

May 2019

# Intermissions Informer

Charlestown Retirement Community \* 443-297-3500 \* Caton Ridge 302



## Our Staff

### Intermissions Coordinator

Kayleigh Reese

### Intermissions Assistant

Maureen Potter



### Resident Volunteers

Anne Lucido  
Michael Koontz  
Yogi Savetman  
Ken Kidd  
Lois Mark  
Tim Medicus

### Staff Volunteers:

Mary Evans  
Rose Sands  
Erin Morris  
Judi Welsh  
Lisa Roeder  
Molly Fricker

## Coming in May

We're Hitting the Road in May! Enjoy the ride as we celebrate Travel and Tourism Week, Transportation Week and the Indy 500. We'll have a special and informative program all about the history of cars and take a virtual travel trip to the city of Winnipeg. In fact, every week of the month, we will have a program focused on travel or transportation. We will also have some other special themed programs to celebrate Cinco de Mayo and Mother's Day. As a reminder, our program will be closed on May 27<sup>th</sup> in observance of Memorial Day.

We treasure all of our wonderful volunteers and this month we will have plenty of visits. Yogi Savetman will be coming to do another one of his fabulous music video programs, Ken Kidd will delight us with some of our old favorite songs and Community Resources will help us tap into our creative side with a fun craft. We look forward to the fun times ahead of us in May.

Lastly, we wanted to take this time to wish all the Mothers, Grandmothers, Aunts, Godmothers and Pet Mothers a very Happy Mother's Day!



## April Highlights

### ***Crepe Paper Flower Art***

An activity that we've come to really enjoy is our collaborative art projects. Many of our residents say that they aren't artists, but we remind them that when working together, we can create something beautiful. We used glue sticks, buttons, paint and crepe paper to make some textured 3D flowers. Each person created their own unique flower design and we combined them together to make a piece of art to display in the room.



### **\*Fun Flower Fact\***

Sunflowers are known for their charm and brightness, and their name is actually very apt. Sunflowers love the sun, and their heads change direction to point toward the sun as it moves from east to west each day.

## Special Days

May Day - May 1

Cinco de Mayo - May 5

Mother's Day - May 12

Armed Forces Day- May 18

Memorial Day - May 27

Birth stone- Emerald  
Flower- Lily of the Valley

On April Fool's Day, we played a fun game called Fact or Foolery. We read a news story and the group had to determine if the story was real or a just an April Fool's joke. One of our favorites was the story about carrots that would whistle when they were done cooking, an obvious foolery, but one that had us all laughing.

# HaPpy

April Fools

## Laughing & Juggling

We had a new volunteer come by to share his gifts with us in April. Tim Medicus has a background in physical education and spent many years working with children. He put on a wonderful and very interactive program that had a little bit of everything; comedy, physical activity, juggling and balloon animals. Tim started off by giving us his background and sharing a few jokes and stories. He then demonstrated juggling by using an apple, a ball and some scarves. He handed out scarves to everyone in our group and encouraged us to try it for ourselves. I don't think we could make it as professional jugglers, but we certainly had fun trying it out for ourselves.



## Brain Game: Mixed-Up Herbs

Unscramble the letters to reveal words that are herbs.

1. PSYELRA \_\_\_\_\_
2. MYEHT \_\_\_\_\_
3. HVICSE \_\_\_\_\_
4. ISLBA \_\_\_\_\_
5. AINCREDRO \_\_\_\_\_
6. FLAAFAL \_\_\_\_\_
7. LONRCITA \_\_\_\_\_
8. ENLFEN \_\_\_\_\_
9. NOOEGRA \_\_\_\_\_
10. YROAMSRE \_\_\_\_\_
11. AGSE \_\_\_\_\_
12. AINSE \_\_\_\_\_
13. WAACAYR \_\_\_\_\_
14. MHCMIEOLA \_\_\_\_\_
15. RLAVENED \_\_\_\_\_
16. LNEOM AGSRS \_\_\_\_\_
17. ROMAJRAM \_\_\_\_\_
18. RAARNGTO \_\_\_\_\_

The answers are on the next page.

Mary and her team had a very appropriate craft for the time of year. Providing us with all the material, she showed us how to make a decorative trowl to hang on our door (or to use if we're short on gardening supplies.) ☺



### **Maureen's Moment**

The first Friday of April, Intermissions joined Judi Welsh for the Brain Food Café. We are regulars at this class and always enjoy the presentation. Judi reminds us at each class that our brain is a muscle and we must exercise it to keep it healthy. There are many different approaches and ways to do this and she frequently “mixes it up” to help us focus on different aspects of brain health.

During this particular presentation, she talked about distractions and how they affect our ability to retain or remember information. Her examples are common sense practices but often we do not adhere to them. Her example is one that happens frequently here at Charlestown. You are in a crowd of people and you meet someone new. You could say to the person, “I really want to remember your name. Can we step away to a place that is quieter?” By doing so, you have eliminated a distraction and can be more focused on your interaction with the other person. She also reminded us to turn down/off televisions and radios when using the phone.

We get so caught up in our routines that we often don't think about ways to help us avoid distractions. Thank You Judi for sharing your information with us and teaching us how to keep our brains healthy.

\*After Judi finished her Brain Food Café, we stayed for a bonus word game! ➡



### **Answers to Herb Unscramble**

1. parsley
2. thyme
3. chives
4. basil
5. coriander
6. alfalfa
7. cilantro
8. fennel
9. oregano
10. rosemary
11. sage
12. anise
13. caraway
14. chamomile
15. lavender
16. lemon grass
17. marjoram
18. tarragon

