

Fuel the Brain

Wacky Wordies

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

1. _____	2. _____	3. _____	4. _____
5. _____	6. _____	7. _____	8. _____
9. _____	10. _____	11. _____	12. _____

1. Double entendre 2. Forrest Gump 3. Order in the court 4. Fun and games 5. Time after time 6. Growing old together 7. Giddyup 8. Joke is on you 9. Stay in touch 10. Without a second glance 11. A fly on the wall 12. Fingers crossed

Activities Highlights

- Tai Chi with Rafael**
Every Sunday at 10:00am
- Art & You w/ Norberto**
Tuesdays and Saturdays
- Shabbat Services with Zipora and Gaston**
Fridays at 3:30pm
- Hot Topiocs w/ Fyanne**
Every Thursday at 2pm
- Special outings and Errands**
Wednesdays and Fridays
- Bingo**
Sundays, Wednesdays and Fridays



Events

- Rosh Hashanah Service**
With Gaston B.
Monday, 9/6
- Short Stories Circle with Glenda & Marilyn**
Monday, 9/13
- Yom Kippur Service**
Wednesday, 9/15
- Resident Council Meeting with Dr. Bruce J.**
Monday, 9/20
- Old Havana Style Social**
Thursday, 9/23



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ALF # 13252



THE PLAZA
AT PARKSQUARE

September 2021



Your Community Staff

- Keith Litman**
Executive Director
- Laura Buitrago**
Director of Administration
- Barry Ger**
Director of Sales & Marketing
- Ricardo Lopez**
Director of Food Service
- Leona Thompson**
Dining Room Manager
- Brenda Siino**
Director of Activities
- Georgina Scott**
Director of Resident Relations
- Carlos Santis**
Director of Maintenance & Housekeeping

WASH YOUR HANDS



WEAR A MASK



KEEP YOUR DISTANCE



How can you combat loneliness during Covid

- Stick to a routine** Not being able to do your usual activities can be jarring, but that doesn't mean you can't create a new routine for this temporary period. Try and get up at the same time each day and plan the tasks that you're going to do. These could include household chores, but make time to relax and for hobbies too. And don't forget to eat three meals a day. While it's important to keep up to date with current affairs, constantly watching the news can increase feelings of anxiety. Try to only check it once a day and stick to reliable news sources such as the BBC, or use the NHS website for health advice.
- Reach out to family and friends** If you can't physically see your loved ones at the moment, it doesn't mean you can't stay in touch with them. There have never been more ways to communicate with friends and family. Even a simple text or email can make a big difference. And while there are plenty of easy video-calling platforms you can try, a phone call with a loved one is just as delightful as it ever was. You could even write a letter to someone you haven't spoken to for a while. Tech to help you stay in touch
- Get active indoors** The best way to protect yourself and others from coronavirus is to stay at home as much as possible, but that doesn't mean you can't stay active. Exercise can lift your mood, reduce stress and encourage the release of the body's feel-good chemicals called endorphins. There are home exercises you can do which focus on flexibility, strength and balance, and some can be carried out from a sitting position. There are also videos for simple indoor workouts on the NHS One You website.
- Contact your neighbors** Getting to know your neighbors has perhaps never been more important. It can be really reassuring knowing there's someone close by who can help you if you need support. Make sure you have up to date contact details for the people who live in the houses closest to yours. It might be worth putting a note with your telephone number through their letterbox. You could also look to join social media platform Next-door, which will let you see who in your local area has made themselves available to help neighbors. There are lots of people willing to provide errands such as going to the shops on behalf of older people or those with underlying health issues.
- Make new connections** This could turn out to be a great time to make new friends. As well as using social media to renew contact with old friends, there are also many specialist groups on Facebook for people to join. For example, if you enjoy gardening, the Which? Gardening Facebook group is a great way to chat online with other green-fingered enthusiasts.
- Ask for help** Don't suffer in silence if you're experiencing loneliness. There are friendly volunteers you can have a chat with if you're feeling isolated.

From the Director of Activities

As the seasons change this month from summer to fall, we so hope this wave of the pandemic changes. As quickly as we had restored some normalcy in our lives, it swiftly changed once more. While we hope the changes made do not last long, please know they were implemented for your safety. Taking a break from activities and gathering is to protect your health, but please continue to stay active for your own mental and physical well being. Some ways to stay mentally active are reading; puzzles; arts & crafts; connecting with your family and friends; and watching engaging content like documentaries. If you are able and willing, you could also do some light chair stretching and exercise. Most importantly is to do whatever can bring you joy. Staying positive now is a main focus.

I look forward to seeing everyone's smiling faces soon and getting back to having fun together.

Brenda Siino

September Happenings

Special Days

- Labor Day**
September 6
- Rosh Hashanah**
September 6–8
- National Day of Service & Remembrance**
September 11
- Grandparents Day**
September 12
- Yom Kippur**
September 15–16
- World Gratitude Day**
September 21
- First Day of Autumn**
September 22

What's Lucky in September?

Lucky Color: Yellow
Lucky Animal: Tiger
Lucky Letters: K and S
Lucky Day: Wednesday
Lucky Plant: Goldenrod

September Zodiacs

 **Virgo** (The Virgin)
September 1–22

 **Libra** (The Scales)
September 23–30

Birthstone: Sapphire
Flower: Aster
Tree of the Month – Palm

September Birthdays

Sheila L.	Sep. 3
Barbara F.	Sep. 7
Maxine G.	Sep. 8
Jane R.	Sep. 12
Yehuda T.	Sep. 18
James C.	Sep. 20
Gloria C.	Sep. 22
Roberta K.	Sep. 27
Esther M.	Sep. 28

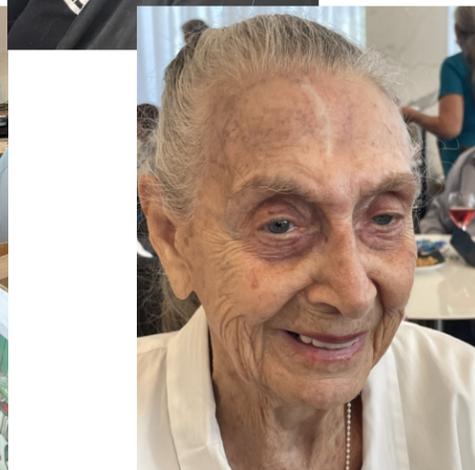


Historic September Events

- Sept. 3, 1783** – Britain and the U.S. sign a peace treaty.
- Sept. 4, 1888** – George Eastman registers the trademark name “Kodak,” marking the age of the first personal cameras using rolls of film instead of photographic plates.
- Sept. 4, 1957** – Ford Motor Co. unveils the Edsel, named after Henry Ford II's late father.
- Sept. 4, 1998** – Graduate students Sergey Brin and Larry Page incorporate Google, the now-giant technology company.
- Sept. 6, 1915** – The first tank, a prototype nicknamed “Little Willie,” rolls off the assembly line in England.
- Sept. 9, 1895** – The American Bowling Congress is formed.
- Sept. 18, 1830** – A famous race takes place between a horse and an 18-mph steam engine. The horse wins.
- Sept. 25, 1882** – First Major League double-header is held.

September is the ninth month of the year in the Julian and Gregorian calendars. It gets its name from the Latin word *Septimius*, which means “seven,” because it was the seventh month of the year until 45 BC. September is generally considered to be the first month of autumn in the northern hemisphere. In Japan, September is called *kugatsu*, meaning “long moon.” Anglo-Saxons called this time *haligmonath*, which translates to “holy month”—a time to make sacrifices for the harvest.

LIVE LAUGH LOVE



Stay 6 feet away from others

Wearing a face covering gives you protection from COVID-19, but like the airbags in your car, it's not enough on its own to keep you completely healthy. That's why it's important to follow the other steps when combating the spread of the virus.

Think of social distancing like your COVID-19 seatbelt. It's a great way to put an extra level of protection between you and others who could be sick.

COVID-19 spreads easiest among people who are in close contact - within 6 feet - with each other for a long time. It spreads when someone sneezes, coughs, or talks². The virus can be spread into the air and into the mouths and noses of others around them – gross, right?

Waiting at least 6 feet away from those around you in public or enclosed spaces is the easiest way to make sure you're far enough away from these virus droplets. And it's even more important for those who are high risk.

Did you know...a cough or sneeze from COVID-19 can travel up to 27 feet¹! That's why it's important to put a barrier between you and others while in public. Social distancing is a great measure, but wearing a cloth face covering adds extra protection.

The CDC recommends wearing a cloth face covering to help prevent the spread of COVID-19. Wearing a face covering in public places reduces not only your risk for getting COVID-19, but it also protects others around you – like high-risk people, essential workers, and older adults.

Wearing a face covering while taking other steps to protect yourself – like handwashing and social distancing – is the easiest way to stay healthy during the COVID-19 pandemic. Keeping distance from others is especially important for people who are at higher risk of getting very sick

Wash your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. It's especially important to wash:

- Before eating or preparing food
- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After caring for someone sick
- After touching animals or pets

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.



Remember to stay hydrated! Wearing a mask all day can make it easy to forget to drink water.

Try setting some time each hour to take a few sips.

Source:

