

livfun

The Landing
OF SILVER SPRING

APRIL 2019 • SONGS OF SPRING

Silver Spring's Monthly Gems

The PRIDE Program, which stands for "Personal Responsibility in Delivering Excellence," is designed to recognize and reward employees who contribute to the core values of the company (living the three-thirds lifestyle: family, philanthropy and work; make a positive impact on everyone each day; and doing the right thing). These values are referred to as "True North". Staff who exceedingly demonstrate these notions can receive spot awards throughout the month.



Pictured here are the monthly gems of April! They include Kitchen, Health and Wellness, and administrative staff. The months of February and March were important months for the Landing community for several reasons. Staff worked together to get the building ready for residents to move in as well as building inspections and successful events. Great job everyone, and thank you for your hard work!

Shopping Shuttle

We will be making weekly trips to at least one shopping venue. Sign-up sheets can be found at the Front Desk. Six spots on a first-come, first-served basis are available per trip. The weekly shopping schedule for April will be as follows:

- Thursday, April 18 at 1:30 p.m. to Giant
- Tuesday, April 23 at 1:30 p.m. to Walmart

Suggestions or trip ideas? Come by and let Chris or Vivian in programming know!



Silver Spring's Monthly Stumper

The resident who can correctly solve the "Stumper" will be entered into a raffle for an awesome prize! The raffle will take place during the last week of the month. Please bring your answer to Chris's office before the last Thursday of the month.

The Stumper for April is ...

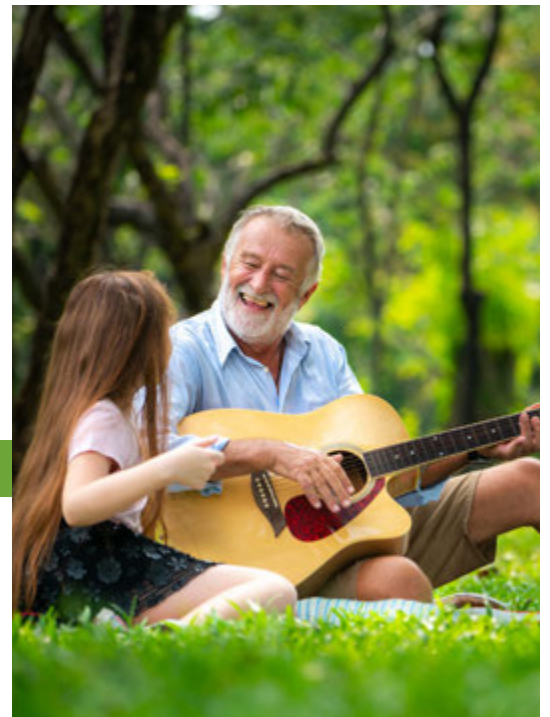
500 is at my end and my start,
yet 5 is at my heart.

The first letter and the first number make me complete.

My name is that of a king.

What am I?

The answer to March's Stumper: 833 Frisbees.



What's Happening at the Landing

Tuesday, April 2: Staff will be having a presentation in the Activity Room at 12:30 p.m., in observance of World Autism Awareness Day. We encourage residents to attend, learn and share feelings relating to autism.

Thursday, April 11: In the Activity Room at 12:30 p.m., we will be putting together a slideshow of Barbershop Quartet performances, to commemorate Barbershop Quartet Day. If you find music entertaining, you will surely enjoy the show!

Thursday, April 11 is World Parkinson's Day. Come share some of your thoughts and learn a fact or two about Parkinson's at 5:30 p.m. in the Activity Room.

Wednesday, April 17: The Landing will be hosting an Easter Egg Hunt for some of Silver Spring's school-aged children from 10:30 a.m. to 12 p.m. Activities will include a piñata, face painting, Easter roll, and an Easter egg hunt!



Nurse Notes by Robin: "Foot Care"

April is National Foot Health Awareness Month which focuses on getting your feet back in shape. According to the American Podiatry Association, approximately 20 percent of the U.S. population have a foot problem each year. Our feet are the foundation for the rest of our body. With 26 bones and 33 joints, if your feet are not healthy, it can affect the knees, hips and your lower back.

Follow these tips to improve the health of your feet:

- Inspect your feet daily looking for cracks, peeling, or dry skin.
- Wear shoes since cuts can lead to infection, contract athlete's foot fungus or plantar warts on the bottom of your feet.
- Dry and moisturize your feet after showering to avoid fungal infections.
- Nail polish may lead to brittle nails or fungus.
- Apply sunscreen to avoid sunburn and prevent skin cancer.
- Stretch your feet, ankles and lower legs daily to keep the muscles strong and to avoid injury.
- Wear shoes with good support and a low heel. You should alternate flats with shoes that have good support and enough space without rubbing or squeezing toes.
- Use custom orthotics to provide arch support.
- Replace your walking or exercise shoes every six months in order to avoid foot and heel pain from wear and loss of support.
- Your feet flatten as you age so you may need to resize.

See a podiatrist if you have in-grown toenails, bunions, corns, calluses, if your feet are dry and cracked, if you have diabetes or pain. And remember, healthy feet lead to a healthy life!



Why Easter Eggs and the Easter Bunny?

From the 17th century onward, there has been an increasing recognition of childhood being a time of life. It should be joyous, and not simply as preparatory for adulthood. This "discovery of childhood" and the doting upon children had profound effects on how Easter was celebrated versus how it is celebrated today.

Decorating eggs has been part of the Easter festival since medieval times, symbolizing new life. A vast amount of tradition surrounds Easter eggs, and in a number of Eastern European countries, the process of decorating them is quite elaborate, especially in German culture.

A German tradition of an "Easter hare" bringing eggs to good children came to be known. Hares and rabbits had a long association with spring seasonal rituals because of their amazing powers of fertility. German immigrants settling in Pennsylvania in the 18th and 19th centuries brought this tradition with them. The wild hare also became supplanted by the more docile and domestic rabbit, in another indication of how the focus moved toward children.



THE LANDING OF SILVER SPRING

13908 New Hampshire Ave.
Silver Spring, MD 20904
301.388.7700

Staff

General Manager

Connie Miller

Sales Manager

Jennifer Dorsey

Sales Advisor

Cynthia Sinden

Sales and Move-in Coordinator

Melody Shaw

Chef

Joseph Harris

Health and Wellness Director

Robin Ferralli

Memory Care Program Managers

Vivian Henning Bailey

Florence Ngundam

Office Manager

Chervontah Thomas

Program Supervisor

Chris Truslow

Receptionists

Terri Jordan

Tina Smith

Plant Operations Supervisor

Carlo Osorio

2019 Destinations

Alaska Cruise | July 27–August 3

Las Vegas | September 30–October 4

Bermuda Cruise | October 20–27

For more information,
or to book your getaway, contact:
Carol Dennis at 1-888-468-2010





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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	9:00 Walking Club, FLR 1 10:30 Anthropology 101, AR 11:30 April Fool's Day Pranks, AR 2:30 Texas Hold 'Em Poker, CR 3:30 Manic Monday Trivia, GR 6:30 Bingo & Music, CR	9:00 PrimeFit, AR 2 11:00 Positive Reminiscence, CR 12:30 Lecture on Autism, AR 2:30 Complete It to Win It!, AR 4:00 Inspirational Reading, AR 6:30 Popcorn & A Movie, TH	9:00 PrimeFit, AR 3 10:45 Wednesday Crafting, AR 12:00 Phase 10, CR 2:00 Rosetta Stone, CR 3:30 Afternoon Stroll, FLR 6:00 Aromatherapy & Story, AR	8:30 Weekly News & Coffee, BI 4 9:30 Walk & Talk, FLR 11:00 Bible Study, TF 12:30 Art with Oil Pastels, AR 2:30 Outdoor Stroll, FLR * 4:30 Nurse Notes by Robin, AR PF	9:30 PrimeFit, AR 5 11:30 Phase 10, CR 2:00 Texas Hold 'Em Poker, CR 3:00 Celebrate National Caramel Day, BI 5:30 Nails at the Spa, S 8:00 Fri. Date Night, Movie & Candy, TH	9:30 Trivia Mania, FLR 6 10:30 Discussing Politics, FLR 11:30 Walking Club, FLR 1:00 Resident Choice Matinee, TH 3:00 Checkers Championship, GR 4:00 Group Talk, Thank Our Children, FLR	
8:30 Sunday Worship, TH 7 10:00 Stay Fit Workout, AR * 11:00 Comedy Club, FLR 1:00 Sharing Life History, GR 3:00 World Health Day Discussion, TF 6:00 Checkers & Chess Club, GR PF	9:00 PrimeFit, AR 8 10:30 Complete It to Win It!, AR 12:00 Bird Sketches, AR 2:30 Casino Games with Terri, CR 3:30 Manic Monday Trivia, GR 5:00 March Madness Championship Game, BI	9:00 Chair-Based Exercise, AR 9 10:00 Shaving Cream Art, AR 12:00 Midday Matinee, TH 1:30 Outdoor Stroll, FLR * 4:00 Afternoon Stroll, FLR 5:00 Chinese Checkers, GR	9:00 Walking Club, FLR 10 10:45 Wednesday Crafting, AR 12:00 Time Slips, AR 2:00 Meditation, TH 2:00 Rosetta Stone, CR 3:00 Word Builder, AR 6:30 Wednesday Night Movie, TH	8:30 Weekly News & Coffee, BI 11 9:30 Scrabble, GR 11:00 Bible Study, TF 12:30 Barbershop Quartet Day Videos, AR 3:30 Melody's Mixers, BI 5:30 World Parkinson's Day Lecture, AR	9:30 PrimeFit, AR 12 10:30 Reminiscence, AR 11:30 Phase 10, CR 3:00 Qwirkle, GR 5:30 Nails at the Spa, S 8:00 Fri. Date Night, Movie & Candy, TH	9:30 Trivia Mania, FLR 13 10:30 Walking Club, FLR 11:30 Card Games, CR 1:00 Resident Choice Matinee, TH 3:30 Bible Verses, GR 4:30 Jukebox Jams, GR	
PALM SUNDAY 14 8:30 Sunday Worship, TH 10:00 Stay Fit Workout, AR * 11:00 Scrabble 1:00 Reminiscence, Love, CR 2:30 Sunday Tea Social, BI 6:00 Checkers & Chess Club, GR PF	9:00 Walking Club, FLR 15 10:30 Anthropology 101, AR 11:30 Info & Bingo with Candace, TH 2:30 Texas Hold 'Em Poker, CR 3:30 Manic Monday Trivia, GR 4:30 Nails Done by Chervontah, S 6:30 Bingo & Music, CR	9:00 PrimeFit, AR 16 11:00 Positive Reminiscence, CR 12:30 Plant An Orchid or Two, CR 2:30 Complete It to Win It!, AR 4:00 Inspirational Reading, AR 6:30 Popcorn & A Movie, TH	9:00 PrimeFit, AR 17 10:30 <i>Easter Egg Hunt, DR</i> 10:45 Wednesday Crafting, AR 2:00 Rosetta Stone, CR 3:30 Writing Haiku Poetry, AR 6:00 Aromatherapy & Story, AR	8:30 Weekly News & Coffee, BI 18 9:30 Walk & Talk, FLR 11:00 Bible Study, TF 1:30 Shopping Trip, Safeway, O 4:00 Shaving Cream Art, AR 5:00 Skee-Ball Basketball, GR	GOOD FRIDAY 19 PASSOVER BEGINS AT SUNSET 9:30 PrimeFit, AR 11:30 Phase 10, CR 1:30 Music & Meditation, TH 2:00 Texas Hold 'Em Poker, CR 5:30 Nails at the Spa, S 8:00 Fri. Date Night, Movie & Candy, TH	9:30 Trivia Mania, FLR 20 10:30 Discussing Politics, FLR 11:30 Walking Club, FLR 1:00 Resident Choice Matinee, TH 3:00 Checkers Championship, GR 3:30 Indiana Jones Marathon, TH	
EASTER SUNDAY 21 8:30 Sunday Worship, TH 10:00 Stay Fit Workout, AR * 11:00 Comedy Club, FLR 1:00 Writing Poetry & Sharing, BI 4:00 Afternoon Stroll, FLR 6:00 Checkers & Chess Club, GR PF	EARTH DAY 22 9:00 PrimeFit, AR 10:30 Complete It to Win It!, AR 12:00 National Park Week Videos, AR 1:30 Earth Day Tea & Talk, BI 2:30 Casino Games with Terri, CR 3:30 Manic Monday Trivia, GR 6:30 Rummikub, GR	9:00 Chair-Based Exercise, AR 23 10:00 Oil Pastel Art, AR 12:00 Midday Matinee, TH 1:00 Jukebox Jams, GR 1:30 Shopping Trip: Walmart, O 4:30 Chinese Checkers, GR	9:00 Walking Club, FLR 24 10:45 Wednesday Crafting, AR 12:00 Time Slips, AR 2:00 Meditation, TH 2:00 Rosetta Stone, CR 3:00 Word Builder, AR 6:30 Wednesday Night Movie, TH	8:30 Weekly News & Coffee, BI 25 9:30 Scrabble, GR 11:00 Bible Study, TF 12:30 Honoring Penguins, AR 2:00 Monthly Stumper Drawing, BI 4:00 Discussing Politics, BI	9:30 PrimeFit, AR 26 10:30 Reminiscence, AR 11:30 Phase 10, CR 2:00 Monthly Birthday Bash, DR 3:00 Qwirkle, GR 5:30 Nails at the Spa, S 8:00 Fri. Date Night, Movie & Candy, TH	9:30 Trivia Mania, FLR 27 10:30 Walking Club, FLR 11:30 Card Games, CR 1:00 Resident Choice Matinee, TH 3:30 Bible Verses, GR 4:30 Jukebox Jams, GR	
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>10:00 ● Morning Fit for Life, OAR</p> <p>11:00 ● Memory Aerobics, OFR</p> <p>2:00 ● Skills & Domestic Club, OAR</p> <p>3:00 ● Chair Dancing, OAR</p> <p>6:30 ● Nightly Movies, TH</p> <p>8:00 ● Meditation & Relaxation Hour, OFR</p>	<p>10:00 ● Coffee Clutch, OAR</p> <p>11:00 ● Stretch/Chat</p> <p>3:00 ● Inside Horticulture Fun, OAR</p> <p>4:30 ● Balloon Volleyball, OAR</p> <p>6:30 ● Nightly Movies, TH</p> <p>6:30 ● Bingo Bash</p> <p>8:00 ● Meditation & Relaxation Hour, OFR</p>	<p>10:00 ● Fit for Life, OAR</p> <p>11:00 ● Memory Aerobics, OFR</p> <p>2:00 ● Sip & Paint, OAR</p> <p>3:30 ● Pondering Puzzles, OAR</p> <p>6:30 ● Nightly Movies, TH</p> <p>8:00 ● Meditation & Relaxation Hour, OFR</p>	<p>10:00 ● Coffee Clutch, OAR</p> <p>11:00 ● Stretch/Chat</p> <p>1:30 ● Card Games, OAR</p> <p>2:30 ● Ball of Fun, OAR</p> <p>6:30 ● Nightly Movies, TH</p> <p>8:00 ● Meditation & Relaxation Hour, OFR</p>	<p>10:00 ● Morning Fit for Life, OAR</p> <p>11:00 ● Memory Aerobics, OAR</p> <p>2:00 ● Fabulous Friday, OFR</p> <p>3:00 ● Soothing Breathing Exercises, OAR</p> <p>6:30 ● Nightly Movies, TH</p> <p>8:00 ● Meditation & Relaxation Hour, OFR</p>	<p>10:00 ● Going Down Memory Lane, OFR</p> <p>11:00 ● Yoga Fun, OFR</p> <p>2:00 ● Baking for Fun, OAR</p> <p>2:30 ● Crocheting for a Purpose, OAR</p> <p>6:30 ● Nightly Movies, TH</p> <p>8:00 ● Meditation & Relaxation Hour, OFR</p>
<p>10:00 ● Ladies' Walking Club, OFR</p> <p>1:00 ● Reminiscence, OAR</p> <p>3:00 ● Breakfast Scramble, OAR</p> <p>6:30 ● Movies & Hand Massages, TH</p> <p>7:00 ● Bible Trivia, OFR</p> <p>8:00 ● Meditation & Relaxation Hour, OFR</p>	<p>10:00 ● Morning Fit for Life, OAR</p> <p>11:00 ● Memory Aerobics, OFR</p> <p>2:00 ● Skills & Domestic Club, OAR</p> <p>3:00 ● Chair Dancing, OAR</p> <p>6:30 ● Nightly Movies, TH</p> <p>8:00 ● Meditation & Relaxation Hour, OFR</p>	<p>10:00 ● Coffee Clutch, OAR</p> <p>11:00 ● Stretch/Chat</p> <p>3:00 ● Inside Horticulture Fun, OAR</p> <p>4:30 ● Balloon Volleyball, OAR</p> <p>6:30 ● Nightly Movies, TH</p> <p>6:30 ● Bingo Bash</p> <p>8:00 ● Meditation & Relaxation Hour, OFR</p>	<p>10:00 ● Fit for Life, OAR</p> <p>11:00 ● Memory Aerobics, OFR</p> <p>2:00 ● Sip & Paint, OAR</p> <p>3:30 ● Pondering Puzzles, OAR</p> <p>6:30 ● Nightly Movies, TH</p> <p>8:00 ● Meditation & Relaxation Hour, OFR</p>	<p>10:00 ● Coffee Clutch, OAR</p> <p>11:00 ● Stretch/Chat</p> <p>1:30 ● Card Games, OAR</p> <p>2:30 ● Ball of Fun, OAR</p> <p>6:30 ● Nightly Movies, TH</p> <p>8:00 ● Meditation & Relaxation Hour, OFR</p>	<p>10:00 ● Morning Fit for Life, OAR</p> <p>11:00 ● Memory Aerobics, OAR</p> <p>2:00 ● Fabulous Friday, OFR</p> <p>3:00 ● Soothing Breathing Exercises, OAR</p> <p>6:30 ● Nightly Movies, TH</p> <p>8:00 ● Meditation & Relaxation Hour, OFR</p>	<p>10:00 ● Going Down Memory Lane, OFR</p> <p>11:00 ● Yoga Fun, OFR</p> <p>12:00 ● Skee-Ball Basketball, OAR</p> <p>2:00 ● Baking for Fun, OAR</p> <p>6:30 ● Nightly Movies, TH</p> <p>8:00 ● Meditation & Relaxation Hour, OFR</p>
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<p>10:00 ● Ladies' Walking Club, OFR</p> <p>11:00 ● Gentlemen Get Fit, OAR</p> <p>12:00 ● Time Slips, OAR</p> <p>1:00 ● Reminiscence, OAR</p> <p>3:00 ● Courtyard Walk, O</p> <p>6:30 ● Movies & Hand Massages, TH</p> <p>7:00 ● Bible Trivia, OFR</p> <p>8:00 ● Meditation & Relaxation Hour, OFR</p>	<p>10:00 ● Morning Fit for Life, OAR</p> <p>11:00 ● Memory Aerobics, OFR</p> <p>2:00 ● Skills & Domestic Club, OAR</p> <p>3:00 ● Chair Dancing, OAR</p> <p>6:30 ● Nightly Movies, TH</p> <p>8:00 ● Meditation & Relaxation Hour, OFR</p>	<p>10:00 ● Coffee Clutch, OAR</p> <p>11:00 ● Stretch/Chat</p> <p>3:00 ● Inside Horticulture Fun, OAR</p> <p>4:30 ● Balloon Volleyball, OAR</p> <p>6:30 ● Nightly Movies, TH</p> <p>6:30 ● Bingo Bash</p> <p>8:00 ● Meditation & Relaxation Hour, OFR</p>		<p>Locations</p> <p>Bistro, BI</p> <p>Card Room, CR</p> <p>Game Room, GR</p> <p>Opal Activity Room, OAR</p> <p>Opal Family Room, OFR</p> <p>Outing, O</p> <p>Spa, S</p> <p>Theater, TH</p>	<p>Opal key</p> <ul style="list-style-type: none"> Physical Social Experiential Emotional & Spiritual Creative & Artistic Therapeutic Sensory 	