

Four Winds Community Newsletter

A **p** **r** **i** **l** **2020**

As You May Know, We Have Been Required To Alter our Activity Schedule, in a Nationwide Effort to Socially Distance, to Keep that Nasty Corona Bug at Bay. It Doesn't Mean that We Cannot still Have FUN, CELEBRATE the Small Moments Each Day, and LAUGH!

You Can Count on Your Four Winds Activity Department to Keep the BINGO Balls Rollin', The Happy Hour Drinks Flowin', and your Daily Activities Goin' while we Adjust Our Programming to Keep You Safe and Healthy During this Time!

One of Our Most JOYOUS and WONDERFUL Experiences to Come out of the Covid-19 Precautions are the ENCHANTING, HEARTWARMING Video Chats that We've Witnessed on Skype, Facebook Messenger, Facetime and Zoom!

We Are Honored to Share Your Stories and Daily Triumphs on Our Four Winds Facebook Page for Families and Friends to Admire!

We Encourage All to "Like" us on Facebook Experience a Spark of the Magic For Yourself!

There's Much More To Come in April! Let's Get Started!

Let The Bingo Balls Roll!!

Love--Your Four Winds Activity Department

An UPDATE For You on CURRENT COVID-19 Concerns

We would like to THANK YOU all for adhering to the no visit restriction that we had to place on Four Winds Manor due to the Coronavirus that surfaced.

We appreciate everyone working with us to provide FaceTime, Facebook Messenger Video, Skype, and Zoom meeting visits so you can stay in touch with your loved one.

I also want to reassure you all that we are engaging the residents in daily activities, strictly adhering to the social isolation restrictions and keeping our residents 6 feet from each other during these activities. We continue with daily group exercises, bingo on Tuesdays and Thursdays, incorporating hallway bingo to involve those we cannot bring to a communal setting, Happy Hour on Fridays – again adhering to the social isolation concerns, as well as now incorporating Face Time, Facebook Messenger, Skype, and Zoom visits as best as we can. Our staff have increased the number and amount of one to one visits so that our residents receive the social interaction that is so necessary.

We also went to a non-communal dining situation around the middle of March, whereby we only have 10-12 residents in the main dining room of the Manor at any time and these residents generally need some sort of assistance. All other residents in the Manor receive room trays, and I want to thank all of the non-nursing staff that have stepped up to help timely deliver the room trays. Our therapy dept. has recently started inviting 2 residents to the therapy gym for the noon meal, incorporating the social distancing, and rotating who goes down for a more “intimate” meal – thank you Therapy Dept.!!

In the Lodge, we also are practicing the non-communal dining, keeping residents who do come out to the dining room at a 6 foot distance.

We strongly encourage any of you if you would like and as the weather gets nicer, to come visit from the outside of the building. If you want to visit, we are suggesting you let us know when/what time you will be here, and then we can ensure your loved one is in their room or at a spot you can see them from the outside, with a phone available and you can visit “from a distance”.

Again, we appreciate everyone working with us during these unprecedented times. We hope you all stay healthy and safe!

We will all get through this together.

THANK YOU!

**We Would Like to Extend A
HUMONGOUS THANK YOU (See Above...)
to all of The Incredible Gifts We Have Been Given From
Friends, Staff Members, Families, Residents,
and Members of our Community, Near and Far!**

**We're talking about Heartwarming Gifts of *All Kinds* That
Include-But-Are-Not-Limited-to, Happy Thoughts, Kind
Words, Encouragement From Our Awesome Facebook
Followers, Surprise Window Visits, Handmade Masks, Virtual
Visits, Yard Signs, Treats, and So Much More!**

**We Are So Proud to Be A Part of Such a Loving, Caring
Community of Friends, Families and Staff, and It is Truly an
Honor to Care for Your Nearest and Dearest Loved Ones. In
Times Like These, We are Humbled and Honored to Find So
Many Incredibly Caring Supporters of Our Four Winds Family.
It is BECAUSE of YOU, That We Can Do WHAT we DO!**



Trivia Questions and Answers

1. What country in Africa has more pyramids: Kenya or Egypt?
Answer: Egypt. As many as 138 pyramids have been found in Egypt so far. At present, no pyramids have been discovered in Kenya.
2. What are the bones around your chest cavity called: phalanges or ribs?
Answer: Ribs. The average number of ribs found in the human body are 24, or 12 sets. The phalanges are the bones of your fingers and toes.
3. How many colors are in a rainbow: four or seven?
Answer: Seven. They are red, orange, yellow, green, blue, indigo, and violet.
4. In their natural habitat, where do rabbits call home: a nest or a den?
Answer: A den. Their den is a hole in the ground.
5. How many wheels does a unicycle have: three or one?
Answer: One. The first U.S. patent for a unicycle, titled "velocipedes," was granted to Frederick Myers in 1869.
6. What part of a hurricane typically has calm weather and contains no clouds: the rain bands or the eye?
Answer: The eye. The eye occurs because there is a significant difference in air pressure.



7. Who portrayed Mortimer Brewster in the 1944 film *Arsenic and Old Lace*: John Wayne or Cary Grant?

Answer: Cary Grant. His birth name was Archibald Alec Leach.

8. In the nursery rhyme "Ring Around the Rosie," what do you have a pocket full of: candies or posies?

Answer: Posies. The rhyme is believed to be about the Black Plague in medieval Europe.

9. What mineral is added to water and toothpaste to prevent tooth decay: quartz or fluoride?

Answer: Fluoride. It also helps strengthen tooth enamel.

10. What action is considered a foul in boxing: an uppercut or hitting below the belt?

Answer: Hitting below the belt

11. Eating which fruit will help prevent scurvy: a banana or an orange?

Answer: An orange. Oranges have a more significant amount of vitamin C. Scurvy is caused by a lack of vitamin C.

12. What European country is bordered by Belgium, Luxembourg, Germany, Switzerland, Italy, and Spain: Chile or France?

Answer: France. Chile is a country in South America.

13. According to the song "Cruising Down the River," what day does one do so: Thursday or Sunday?

Answer: Sunday

14. Finish the saying: "Know which side your bread is _____."

Answer: Buttered. The saying means that one should know who to be nice to and what to do for them so you can benefit the most from it.

15. Who is said to have built the Hanging Gardens of Babylon: King Henry VIII or King Nebuchadnezzar II?

Answer: King Nebuchadnezzar II. These gardens are considered one of the Seven Wonders of the Ancient World.

16. Which word is a noun that means "a picture created by using a camera": telegraph or photograph?

Answer: Photograph

17. What bathroom item rhymes with *roam*: brush or comb?

Answer: Comb. The use of combs can be dated back to prehistoric times.

18. What genre of book is Agatha Christie known for writing: romance novels or mystery novels?

Answer: Mystery novels. She is listed as the best-selling novelist of all time by *Guinness World Records*, having sold approximately two billion copies of her works.

19. For what was the original Ferris wheel created: the first amusement park or the 1893 World's Fair?

Answer: The 1893 World's Fair. Hosted in Chicago, Illinois, the 1893 World's Columbian Exposition was one of over 100 international expositions held around the globe since 1791.

20. What South American mountain range is the longest on Earth: the Rocky Mountains or the Andes?

Answer: The Andes. The Andes is approximately 4,300 miles long (7,000 kilometers).

21. What breed of animal is a pug: a cat or a dog?

Answer: A dog. Pugs are small dogs. They belong to the toy group.

22. Brown Swiss, Guernsey, Holstein, and Jersey are types of what: chocolate or dairy cows?

Answer: They are types of dairy cows. Other kinds include Milking Shorthorn, Ayrshire, and Red and White.

23. What is aerophobia the fear of: spiders or flying?

Answer: Flying. Nearly 25 percent of those who travel by air have this phobia.

24. Who became the prime minister of Italy in 1922: Voltaire or Benito Mussolini?

Answer: Benito Mussolini. Mussolini was also the leader of the National Fascist Party.

25. What comedic duo of the 1930s consisted of one skinny and one stocky man: Mutt and Jeff or Laurel and Hardy?

Answer: Laurel and Hardy. The two were usually seen wearing bowler hats.

26. What Sam was the 1949 Pro Golfer Association Player of the Year: Samuel Beckett or Sam Snead?

Answer: Sam Snead. Nicknamed "The Slammer" and having a career that spanned six decades, Snead is regarded by many as one of the greatest golfers of all time.

27. What baseball team has won the most World Series Championships: the Miami Marlins or the New York Yankees?

Answer: The New York Yankees. The New York Yankees have won 27 World Series titles. The Miami Marlins have won only two.

28. What actress who starred in the 1941 film *Moon Over Miami* was also the most popular pinup girl during World War II: Betty Boop or Betty Grable?

Answer: Betty Grable. Her famous over-the-shoulder pose was strategically shot to hide her baby bump, as she was pregnant with her first child.

29. What U.S. president was the stuffed Teddy bear named after: Franklin Roosevelt or Theodore Roosevelt?

Answer: Theodore Roosevelt. Roosevelt's nickname, much to his chagrin, was "Teddy."

30. What is the famous motto of the Boy Scouts: "Stop, Drop, and Roll" or "Be Prepared?"

Answer: "Be Prepared." The motto has been in use worldwide since 1907.
