

Orchard

HEIGHTS

Gracious Retirement Living

3650 South Highway 27 • Clermont, FL 34711 • Phone (352) 242-2235 • www.seniorlivinginstyle.com

MAY 2020

ORCHARD HEIGHTS STAFF

Managers..... DAVE & BJ DREW
Assistant ManagersSTEVE &
KIMBERLY ROGERS
Executive Chef..... OSCAR M. GUZMAN
Activity CoordinatorYVONNE KECK
MaintenanceJOE O'FARRIL
TransportationED PREMO

TRANSPORTATION

Monday, 9 a.m.-Noon: Shopping

Tuesday, 9 a.m.-3 p.m.: Appointments

Wednesday, 9 a.m.: Outing

Thursday, 9 a.m.-3 p.m.: Appointments

Friday, 9 a.m.-Noon: Shopping

HAWTHORN
SENIOR LIVING

This-n-That, Here-n-There





It's Your Birthday!



Jim, May 2nd



Riley, May 4th



Don, May 4th



Ann, May 11th



Nancy, May 14th



Warren, May 22nd



Norel, May 22nd

Anniversaries

Virgil & Shirl Giles, 5/12/1978

Dining Schedule:

8 a.m. — Breakfast, **12:30 p.m.** — Dinner, **5:30 p.m.** — Supper
(Unless otherwise announced)

May Birthdays

James Oddo, 2nd

Riley McGaugh, 4th

Norval Brown, 11th

Don Santee, 19th

Donald MacCorquodale, 4th

Ann Micheli, 11th

Nancy Feeser, 14th

Warren Turner, 22nd



Show Me the Science: When and How to Use Hand Sanitizer in Community Settings

CDC recommends washing hands with soap and water whenever possible because hand-washing reduces the amounts of all types of germs and chemicals on hands. But if soap and water are not available, using a hand sanitizer with at least 60% alcohol can help you avoid getting sick and spreading germs to others. The guidance for effective hand-washing and use of hand sanitizer in community settings was developed based on data from a number of studies.

Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations, but sanitizers do not eliminate all types of germs.

Why? Soap and water are more effective than hand sanitizers at removing certain kinds of germs, like *Cryptosporidium*, norovirus, and *Clostridium difficile*. Although alcohol-based hand sanitizers can inactivate many types of microbes very effectively when used correctly, people may not use a large enough volume of the sanitizers or may wipe it off before it has dried.

Hand sanitizers may not be as effective when hands are visibly dirty or greasy.

Why? Many studies show that hand sanitizers work well in clinical settings like hospitals, where hands come into contact with germs but generally are not heavily soiled or greasy. Some data also show that hand sanitizers may work well against certain types of germs on slightly soiled hands. However, hands may become very greasy or soiled in community settings, such as after people handle food, play sports, work in the garden, or go camping or fishing. When hands are heavily soiled or greasy, hand sanitizers may not work well. Hand-washing with soap and water is recommended in such circumstances.

Hand sanitizers might not remove harmful chemicals, like pesticides and heavy metals, from hands.

Why? Although few studies have been conducted, hand sanitizers probably cannot remove or inactivate many types of harmful chemicals. In one study, people who reported using hand sanitizer to clean hands had increased levels of pesticides in their bodies. If hands have touched harmful chemicals, wash carefully with soap and water (or as directed by a poison control center).

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Why? Many studies have found that sanitizers with an alcohol concentration between 60-95% are more effective at killing germs than those with a lower alcohol concentration or non-alcohol-based hand sanitizers. Hand sanitizers without 60-95% alcohol 1) may not work equally well for many types of germs, and 2) merely reduce the growth of germs rather than kill them outright.

When using hand sanitizer, apply the product to the palm of one hand (read the label to learn the correct amount) and rub the product all over the surfaces of your hands until your hands are dry.

Why? The steps for hand sanitizer use are based on a simplified procedure recommended by CDC. Instructing people to cover all surfaces of both hands with hand sanitizer has been found to provide similar disinfection effectiveness as providing detailed steps for rubbing in hand sanitizer.



Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- | | |
|---------------------|-------------------------------|
| 1. Winifred Banks | A. "Mamma Mia!" |
| 2. Lena Younger | B. "The Grapes of Wrath" |
| 3. Mary Bailey | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan | D. "Mary Poppins" |
| 5. Leigh Anne Tuohy | E. "Imitation of Life" |
| 6. Ma Joad | F. "The Blind Side" |
| 7. Lora Meredith | G. "A Raisin in the Sun" |
| 8. Katie Nolan | H. "It's a Wonderful Life" |

Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

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

BOBOLINK
CONDOR
~~CROW~~
DOVEKIE
DRONGO
DUNLIN
FINCH
IBIS
KAKAPO

KIWI
MACAW
MAGPIE
MOTMOT
PETREL
QUAIL
RHEA
SPARROW
STORK

Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

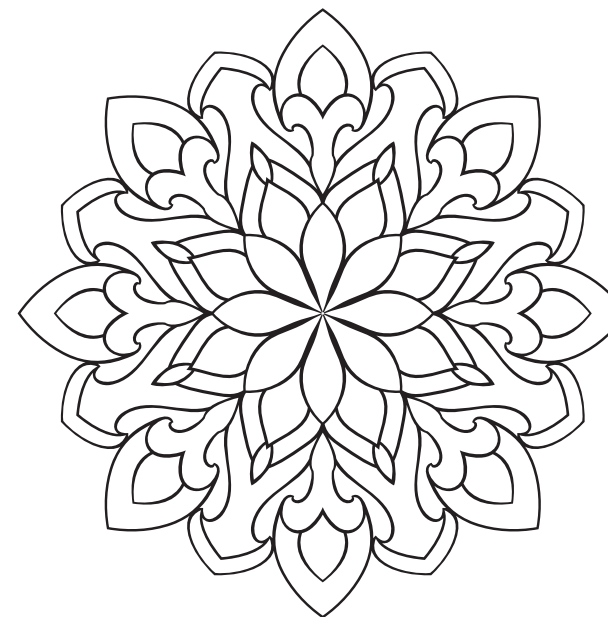


Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

Puzzle Solutions

Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

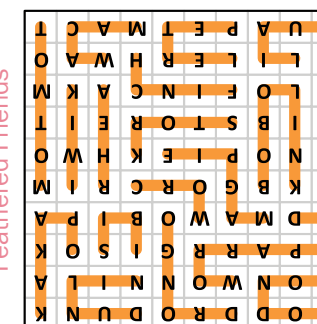
Take a Closer Look

See if you can identify 12 differences in these two illustrations.

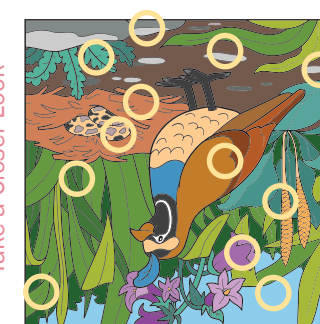
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Curiosities



Photographer captures a once-in-a-lifetime shot of a "Horizontal Rainbow" that filled the whole sky



Recently, this good orangutan named Sandra went viral for demonstrating her impeccable hand-washing skills.

The Greatest Generation, Still Going Strong!



My girls; love them so much! Thank you!



Darlene worked from home and lost count of how many she completed.



Fran, a special soul, thank you.



Barbara, thank you for being my constant force.



Ms. Marilyn, thank you for your generosity.



NASA's Amazing High-Def Photos Of The Largest Planet In Our Solar System: Jupiter

With all of the worrying things happening here on Earth, one way to take your mind off them is to look at the beauty of the cosmos. Luckily, NASA is still out there exploring outer space and providing us with the latest wonders. Recently, the National Aeronautics and Space Administration released the brand-new imagery of Jupiter. The captivating display of the stormy southern hemisphere of the planet which exists 484 million miles away from us, prompted us to share a list of most fascinating photos NASA has taken of the planet.

NASA's Juno spacecraft has been taking snaps of the planet since its first close pass by Jupiter in 2016. Since then, Juno took stunning images of it, helping scientists learn important information about the gas giant.



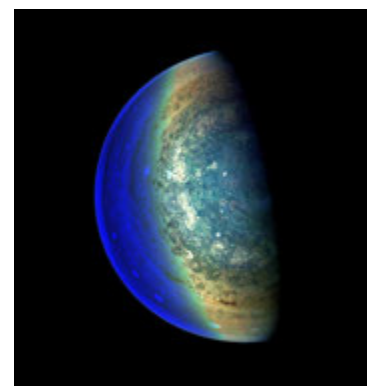
NASA's Juno spacecraft was a little more than one Earth diameter from Jupiter when it captured this mind-bending, color-enhanced view of the planet.



This striking view of Jupiter's Great Red Spot and turbulent southern hemisphere was captured by NASA's Juno spacecraft as it performed a close pass.



A multitude of swirling clouds in Jupiter's dynamic North Temperate Belt is captured in this image from NASA's Juno spacecraft.

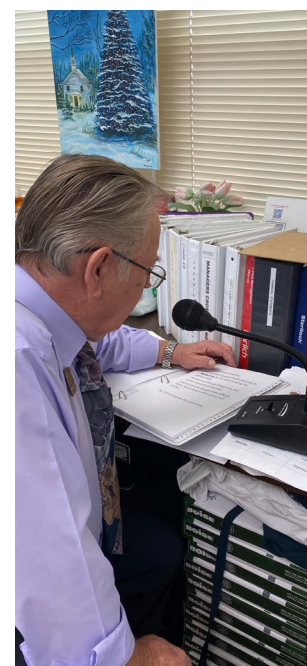
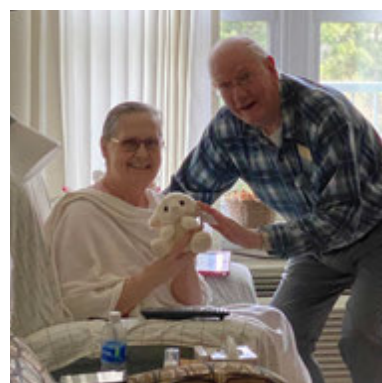


This image captures the swirling cloud formations around the south pole of Jupiter, looking up toward the equatorial region.

Happy Easter!



The Easter Bunny hopping down the trail



Dave delivering an amazing Easter Sunday sermon ... Easter is on!



3650 South Highway 27
Clermont, FL 34711



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.



352-242-2235

