

Fuel the Brain

Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box?

ARSHOTM	heart heart heart	STONE	b long long long long
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1. _____ 2. _____ 3. _____ 4. _____

one won	roforkad	TZZZZ	GUN JR.
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5. _____ 6. _____ 7. _____ 8. _____

Solution: 1. A shot in the arm 2. Heart-to-heart 3. Cornerstone 4. Before long 5. One-on-one 6. A fork in the road 7. Tea for two 8. Son of a gun

Trivia Test

1. What is the length of the boundary of a closed plane figure?
2. What is the sixth planet from the sun?
3. What was the native city of explorer Marco Polo?
4. How long is a standard bowling lane?
5. Which singer was the first to record a "Greatest Hits" album?
6. What is a mountebank?
7. Who was Andrew Jackson's first lady?
8. What is the second most populous country in the world?
9. What Irish playwright once said, "If you cannot get rid of the family skeleton, you may as well make it dance"?
10. What 1960s pop music group featured singer Cass Elliot?



1. Perimeter 2. Saturn 3. Venice, Italy 4. 60 feet 5. Johnny Mathis 6. A charlatan 7. Rachel Donelson Robards Jackson 8. India 9. George Bernard Shaw 10. The Mamas and The Papas



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Monthly Newsletter

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COVID-19 SOCIAL DISTANCING

AS A PRECAUTIONARY MEASURE TO KEEP BOTH YOURSELF AND OUR STAFF SAFE, PLEASE REMEMBER TO MAINTAIN A TWO METRE DISTANCE FROM OTHERS DURING THIS UNCERTAIN TIME.



THANK YOU FOR WORKING WITH US TO KEEP A SAFE WORKING ENVIRONMENT.



Salutation of the Dawn

Written by: Kalidasa

(Shared by: Margo Poulson)

Listen to the exhortation of the dawn.
Look to this day.
For it is life, the very life of life.

In its brief course lie all the verities and
realities of your existence:
The bliss of growth
The glory of action
The splendor of beauty.

For yesterday is but a dream, and
Tomorrow is only a vision, but
Today well lived makes
Every yesterday a dream of happiness and
Every tomorrow a vision of hope

Look well, therefore, to this day!
Such is the exhortation of the dawn.

The health benefits of positive thinking

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body.

It's also thought that positive and optimistic people tend to live healthier lifestyles.

August Happenings

August is:

August is the eighth month of the year in the Julian and Gregorian calendars. It was named for Roman Emperor Augustus Caesar, the grand-nephew and adopted son of Emperor Julius Caesar, who is honored with the previous month. Originally, August was the sixth month in the 10-month Roman calendar. Around 700 BC, Pompilius added two new months: January and February. In 45 BC, Julius Caesar added two days to August, changing its length from 29 days to 31.

Appreciate Artists Month
Beat the Heat Month
Clown Month
Beat the Heat Month
Clown Month
Fair Days Month
Family Fun Month
Golf Month
Happiness Happens Month
Melon Month
Peach Month
Popsicle Stick Crafts Month
Rock Collectors Month
Sing a Round Month
Sunflower Month
Sunglasses Month

Special Days:

Watermelon Day
August 3
Civic Holiday (Canada)
August 3
Full Sturgeon Moon
August 3
Left Handers Day
August 13
Lemonade Day
August 20
Senior Citizens Day
August 21
Women's Equality Day
August 26

Celebrating August Birthdays

Staff Birthdays:

Jose Cabral

Aug. 2

Viola Aguste

Aug. 25

Guetty Louis Monphemier

Aug. 28



Arturo B.

August 1

Ruth B.

August 13

Martin M.

August 13

Harvey B.

August 14

Zelda B.

August 14

Claire M.

August 21

Barry B.

August 28

Sandra B.

August 28

What's Lucky in August?
Lucky Color: Teal Lucky Animal: Rabbit
Lucky Letters: B and C
Lucky Day: Sunday
Lucky Plant: Goldenrod

August Zodiacs

Leo (The Lion)

August 1–22

Virgo (The Virgin)

August 23–31

Birthstone – Peridot
Flower – Gladiolus

Tree of the Month – Oak



LEO



Virgo

Social Media as an Essential Tool for Seniors

There's no doubt that social media usage took the world by a storm as the number of users has dramatically grown over the recent years. Even so, over the past year, there has been a surge in the number of older users who are especially enthusiastic to embrace the upcoming networking tools.

A couple of years ago, social networking domains were predominantly characterized by teenagers and youngsters. But now, new trends in the advancements of social platforms such as Facebook and Twitter have extended reach to even the older members in the society.

The perceived positive impact of social media on seniors is perhaps the major cause of this trend. Nonetheless, not all seniors are on board with social media usage. Most of them, anxious about the eventual challenges faced by some of those already using these platforms.

The evidence of research shows that there is a steady growth in the number of seniors who sign up for social media services. This new trend is global and not just in the United States. The ability for internet usage through mobile devices has certainly accelerated this phenomenon.

Although the older generations have not necessarily invested much in activities such as vlogging and blogging, the usage of social media networks such as Twitter, LinkedIn and Facebook is very heavy by seniors.

The biggest advantage of social media for seniors

Staying connected

Through social media, everyone is able to stay in touch with their friends and families. The loved ones might be anywhere across the country or the globe, but the elderly in technology, they are only a few clicks away. Using video chatting utilities such as Skype lets the seniors see their family members and share their lives. Through Instagram and other picture sharing platforms, for example, one can see a collection of their grandchildren, children or old friends.

Social media remarkably streamlines communication among people, as instantaneous chats and video calls can get one seamlessly connected to others.

Although most seniors rely on emails as a primary means of contacting families, colleagues, and friends, there is an increased number of older people incorporating the use of social media for their daily communications. Just like other age groups, social media for seniors majorly involves sharing links, videos, photos, and status updates, while the number of contacts grows.



Senior Texting Codes:



BFF: Best Friend Fell
TOT: Texting on Toilet
FWIW: Forgot Where I Was
BTW: Bring The Walker
ROFL... CGU: Rolling On The Floor Laughing... And Can't Get Up
IMHO: Is My Hearing-Aid On?
WTF: What's Today's Fish?
IMHMO: In My HMO...
RULKM: Are You Leaving Kids Money?
BYOT: Bring Your Own Teeth
TGIF: Thank Goodness It's Four (Four O'Clock – Early Bird Special)
FYI: For Your Indigestion...
TTYL: Talk To You Louder
MILF: Meal I'd Like To Forget
LMDO: Laughing My Dentures Out
LWO: Lawrence Welk's On
SUS: Speak Up, Sonny
WAITT: Who Am I Talking To?
TTML: Talk to Me Louder

The benefits of laughter

It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use.

As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. But by seeking out more opportunities for humor and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.

