Rather with Kristin

Wednesday, August 5th: Healthy Quarantine Snacking with Krystle

Thursday, August 6th: Name 5 with Natalie

Friday, August 7th: Get To Know You Question Dice with Krystle

Monday, August 10th: Afternoon Reminiscing with Natalie

Tuesday, August 11th: Riddles with Krystle

Wednesday, August 12th: Family Feud with McKenzie

Thursday, August 13th: Humor Moments with Shari

Friday, August 14th: Seated Stretches with Shari

Monday, August 17th: What's Cooking? Share Recipes with Kate

Tuesday, August 18th: Hollywood Star Facts and Trivia with Shari

Wednesday, August 19th: Rorschach Inkblot Test with Kate

Thursday, August 20th: Finish the Phrase with McKenzie

Friday, August 21st: National Senior Citizens Day with Krystle

August 24th-28th: HOS Health Outcomes Survey Help Call or Zoom

Monday, August 24th: Guided Imagery with Kristin

Tuesday, August 25th: Conversation Corner with Natalie

Wednesday, August 26th: Women's Equality Discussion with Shari

Thursday, August 27th: Name that Tune with Krystle

Friday, August 28th: Virtual Bingo: Orion (Sign Up by 8/21/2020)

Monday, August 31st: Afternoon Stretch with Natalie

Phone and Zoom Programs @ 1:00pm by Sign-Up

NYS Fair Virtual Programs @ 1:00pm August 24th-26th

Creative Writing Group with Walt & Orion @ **1:30pm** August 27th

Virtual Wii Bowling Tournament @ 1:00pm August 31st

Spotlight on Virtual Resources

InterFaith Works Senior Chat Line

Open Daily from 11:00pm – 12:00pm

Join via ZOOM or Telephone

- Dial (646) 558-8656
- Meeting ID: 986 1907 0243

OASIS Everywhere

<https://www.oasiseverywhere.org/>

Join OASIS Everywhere for virtual online learning. While there are costs associated with some classes, others are completely free. (See Below)

OASIS Everywhere Online Safety Overview

Monday 08-03-2020 @ 10:00am-12:00pm

Time: 11:00am-1:00pm ET

Instructor: Oasis Connections Instructor

OASIS Everywhere Free From Falls

Wednesday, 9/9/2020 @ 1:00-2:00pm ET

Instructor: Juliet Simone MPH, MBA

Conversations That Count (CTC) St. Louis OASIS

<https://www3.oasisnet.org/St-Louis-MO/Classes?title=conversations>

5208 Conversations that Count (Phone Conference)

Thursday 07/02/20 - 08/27/20 2:00 - 03:00pm ET

How to use Zoom YouTube Instructions

<https://youtu.be/hwTxhzjYCfA>

How to use Zoom with Windows PC's

<https://www.oasisnet.org/wp-content/uploads/2020/04/Blog-zoom-download-instructions-for-Oasis-participants-long-form.pdf>

Medicare Health Outcomes Survey-Modified
(HOS-M) Questionnaire 2020

- **WHAT?** Medicare Health Outcomes Survey-Modified (HOS-M) Questionnaire 2020
- **WHO?** You! Every participant in PACE CNY will receive the (HOS-M)
- **WHERE?** It will come in your mailbox. You can call any PACE CNY employee to help you fill it out.
- **WHEN?** August 2020 - October 2020
- **WHY?** Please think about how challenging some of the listed tasks could be and answer honestly! You are not letting someone know how well we are taking care of you, but why you need help in the first place.
- **HOW?** ANY PACE CNY staff member can help you fill it out. And send it in!

(The front page looks like this...)

**Medicare Health Outcomes Survey-
Modified (HOS-M)
Questionnaire (English)
2020**

Daily Leisure Engagements

August 1st-8th

August 1st

Welcome to August! Test your August IQ with Monday's trivia question. Make sure to call you recreation therapist and let them know the answer.

August 2nd

Today is sister's day. Take some time today to call your sister, or someone who is like a sister to you, make sure you let them know how special they are!

August 3rd

On this day Tony Bennett was born in 1926. Can you name a couple of Tony Bennett's greatest hits? Take some time to sing them today!

August 4th

It's national chocolate chip cookie day. Write down your favorite recipe and share it with peers and staff!

August 5th

Take some time for self-care today. Put on a special outfit, perfume, and accessories. Breathe a little deeper throughout the day, and stay mindful

August 6th

Have you thanked a farmer lately? Today is the day! Write a letter to the local farmers thanking them for all of the hard work they have done for the community! Send it to your recreation therapist to be posted.

August 7th

Take a minute to check your shoes. Do they pass the "shoe checklist?" Have they been replaced in the last 8-12 months? Are they the right fit? Are they comfortable? Is there any visible damage to fastening/straps? Repair, recycle, or toss out when appropriate.

August 8th

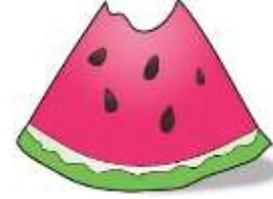
This marks the beginning of "Elvis Week" Are you a fan of Elvis Presley? Take this virtual tour of Graceland to celebrate!

https://www.youtube.com/watch?v=BLv8uK_IDSQ



Monday, August 3rd

Watermelon Day



Quote of the Day

"I think the only way we come to ourselves is through each other."

-Martin Sheen

Who Said So?

Alexander the Great, an ancient Macedonian ruler and military leader, said, "Remember, upon the conduct of each depends the fate of all."

Word Unscramble:

DIEC TAE

Hint: A summer beverage

Trivia:

What song with the refrain "I'll see you in my dreams" topped the Billboard charts on August 19, 1950?

Riddle:

What gets wetter the more it dries?

Zoom Groups:

11:00am Musical Moments with Natalie

2:00pm Seated Exercise with McKenzie



Tuesday, August 4th
Chocolate Chip Cookie Day

This Day in History:

Chocolate chips were invented at the same time as chocolate chip cookies! In 1937, Ruth Graves Wakefield, at her Toll House Inn, cut up a chocolate bar and added the "chips" to her batch of cookies.

Think-tionary

Today's word is *philodox*.

Philodox one who loves to express & hear their own opinions.

Word Mining:

Planets

Trivia:

Raggedy Ann was often seen with what companion doll?

Buy a Vowel:

C _ R _ M _ L (Hint: A sweet dessert topping)

Zoom Groups:

11:00am Dog Day's Trivia with Kate
2:00pm Would You Rather with Kristin



Wednesday, August 5th

Pamper Yourself Day

Gadgets and Gizmos

Move over Alexa and Siri—Samsung’s Star Labs are developing a more human type of artificial intelligence known as Neon. They hope these virtual humans will teach us skills and react to our stories with realistic feelings!

The Games We Play

The United Kingdom has an underwater hockey league! The sport was created in the 1950’s as a way for members of a local diving club to stay fit during the winter months.

Today’s Motivational Quote:

Strength does not come from the physical capacity. It comes from an indomitable will. –Gandhi

Word Unscramble:

ICREPFEAL

Hint: A place to get warm

Trivia:

What 1952 movie was about a silent film production company trying to make the awkward transition to sound?

Riddle:

What’s bright orange with a green top and sounds like a parrot?

Zoom Groups:

11:00am Tai Chi with Orion

2:00pm Healthy Quarantine Snacking with Krystle



Thursday, August 6th
Farmworker Appreciation Day

This Day in History

The comic strip *Little Orphan Annie* debuted in the *New York Daily News*. Annie and her little dog, Sandy, were creations of cartoonist Harold Gray.

Think-tionary

Today's word is *disaster*.

The word *disaster* comes from the Greek *dis-*, meaning "bad," and *aster*, meaning "star." The word's meaning comes from astrological term, "ill-starred" event, predicting a misfortune.

Word Mining:

Independent

Trivia:

What was the comic strip character Hägar the Horrible: a monster, a Viking, or an army private?

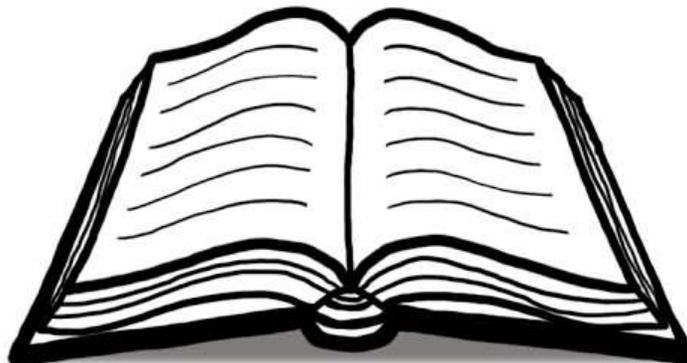
Buy a Vowel:

C _ E E _ N _ (Hint: There's lots of this in coffee!)

Zoom Groups:

11:00am Bible Study with Shari

2:00pm Name 5 with Natalie





Friday, August 7th **Foot Health Friday**



Quote of the Day:

"If they ever do my life story, whoever plays me needs lots of hair color and high heels." –Charlize Theron

Who Said So?

The Roman poet, Ovid, a master of Latin verse, said, "Love and dignity cannot share the same abode."

Friday Funny

How does a dog stop a movie?
Answer: He presses paws!

Word Unscramble:

DTERSE

Hint: A place that is warm and dry

Trivia:

Cardiac is related to the heart as pulmonary is related to what?

Riddle:

What's really easy to get into, but really hard to get out of?

Zoom Groups:

11:00am Word in a Word with McKenzie

2:00pm Get To Know You Question Dice with Krystle



Daily Leisure Engagements

August 9th-15th

August 9th

Relax with your favorite book or magazine and read, read, read! Call a friend or your recreation therapist and tell them about your favorite book, and get a new book lined up to read for next time!

August 10th

Have a tea party today! Wear your favorite outfit (complete with a hat & gloves) and sip on your favorite tea! What kind of tea have you tried? Make a list!

August 11th

Look out your window tonight! You may see a couple shooting stars due to the Perseid Meteor Shower. Read more about it here:

<https://earthsky.org/?p=165416>

August 12th

Today is world elephant day. Celebrate these magnificent creatures by completing the coloring page included in your calendar. Be sure to send it in to your recreation department to be displayed at the day center.

August 13th

Can you name all of the birthstones for different months of the year?

January-Garnet	February-Amethyst	March-Aquamarine
April-Diamond	May- Emerald	June- Pearl
July- Ruby	August-Peridot	September- Sapphire
October-Opal	November-Topaz	December- Tanzanite

August 14th

Today is "I got you babe" day. Do you remember this famous hit song? Sonny and Cher were a famous musical duo. Make a list of all the celebrity musical duos you can think of. How many did you get?

August 15th

Try something new today. Do something to break up the monotony. Drink a different beverage with your breakfast, rearrange your space, sit in a different area of your home. Enjoy it! Maybe it will be your new routine.

Monday, August 10th

World Lion Day

This Day in History:

On this day in 1876, Alexander Graham Bell answered the world's first long-distance telephone call in Paris, Ontario, from his father.

Think-tionary

Today's word is *déjà vu*.

The word *déjà vu* is the illusion of having previously experienced something actually being encountered for the first time.

Word Mining:

Hippopotamus

Trivia:

Calgary hosted the 1988 Winter Olympics. Calgary is in what Canadian province?

Buy a Vowel:

W _ I _ R M _ L _ N (Hint: A type of fruit)

Zoom Groups:

11:00am Stretch & Relax with Shari

2:00pm Afternoon Reminiscing with Natalie



Tuesday, August 11th

Shooting Stars Days

Quote of the Day:

"I would tell my younger self just be yourself—that who you are is good enough." –Viola Davis

Gadgets and Gizmos

Charmin is obsessed with making it easier for us to go to the bathroom. Enter the Charmin *Rollbot*, eager to fetch you a roll of toilet paper if you find yourself stranded without a square!

Word Unscramble:

ELNEPAPIP

Hint: A citrus fruit

Trivia:

What does the Latin phrase *carpe diem* mean?

Riddle:

What has lots of eyes, but cannot see?

Zoom Groups:

11:00am Bible Study with Shari

2:00pm Riddles with Krystle



Wednesday, August 12th

Vinyl Record Day

This Day in History

On this day 50 years ago, American President Richard Nixon signed the bill that created an independent United States Postal Service.

Did You Know?

The 52 cards in a deck represent the 52 weeks in a year! The four suits represent the four seasons.



Word Mining:

Unstoppable

Trivia:

What African American, prize-winning novelist wrote Song of Solomon and Beloved?

Name Three:

Can you name at least 3 of the 7 continents of the world?

Zoom Groups:

11:00am Tai Chi with Kristin

2:00pm Family Feud with McKenzie



Thursday, August 13th
Wear Your Birthstone Day

Eye in the Sky

Astronomers have discovered a new black hole, and this one is closer to Earth than any previously discovered. Not to worry, the vacuum is still 1,000 light-years away!

Who Said So?

Bob Hope, the Brit-turned-American comedian, said, "I have a wonderful makeup crew. They're the same people restoring the Statue of Liberty!"

Word Unscramble:

SLEPIOCP

Hint: A summer treat

Trivia:

On D-Day during World War II, Allied forces landed on the beaches of Normandy. In what country is Normandy?

Riddle:

Which is heavier: a ton of bricks or a ton of feathers?

Zoom Groups:

11:00am Birthstone Trivia and Discussion with Kristin

2:00pm Humor Moments with Shari



Friday, August 14th

"I Got You Babe" Day

Familiar Phrases

The common phrase, "an apple a day keeps the doctor away," dates all the way back to the 1860's. It was a Pembrokeshire proverb that read, "eat an apple on going to bed, and you'll keep the doctor from earning his bread."

Think-tionary

Today's word is *nomophobia*.

The word *nomophobia* was added to the dictionary, meaning, "anxiety about not having access to a mobile phone or mobile phone services."

Friday Funny

What did the ocean say to the pirate?
Answer: Nothing, it just waved

Word Mining:

Photography

Trivia:

What Australian actress co-starred with John Travolta in the movie Grease?

Buy a Vowel:

M _ R S H M _ L L _ W (Hint: S'mores)

Zoom Groups:

11:00am Name 10 with Kristin
2:00pm Seated Stretches with Shari



Daily Leisure Engagements

August 16th-22nd

August 16th

Tell others your favorite joke today! If you don't have a favorite joke, try this one: Why was the snowman looking through a bag of carrots?

Answer: He was picking his nose.

August 17th

Today we recognize the baby boomers, or those born between the years 1946-1964. Here are some things you may remember if you are a baby boomer:

- 1.) Seeing billboards advertising tobacco
- 2.) Watching "The Mary Tyler Moore Show"
- 3.) S & H green stamps
- 4.) Waiting for the milkman to deliver to your house
- 5.) Buying your first record

What else can you think of?

August 18th

Spicy food-some people love it, some people hate it. What is the most spice you can tolerate? What is the spiciest thing you have ever eaten?

Write to your pen pal about it!

August 19th

Take some time today to go through old photos. Try and pick out the details of that photograph. Where were you? Who were you with? How old were you? Why were you there? Who took the photo?

August 20th

On this day in 1630 lemonade was invented in Paris, France! Did you know there are multiple varieties of lemonade that have been created since then? Try these fun recipes!

<https://www.youtube.com/watch?v=oR2-GXHFAUo>

August 21st

Today in 1959 Hawaii became a state! Take a virtual vacation to Hawaii today: <https://www.youtube.com/watch?v=XhHwGolzQmg>

August 22nd

Celebrate the sunflower today! Complete the attached sunflower word search in the back of your calendar!

Monday, August 17th

Baby Boomers Recognition Day

This Day in History:

On this day in 1939, *The Wizard of Oz* premiered in New York City. It was the first movie to use a combination of color and black-and-white film.

Only Human

The results are in, and new scientific evidence shows that humans find the most satisfying place to scratch on the body are the ankles!

Word Unscramble:

UNNSHSEI

Hint: "On my shoulder"

Trivia:

According to the old De Beers slogan and the title of the 1971 James Bond film, diamonds are what?

Riddle:

What kind of band never plays music?

Zoom Groups:

11:00am This or That with Natalie

2:00pm What's Cooking? Sharing recipes with Kate



Tuesday, August 18th
100th Anniversary of Women's Right to Vote

Quote of the Day:

“Dress shabbily and they remember the dress; dress impeccably and they remember the woman.” –Coco Chanel

This Day in History:

On this day 100 years ago, a 24-year-old legislator from Tennessee named Harry T. Burn cast the deciding vote for ratification of the 19th Amendment, granting women the right to vote.

Word Mining:

Frequently

Trivia:

What is the second-biggest planet in our solar system?

Name Three:

Can you name 3 different types of pasta?

Zoom Groups:

11:00am Seated Yoga/Relaxation with Kate

2:00pm Hollywood Star Facts & Trivia with Shari



Wednesday, August 19th

World Photo Day

Eye in the Sky

The SpaceX Company has been launching its satellites into orbit with the goal of bringing broadband Internet to the world. This has been upsetting astronomers because the satellites could be so bright that they would limit celestial discoveries. Elon Musk suggested launching satellites with visors that will block the sun and reduce the reflection of light.

Who Said So?

Stand-up comedian, Steven Wright, with a dry-wit, stated, "A lot of people are afraid of heights. Not me—I'm afraid of widths."

Word Unscramble:

PESPEPR

Hint: In your garden

Trivia:

What TV cowboy caught bad guys with his trusty horse Topper and sidekick Red Connors?

Riddle:

What has hands, but cannot clap?

Zoom Groups:

11:00am Tai Chi with Orion

2:00pm Rorschach Inkblot Test with Kate



Thursday, August 20th
National Lemonade Day



Quote of the Day

"Always be yourself. At the end of the day, that's all you've really got." –Al Roker

Did You Know?

Elephants in Myanmar have been known to silence bells hung around their necks by clogging them with mud so they won't ring when the elephants steal bananas!

Word Mining:

Happiness

Trivia:

In the 1920s, the 18th Amendment to the U.S. Constitution banned the manufacture, transportation, and sale of what product?

Buy a Vowel:

M _ S S _ S S _ P P _ (Hint: U.S State)

Zoom Groups:

11:00am Morning Movement with Natalie
2:00pm Finish the Phrase with McKenzie



Friday, August 21st
National Senior Citizens Day

Last day to sign-up with Orion for virtual bingo on Friday 8/28

This Day in History

Country music singer Patsy Cline recorded the vocals to Willie Nelson's "Crazy." The crossover hit became her signature song!

Familiar Phrases

The phrase *easy-breezy* has been added to the dictionary as an adjective to describe a person or a person's style that is informal, casual, and relaxed.

Friday Funny

Did you hear about the two people that stole the calendar?
They each got six months

Word Unscramble:

NATIPOUCOC

Hint: Another word for job

Trivia:

The Ring of Fire is a path characterized by active volcanoes and frequent earthquakes. In what ocean is it found?

Riddle:

What dress does everyone have, but no one wears?

Zoom Groups:

11:00am Community Resources with Kate

2:00pm National Senior Citizens Day with Krystle



Daily Leisure Engagements

August 23rd-29th

August 23rd

Gene Kelly was born on this day in 1912. He was the lead role in the musical *Singin' in the Rain*. This musical is well known for the elaborate costumes the characters wore, pay tribute and wear your best outfit today!

August 24th

Let's play name five. List at least five items in the following categories: Breakfast foods, card games, things found in a car, items you pack for vacation, types of fish

August 25th

STOP! Take a moment to be mindful. Close your eyes and take five deep breaths. Scan your body head to toe and notice how you feel. Take another five deep breaths. How do you feel?

August 26th

Pick up the phone today! Call someone who you have not spoken to in a while. Family, friend or your recreation therapist, anyone! Update them, tell them a story, or simply listen and see what they have to say!

August 27th

Have you tried dot to dot puzzles? Dot to dot puzzles are a great way to use your physical skills like: fine motor, and hand eye-coordination. In addition to this, they are a great way to improve concentration, sequencing, and organizational skills. Try the one in the back of your calendar to get started!

August 28th

What is your favorite song for the summer? Take some time to sing a tune today. Maybe start with old favorites such as: you are my sunshine, in the good o' summer time, and bicycle built for two.

August 29th

Celebrate summer with a trip to the zoo! How about the Australia zoo? Take this virtual tour today!

<https://www.youtube.com/watch?v=5YBRu5JFHmw>

Celebrate the Great New York State Fair **AT HOME!**

The NYS Fair has been cancelled this year due to COVID-19, but let's make some Virtual NYS Fair Memories, on what would have been Senior Days!

Call or email any Recreation Therapist to Sign Up!

- Monday, August 24th @ 1:00 NYS Fair Reminiscing with Orion
- Tuesday, August 25th @ 1:00 Make a Butter Sculpture or send a picture of your homemade butter sculpture!
- Wednesday, August 26th @ 1:00pm Baked Potato with Orion

What's better than a \$1.00 Baked Potato? One you make at home with all of your favorite toppings! Let Orion know if you would like to take part, but need a potato! Feel free to send a picture of your potato if this time doesn't work for you!

Are you missing the food at the NYS Fair? Treat Yo'Self! You can use UberEats, DoorDash, or GrubHub to have Dinosaur BBQ delivered!

<https://www.ubereats.com/blog/en-KE/what-is-uber-eats-a-beginners-guide-to-ordering-in/>

https://help.doordash.com/merchants/s/article/How-do-I-order-through-DoorDash?language=en_US

<https://www.grubhub.com/>





Monday, August 24th

Strange Music Day

Only Human

A couple was feeling dizzy and seasick while in their house. The cause? A patterned rug in their living room! Researchers found that staring at a black and white patterned rug for as little as five minutes could cause *nausogenic* (motion-sickness-like) symptoms. Too much visual information, such as busy patterns or flickering lights, can overwhelm the brain and create feelings of motion.

Gadgets and Gizmos

Bernard Sadow reinvented the suitcase by adding wheels in 1972. He recalled meeting strong resistance on early sales calls, when he was told that men would not accept suitcases with wheels. "It was a very macho thing," he said.



Word Mining:

Delicious

Trivia:

"Lions and tigers and bears, oh my" is a line from what movie?

Name Three:

Can you name all 3 U.S states that start with the letter C?

Zoom Groups:

11:00am Instruments from Around the World with Krystle

1:00pm NYS Fair Reminiscing with Orion

2:00pm Guided Imagery with Kristin



Tuesday, August 25th
TV Game Show Hosts Day



Quote of the Day

"Some age, others mature." -Sean Connery

This Day in History

The *New York Sun* ran "The Great Moon Hoax," a series of six articles about the supposed discovery of life on the moon. The articles described fantastic creatures including unicorns and humanoids. The reports were meant as satire, but the public swallowed the story!

Word Unscramble:

GNINLGHIT

Hint: Thunderstorm

Trivia:

What does Ti stand for on the periodic table of elements: tin, tungsten, or titanium?

Riddle:

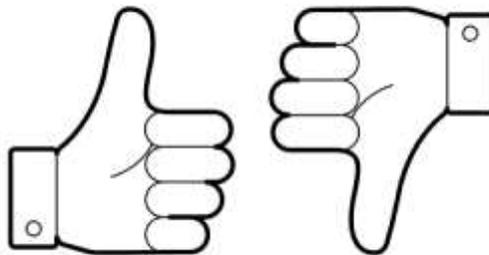
What has legs, but doesn't walk?

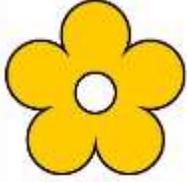
Zoom Groups:

11:00am Thumbs Up, Thumbs Down with Kate

1:00pm Homemade Butter Sculpture with Orion

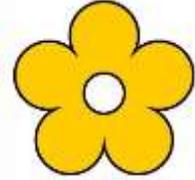
2:00pm Conversation Corner with Natalie





Wednesday, August 26th

Women's Equality Day



Show recognition by wearing purple & white today!

50 Years Ago

On this day 50 years ago, a march known as the Women's Strike for Equality took place on Fifth Avenue in New York City. 50,000 women paraded down Fifth Avenue during rush hour, blocking traffic and demanding action for a new Equal Rights Amendment. Signs read, "Don't iron while the strike is hot!" Similar strikes occurred in other cities all across the country.

Gadgets and Gizmos

Have you ever wondered what dogs are feeling? The *Empathy* vest promises to translate dog's feelings into colors so that you can better understand it. A heart rate sensor monitors whether your dog is relaxed, excited, stressed, or interested, and flashes the corresponding colors!

Word Mining:

COMPANION

Trivia:

What famous quintuplets were born in Corbeil, Ontario on May 28, 1934?

Name Three:

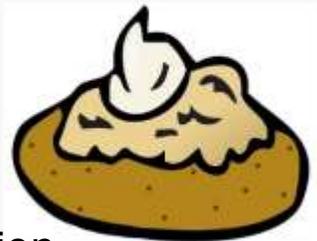
Can you name 3 types of flowers?

Zoom Groups:

11:00am Tai Chi with Orion

1:00pm NYS Fair Baked Potato with Orion

2:00pm Women's Equality Discussion with Shari



Thursday, August 27th

Just Because Day

This Day in History

In 1939, Luftwaffe pilot Erich Warsitz flew the world's first practical jet-powered aircraft, the Heinkel He 178. The plane was airborne for seven minutes.

The Games we Play

Most everybody is familiar with the *Monopoly* board game, but have you heard of *Anti-Monopoly*? In 1973, economics professor Ralph Anspach devised the game to counter the message taught by *Monopoly*. In *Anti-Monopoly*, the board begins with all the squares already in a monopolized state. Players work to bust monopolies and return the board to a free market system where no one has vast economic control.

Word Unscramble:

ERTAHET

Hint: Movie

Trivia:

Which of these cities is NOT a capital city in Africa: Kinshasa, Buenos Aires, or Cairo?

Riddle:

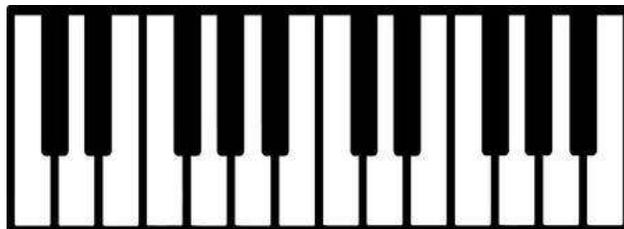
What month has 28 days?

Zoom Groups:

11:00am Participant Council with Orion

1:30pm Creative Writing with Walt and Orion

2:00pm Name that Tune with Krystle



Friday, August 28th
"I Have a Dream" Day

Quote of the Day

"I'd rather be the king of kids, than the prince of fools." –Jack Black

Flower Power

Most varieties of hydrangeas produce pink flowers in alkaline soil and blue ones in acidic soil. White hydrangea flowers do not change their color!

Friday Funny

Why aren't Koala's actual bears?
Answer: They don't meet the koalafications



Word Mining:

Scrumptious

Trivia:

What kitchen tool is shaped like a bowl and has holes allowing liquid to drain through it while retaining the food inside?

Name Three:

Can you name three countries that begin with the letter H?

Zoom Groups:

11:00am Wheel of Fortune with Kristin

2:00pm Virtual Bingo with Orion

****You MUST sign up by Friday, August 21st if you need a card & chips!****



Daily Leisure Engagements

August 30th-31st

August 30th

Today reminisce about your school days! Take it one step further and wear your school colors today. Share your memories with peers and staff!

August 31st

Take time to get outside today. Wear/utilize proper sun protection, soak up some vitamin D, and be present when you are outside. Get in touch with your senses noticing what you: feel, taste, touch, smell, and see.

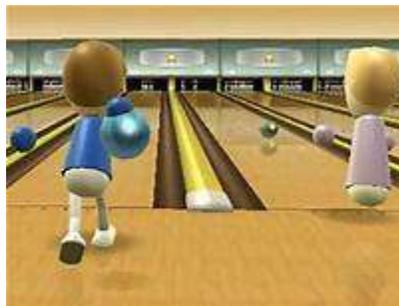
Monday, August 31st @ 1:00pm

Head to Head Wii Bowling Tournament via Zoom

Do you have access to Wii Bowling & miss the thrill of competition?

The highest game bowled will win a prize!

Call Orion to Sign Up!



Monday, August 31st

Solar Car Day

Quote of the Day

"The gem cannot be polished without friction, nor man perfected without trials." –Chinese Proverb

This Day in History

On this day 100 years ago, John Lloyd Wright was granted a patent for interlocking toy logs for toy cabin construction. He and his father had combined their talents to design the Imperial Hotel in Tokyo, a city prone to earthquakes. His father had brainstormed a system of interlocking beams. In 1916, using the hotel blueprint, the younger Wright created a toy construction set consisting of notched wooden logs that he would eventually dub "Lincoln Logs."

Word Unscramble:

NVACTAIO

Hint: A getaway

Trivia:

What branch of mathematics studies the relationships involving lengths and angles of triangles: algebra, trigonometry, or calculus?

Riddle:

What is easy to see, but hard to look at?

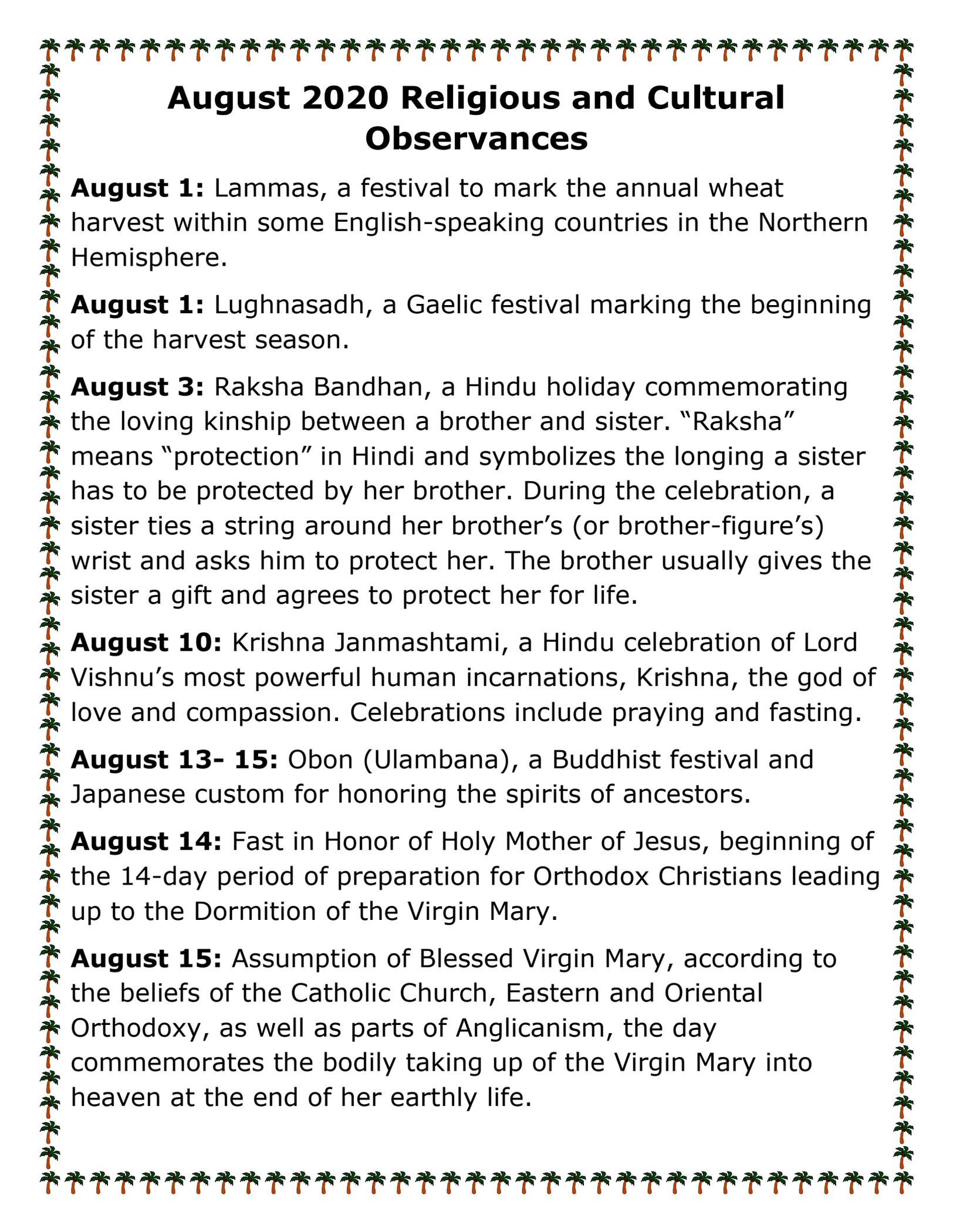
Zoom Groups:

11:00am Short Story Reading Group with McKenzie

1:00pm **Wii Bowling Head to Head Tournament**

2:00pm Afternoon Stretch with Natalie





August 2020 Religious and Cultural Observances

August 1: Lammas, a festival to mark the annual wheat harvest within some English-speaking countries in the Northern Hemisphere.

August 1: Lughnasadh, a Gaelic festival marking the beginning of the harvest season.

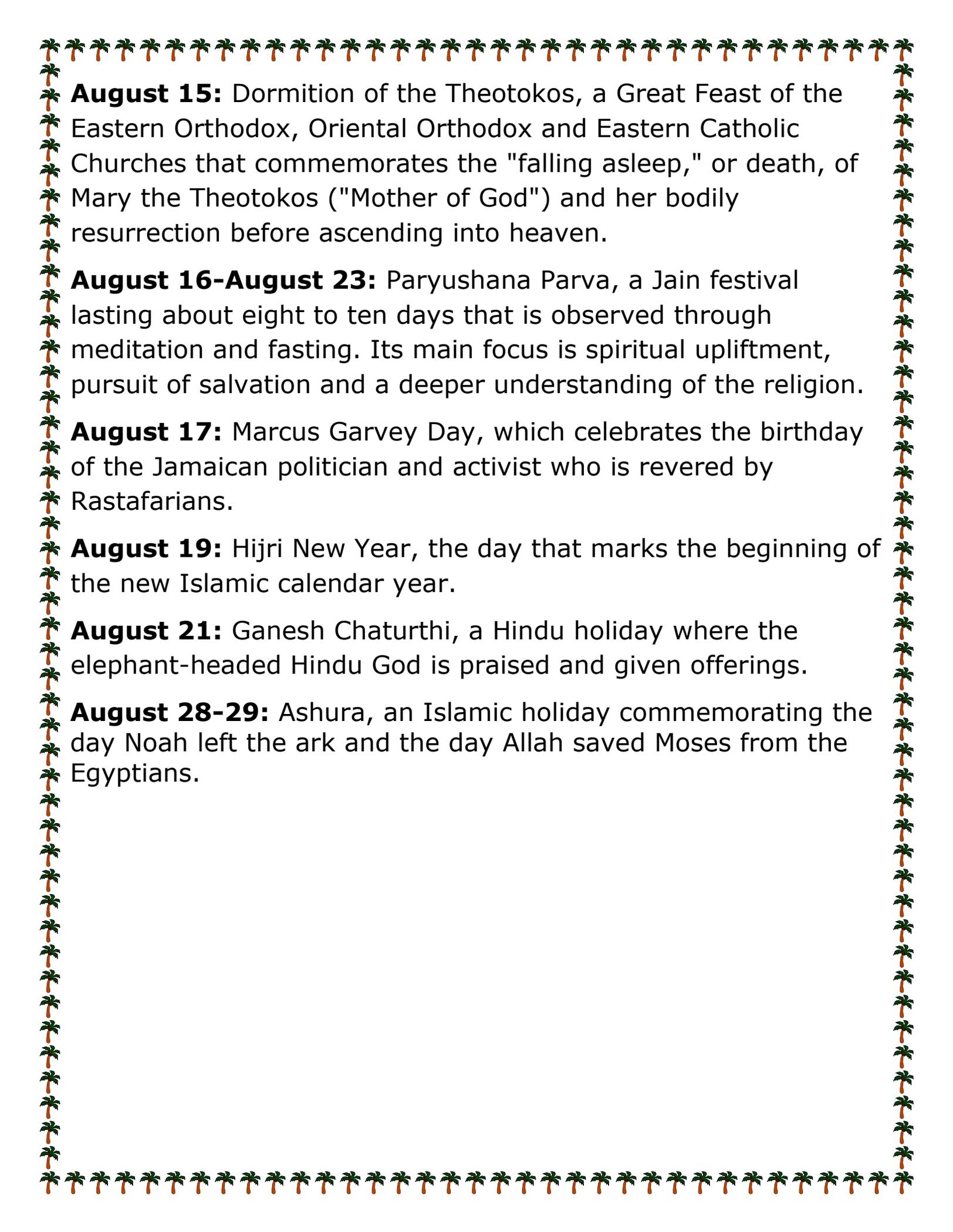
August 3: Raksha Bandhan, a Hindu holiday commemorating the loving kinship between a brother and sister. "Raksha" means "protection" in Hindi and symbolizes the longing a sister has to be protected by her brother. During the celebration, a sister ties a string around her brother's (or brother-figure's) wrist and asks him to protect her. The brother usually gives the sister a gift and agrees to protect her for life.

August 10: Krishna Janmashtami, a Hindu celebration of Lord Vishnu's most powerful human incarnations, Krishna, the god of love and compassion. Celebrations include praying and fasting.

August 13- 15: Obon (Ulambana), a Buddhist festival and Japanese custom for honoring the spirits of ancestors.

August 14: Fast in Honor of Holy Mother of Jesus, beginning of the 14-day period of preparation for Orthodox Christians leading up to the Dormition of the Virgin Mary.

August 15: Assumption of Blessed Virgin Mary, according to the beliefs of the Catholic Church, Eastern and Oriental Orthodoxy, as well as parts of Anglicanism, the day commemorates the bodily taking up of the Virgin Mary into heaven at the end of her earthly life.



August 15: Dormition of the Theotokos, a Great Feast of the Eastern Orthodox, Oriental Orthodox and Eastern Catholic Churches that commemorates the "falling asleep," or death, of Mary the Theotokos ("Mother of God") and her bodily resurrection before ascending into heaven.

August 16-August 23: Paryushana Parva, a Jain festival lasting about eight to ten days that is observed through meditation and fasting. Its main focus is spiritual upliftment, pursuit of salvation and a deeper understanding of the religion.

August 17: Marcus Garvey Day, which celebrates the birthday of the Jamaican politician and activist who is revered by Rastafarians.

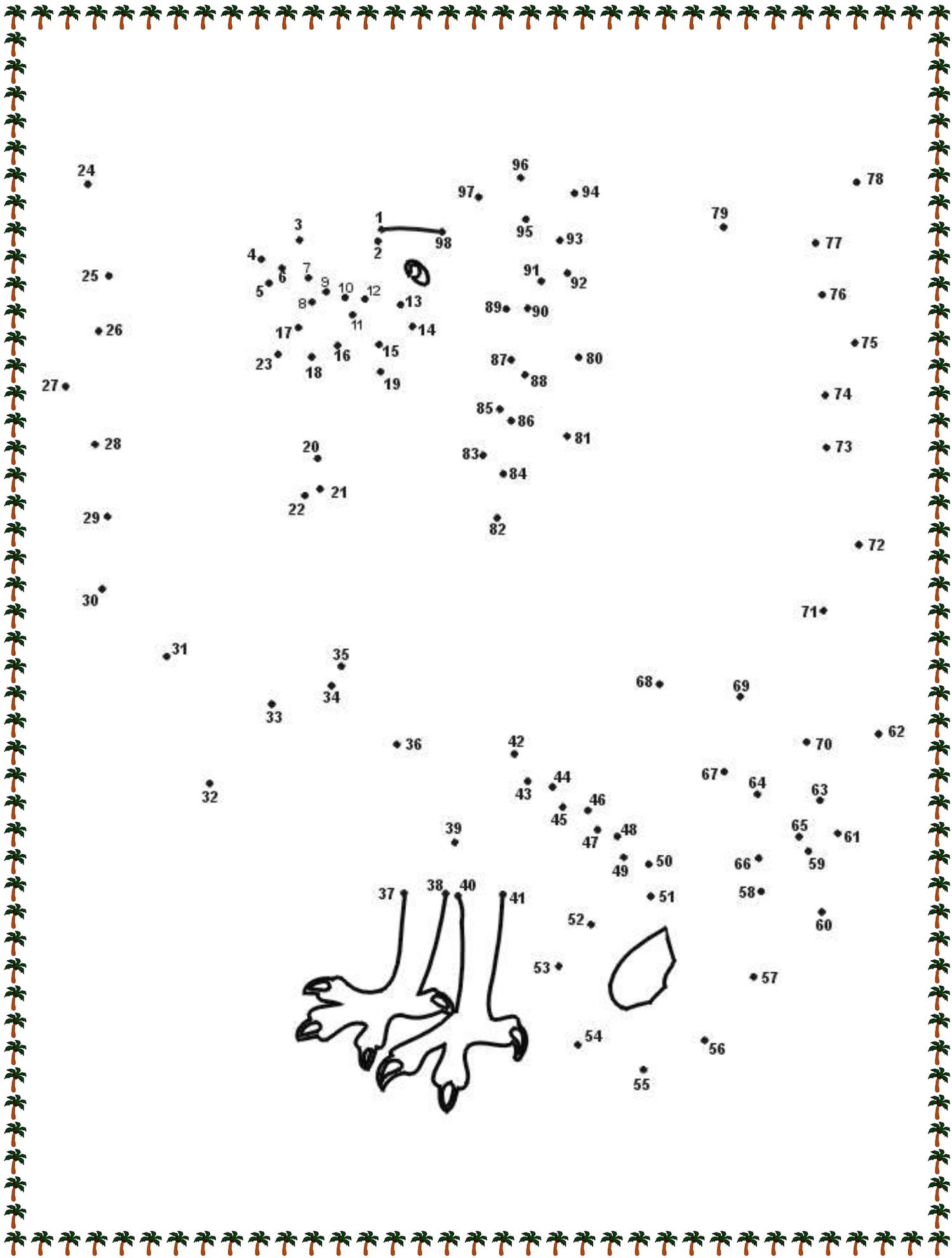
August 19: Hijri New Year, the day that marks the beginning of the new Islamic calendar year.

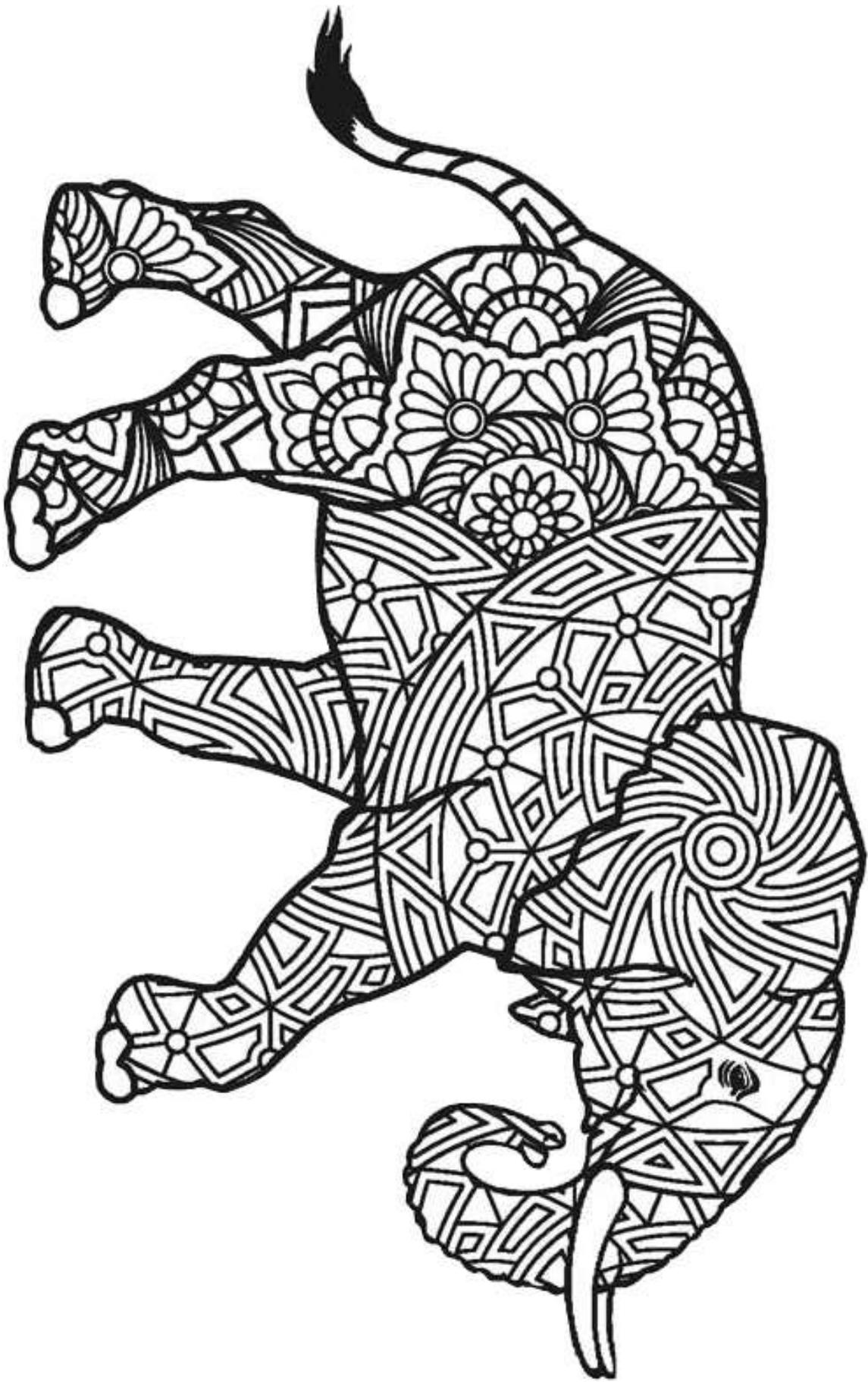
August 21: Ganesh Chaturthi, a Hindu holiday where the elephant-headed Hindu God is praised and given offerings.

August 28-29: Ashura, an Islamic holiday commemorating the day Noah left the ark and the day Allah saved Moses from the Egyptians.

AUGUST 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	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	1	2	3	4	5





Sunflower

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



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

ANNUAL

CLUSTER

FLORETS

FLOWER

LARGE

LEAVES

OIL

PETALS

PLANT

SEEDS

SINGLE

SPIRAL

STEM

SUN

TALL

YELLOW

