



THE HILLCREST WEEKLY

August 10 - 16

Announcements

- **Daily Devotional**: Don't forget to start your day of right by dialing into ext. 4100 for a daily devotional provided by Chaplain Tom and friends.
- **COVID Stats at Hillcrest**: You can stay informed of our COVID-related numbers in each area of care by calling ext. 4004, which is updated daily, Monday through Friday.
- **Please Remember**: While we have active cases of COVID-19 on campus, we ask that residents living in one level of care *do not* visit those living in other care environments unless you are both outside. For example, if you live in Independent Living, please *do not* visit residents in their homes in Assisted Living. Visit outside instead, wearing face coverings, and maintaining proper physical distance. Thank you!



August Resident Forum—Live!

Join us Monday for the August Resident Forum. Don't worry if you can't join by video chat; you can call in and participate that way! The information you need is below.

Day: Monday, August 10th

Time: 10:00 a.m.

Video Chat: Click [HERE](https://meet.google.com/son-hxnp-kfm) (meet.google.com/son-hxnp-kfm)

Conference Call: (505) 966-9499 [PIN: 311 274 813 #]



Non-Force Chiropractic w/Dr. Mulugeta—Live!

Chiropractic care has become very common in the United States, where so many of us experience back, shoulder, and neck issues. Some people are afraid of chiropractic care and its typical "bone crunching" adjustments. But have no fear! There's a type of chiropractic that is free of that kind of forceful technique. It's called "Directional Non-Force Technique Chiropractic" (or DNFT) and it's perfect for older adult bodies. Plan to attend this virtual event, featuring **Dr. Martha Mulugeta**, a local DNFT practitioner.

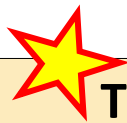


Day: Wednesday, August 12th

Time: 2:00 - 3:00 p.m.

Video Chat: Click [HERE](https://meet.google.com/hik-fmrx-tuk) (meet.google.com/hik-fmrx-tuk)

Conference Call: (857) 309-5207 [PIN: 101 003 953 #]



The ABC's of Vitamins—Live!

Vitamins aren't a secret—we've all heard of them and know that they are good for us. But there are quite a few of them! Which ones are water soluble? Which ones require the presence of dietary fat to "work" in the body? Where do you get them? And how much should you take if using a supplement? Find out the answers to these questions and more by attending this virtual class by **Candice Fagan, LVN** from Inter Valley Health Plan.



Inter Valley Health Plan
Medicare plans for health. Not for profit.

Day: Thursday, August 13th

Time: 2:00 - 3:00 p.m.

Video Chat: Click [HERE](https://meet.google.com/etp-rvrc-cxj) (https://meet.google.com/etp-rvrc-cxj)

Conference Call: (573) 833-4064 [PIN: 786 522 056 #]



Friday Afternoon Program—Live!

He's back! Join us for a fourth concert by **Jay C. Munns**, one of Hillcrest's favorite entertainers. A veteran performer of over five decades, Jay has entertained two U.S. Presidents and countless Hollywood celebrities and he is well-known at Hillcrest from his many performances as a soloist and the annual New Year's Eve dance with his dance band, the *Stardust Trio*. There are two ways to join this live event: Video Chat or Conference Call—up to you!



Day: Friday, August 14th

Time: 2:00 - 3:00 p.m.

Video Chat: Click [HERE](https://meet.google.com/yew-sqzo-wwa) (meet.google.com/yew-sqzo-wwa)

Conference Call: (336) 515-0607 [PIN: 643 621 366 #]



Weekly Vespers with Chaplain Tom—Live!

Have you been missing worship? Do you want to be a part of a regular online Vespers experience? Hillcrest **Chaplain Tom Hostetler** is offering a worship service for Hillcrest residents on Sunday afternoon, from 4:00 - 5:00 p.m. Come to participate in a service that will include scripture, prayers, readings, and a brief sermon. You are invited to attend in one of two ways: Video Chat or Conference Call—up to you!



Day: Sunday, August 16th

Time: 4:00 - 5:00 p.m.

Video Chat: Click [HERE](https://meet.google.com/hge-shyb-fgw) (meet.google.com/hge-shyb-fgw)

Conference Call: (502) 518-3164 [PIN: 154 095 235 #]

REMINDER: New AFC Virtual Fitness Classes—Live!

Don't forget to join us for live, 45-minute fitness classes brought to you via Video Chat:

Every Monday, Wednesday, & Friday

8:30 a.m.	<i>Chair Fitness with Standing Option</i> Click HERE (meet.google.com/vxi-shvi-yzu)
10:00 a.m.	<i>Gentle Range of Motion</i> Click HERE (meet.google.com/yac-tbzy-ikx)
11:00 a.m.	<i>Chair Fitness</i> Click HERE (meet.google.com/ypy-gsur-hrd)

Some of these classes may use an exercise resistance band. If you have one, great! If you don't, and you'd like to have one delivered to you, please call the AFC Front Desk (ext. 4029) and we'll be sure you have one and are ready to go. Thank you and "see" you soon in class!



Laugh Lines

Laughter is *so important*, particularly in stressful times. So be sure to find something each day to help you lift your spirits. A good belly laugh is the best medicine, but even a few chuckles can raise you up! Here are a few lines to get you started.

- ☺ My wife told me to stop impersonating a flamingo. I had to put my foot down.
- ☺ I failed math so many times at school, I can't even count.
- ☺ I used to have a handle on life, but then it broke.
- ☺ When life gives you melons, you might be dyslexic.
- ☺ Don't you hate it when someone answers their own questions? I do.
- ☺ I know they say that money talks, but all mine says is "goodbye"!
- ☺ I can't believe I got fired from the calendar factory. All I did was take a day off!

My Fair Lady

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

T	I	E	S	D	A	L	W	D	K	P	Y	P	F	F
T	C	N	J	C	O	Z	O	G	O	A	W	I	L	C
O	J	Y	H	N	I	O	I	Z	S	M	Y	D	O	Y
V	C	P	D	E	L	T	S	L	I	Z	B	N	W	C
X	R	O	X	I	R	N	E	R	E	H	H	L	E	W
S	N	O	T	M	O	I	O	N	V	S	L	J	R	J
D	P	T	R	S	Z	C	T	S	O	A	N	R	S	N
Y	L	E	S	J	F	E	R	A	B	H	D	D	H	U
E	A	E	E	Z	C	C	P	Y	N	M	P	W	O	X
N	L	W	U	C	Y	B	S	S	S	C	W	Q	P	F
K	F	N	U	X	H	S	M	A	N	N	E	R	S	K
C	R	I	M	M	A	R	O	S	S	E	F	O	R	P
O	E	V	U	B	Y	D	D	E	R	F	G	I	I	T
C	D	H	M	H	I	G	H	S	O	C	I	E	T	Y
P	U	E	T	G	A	P	D	E	M	V	T	K	P	F



ALFRED
COCKNEY
DOOLITTLE
ELIZA
EMBASSY BALL

FLOWER SHOP
FREDDY
HIGH SOCIETY
INHERITANCE
LESSONS

LONDON
MANNERS
PHONETICS
PROFESSOR
SPEECH

Common Endings #3

Find the word that can end all three words.
The first answer is given.



- | | |
|--------------------------|--------|
| 1. sun, heat, back | stroke |
| 2. dress, match, noise | _____ |
| 3. sub, speed, express | _____ |
| 4. hard, battle, flag | _____ |
| 5. play, under, fair | _____ |
| 6. week, over, fort | _____ |
| 7. back, spit, wild | _____ |
| 8. bath, court, lunch | _____ |
| 9. rattle, king, bull | _____ |
| 10. heart, drum, off | _____ |
| 11. band, hand, grand | _____ |
| 12. brief, lower, suit | _____ |
| 13. fly, news, sand | _____ |
| 14. audio, play, story | _____ |
| 15. butter, soy, nut | _____ |
| 16. nut, safe, fire | _____ |
| 17. moon, balance, cross | _____ |
| 18. baby, bullet, rain | _____ |

Pass It On

After answering each clue, use the last letter of the answer for the first letter of the next answer. The first answer is given.

- | | |
|---------------------------------|-------|
| 1. Winter's end | March |
| 2. Honeycomb shape | _____ |
| 3. Eggnog spice | _____ |
| 4. Parking area | _____ |
| 5. Theater door sign | _____ |
| 6. Cyclone | _____ |
| 7. Greek salad ingredient | _____ |
| 8. Study of habitats | _____ |
| 9. Egg part | _____ |
| 10. Skewer dish | _____ |
| 11. Dam building critter | _____ |
| 12. McDonald's, for one | _____ |
| 13. Device for sending messages | _____ |
| 14. Plucked instrument | _____ |
| 15. Mercury or Saturn | _____ |
| 16. Farm vehicle | _____ |
| 17. Cuban dance | _____ |
| 18. Spring month | _____ |

Funny Mix-Up

Unscramble the letters to reveal funny words.



1. IVJOLA

2. USILORAH I

3. DNCIONEEME

4. UUSORHMO

5. RLCUAJO

6. FSEUOTACI

7. ICKSTPSAL

8. CWNLO NDAROU

9. SRJTEE

10. UNMISAG

11. HTEAGURL

12. OINGHLTRC

13. GUCNICKL

14. ROOIRASUPU

15. CIAMLCO

16. ODLRL

17. IRUTOOS

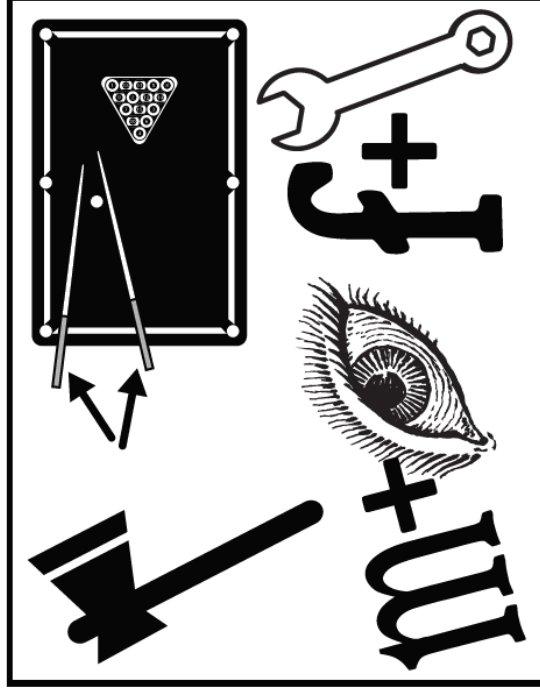
18. AYEITCRLSH

Concentration Puzzles

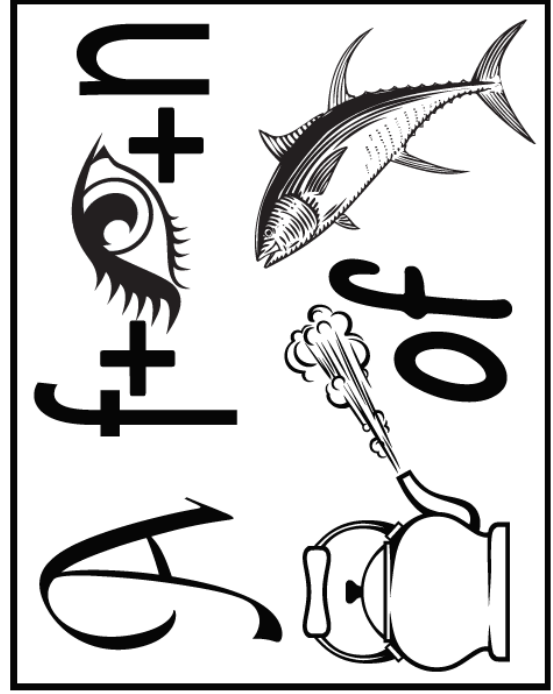
Use the visual clues in the puzzle to figure out what it says.



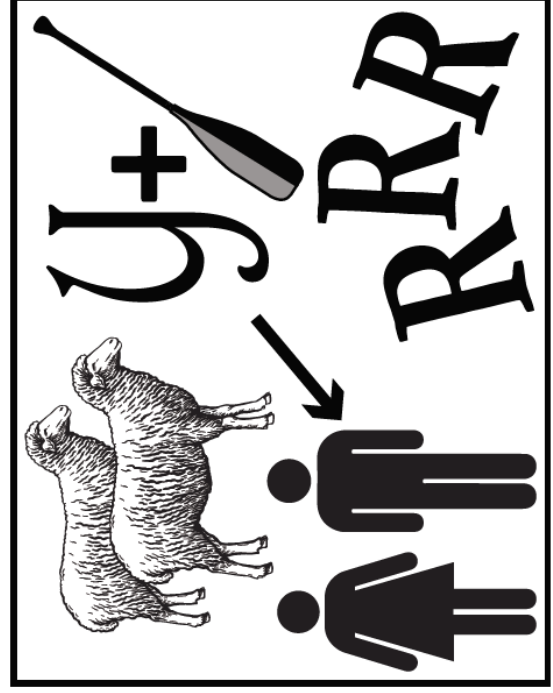
Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4

“Rest” and Relaxation

Use the clues to determine words that rhyme with *rest*.

1. Top of the line _____
2. Compass direction _____
3. Suit piece _____
4. Enthusiasm _____
5. Exam _____
6. Fortunate in life _____
7. Pirate’s treasure holder _____
8. Visitor _____
9. Adventurous journey _____
10. Joke around _____
11. Bird’s home _____
12. _____ for success _____
13. Exterminator’s target _____
14. Did some ironing _____
15. Suffix with Oktober _____
16. Summit _____

Mixed-Up Kool-Aid

Unscramble the letters to reveal words
that are Kool-Aid flavors.



1. LIOTACRP CNHPU

2. BKLCA RRCHEY

3. RESRWBTYRA

4. LOEMANED

5. EGPAR

6. REBYR ELBU

7. AGRNOE

8. LYARRBBKCE

9. RNGEE PLAPE

10. ELNEPAPIP

11. AECHP MGOAN

12. YRRBSAPER

13. NGNAREIET

14. AERNGO AIPELEPNP

15. OLNEM IEML

16. LBUE YRSRBRAPE

17. BWARNOI PCUHN

18. NRMEALTWOE

Functional Fitness Workout

Perform each exercise for 12—15 repetitions, Repeat 2 times

This week you will find two options: a basic exercise and a more advanced version.
Pick which exercise works best for you, be safe and listen to your body.

1. Star Jump



1. Sit tall on the edge of your chair
2. Bring your feet together and tuck your arms by your sides
3. Simultaneously—jump both feet out wide, landing on your heels and bring your arms up into a “Y” position
4. Return to the tucked position and repeat



1. Advanced Star Jump



1. Begin in a narrow half squat and tuck in your arms by your sides
2. With your right leg step out to the right and bring arms to a “Y” position
3. Return to the tucked position and repeat on the left



2. Back Pull

1. Sit tall on the edge of your chair
2. Hold your band shoulder width apart at chest height
3. With straight arms, pull the band apart
4. With control return to the start position and repeat



2. Advanced Back Pull

1. Stand tall with your feet hip width apart
2. Hold your band shoulder width apart at chest height
3. With straight arms, pull the band apart
4. With control return to the start position and repeat



Functional Fitness Workout

Perform each exercise for 12—15 repetitions, Repeat 2 times

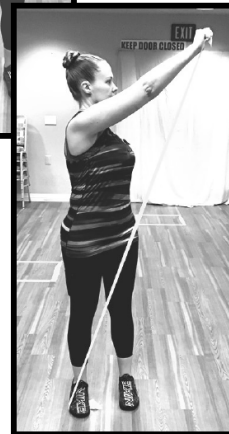
This week you will find two options: a basic exercise and a more advanced version.
Pick which exercise works best for you, be safe and listen to your body.

3. Oblique Press



1. Sit tall on the edge of your chair
2. Step on the end of the band with your left foot and hold band (with tension) in your left hand
3. In one motion—twist your torso to the right and press the band across your body and up to the right
4. Repeat for 30 sec., then switch sides

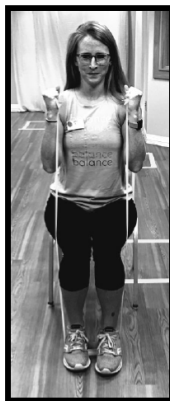
3. Advanced Oblique Press



1. Stand tall with your feet hip width apart
2. Step on the end of the band with your left foot and hold band (with tension) in your left hand
3. In one motion—twist your torso to the right and press the band across your body and up to the right
4. Repeat for 30 sec., then switch sides

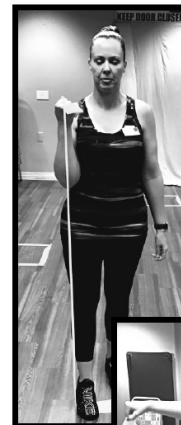
4. Hammer Curl to Lateral Raise

1. Sit tall on the edge of your chair and place your band under both feet
2. Perform a hammer curl with both arms
3. Lower your arms down by your sides
4. Lift both arms out by your sides
5. Return to the start position and repeat the sequence



4. Advanced Hammer Curl to Lateral Raise

1. Stand tall with your feet hip width apart
2. Step on the end of the band with your left foot
3. Hold the band in your left hand and perform a hammer curl
4. Lower your left arm down by your side
5. Lift your left arm out to the side
6. Repeat for 30 sec., then switch sides





Stretch Workout

Perform each exercise for 30—45 seconds, Repeat 2 times.

This week you will find two options: a basic exercise and a more advanced version. Pick which exercise works best for you, be safe and listen to your body.

1. Inner Thigh Stretch

1. Sit tall on the edge of your chair
2. Extend your left leg out to the side with your heel on the floor and toes pointing up
3. Hinge at your hips and reach toward your right foot with your left hand
4. Hold for 30 sec. then repeat on the other side



1. Advanced Inner Thigh Stretch

1. Stand tall with your feet hip width apart
2. Step out with your right leg and bend your left knee, pushing your hips back—you're in a slight squat
3. Hold for 30 sec. then repeat on the other side



2. Iliopsoas Stretch

1. Sit tall on the edge of your chair
2. Rotate to the left and drop your right knee down toward the floor—extend the right leg back for a deeper stretch
3. Be sure to sit up tall and keep your chest lifted
4. Hold for 30 sec., then repeat on the other side



2. Advanced Iliopsoas Stretch

1. Stand tall with your feet hip width apart
2. Step back with your right leg and keep the heel lifted—you're in a lunge position
3. Slightly tuck your tailbone for a deeper stretch
4. Hold for 30 sec., then switch sides

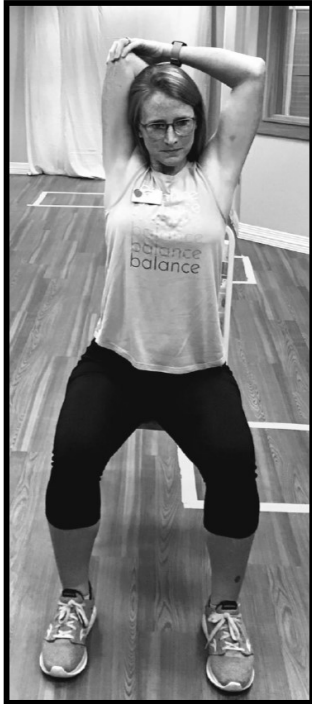


Stretch Workout

Perform each exercise for 30—45 seconds, Repeat 2 times.

This week you will find two options: a basic exercise and a more advanced version.
Pick which exercise works best for you, be safe and listen to your body.

3. Tricep Stretch



1. Sit tall on the edge of your chair
2. Bring your left arm overhead then bend your elbow bringing your left hand to your upper back
3. With your right hand, gently pull the left elbow toward your head for a deeper stretch
4. Hold for 30 sec., then switch sides

3. *Advanced* Tricep Stretch



1. Stand tall with your feet hip width apart
2. Bring your left arm overhead then bend your elbow bringing your left hand to your upper back
3. With your right hand, gently pull the left elbow toward your head for a deeper stretch
4. Hold for 30 sec., then switch sides

4. Neck Stretch

1. Sit tall on the edge of your chair
2. Turn your head to the right
3. Drop your chin toward your collar bone for a stretch on the left
4. Hold for 30 sec. then switch sides



4. *Advanced* Neck Stretch

1. Stand tall with your feet hip width apart
2. Turn your head to the left
3. Drop your chin toward your collar bone for a stretch on the right
4. Hold for 30 sec. then switch sides



WORKOUT VIDEO

CHAIR FITNESS: Click [HERE!](https://youtu.be/AO_bd19ymWA)

Or, type the following into your browser:
https://youtu.be/AO_bd19ymWA

