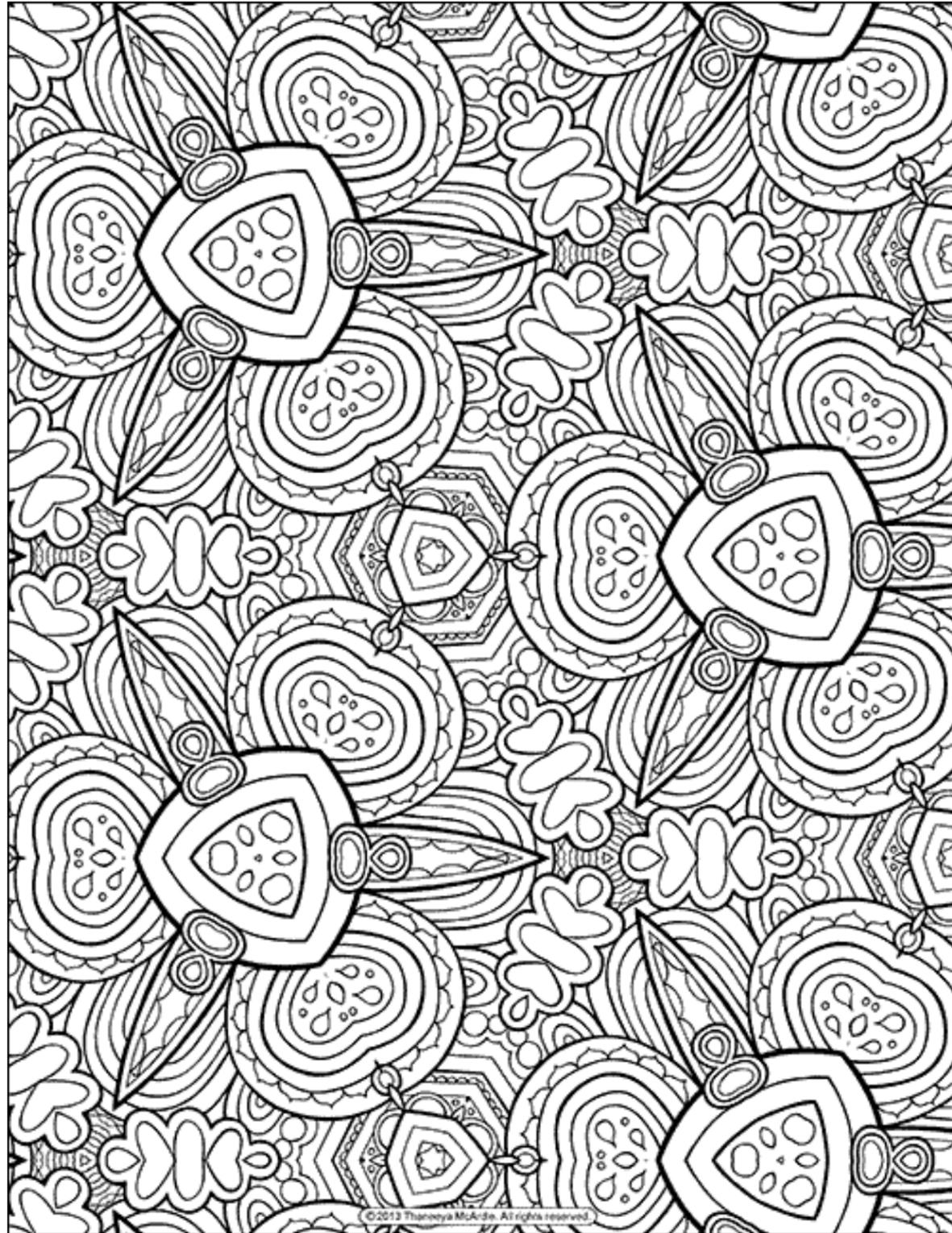


Color Yourself Calm

Coloring can reduce stress and anxiety, improve motor skills and vision, and improve your sleep and focus... try it out today! And if you don't have colored pencils or markers, try shading with a regular pencil or pen. Then stay tuned... colored pencils are on the way!



Daily Dose *of vitality!*

March 24, 2020

In Case You Missed It...

We are continuing our updates to our SARA pendant and pullcord server system on Wednesday, March 25.

Work will begin at 12:00 p.m. and will last for about three hours. During this time, your pendants and pullcords **will not** be operational. It is suggested that you have your phone readily available in case of emergency.

If you have any questions or concerns, contact Bobby Blose at (918) 491-5216



Inspire Others

We asked you to inspire your fellow residents by sharing how you're passing your time in quarantine.

Jan Rosen is staying active by taking her dog, Bobby, on long walks. She shared this picture of the tulips blooming outside the main entrance.

Try taking a walk outdoors to admire the beautiful flowers yourself - and boost your mood, too!



Stay Active!

Check out the Exercise of the Day!

One-Legged Balance

- Using a chair for balance, raise one leg off the ground, bending the knee slightly.
- Hold for ten seconds, then slowly lower your foot to the ground.
- Repeat this exercise 10-15 times for each leg.



If athletes get athlete's foot, what do elves get?

Mistle-toes.



Staff Picks!

While you're home-bound, we're excited to share our favorite things with you. We hope you enjoy as much as we do!

Today's picks are from Jane Long, Therapeutic Recreation Specialist.

Jane's Picks!

Netflix: Heartland (Series with 12 season)

TV series: NCIS New Orleans (All the NCIS's are good)

Movie: I Can Only Imagine

Book: Anything by Debbie Macomber and Joel Osteen

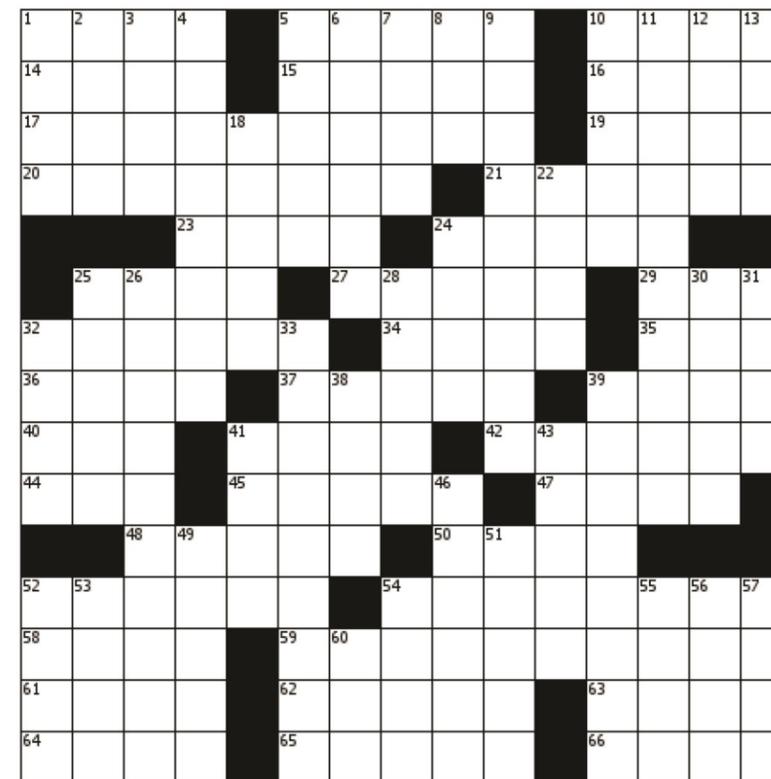
The Power of Journaling

Did you know journaling can help reduce anxiety and stress and help you better process events taking place in your life? Grab paper or a notebook and try it today. Start with this prompt: **Name a compassionate way you've supported a friend recently. Then write down how you can do the same for yourself.**

Brain Puzzle of the Day

Across

- Lectern platform
- Exasperated
- Risked a few points
- Aquatic plant
- Yonder
- Ballerina's move
- Revenuer's quarry
- Highly collectible
- Certain operators
- Gave one's two cents
- "... lamp ___ my feet"
- Rock composed of quartz
- Without alteration
- It's a wrap!
- Thomas Lincoln, to family
- Landscaping tool
- Dietary, in advertisements
- Valuable club
- Artist Magritte
- Weasel out of
- Bed with bars
- Chang's twin
- "Pardon me"
- Sci-fi creatures
- Sidekick
- "El Lider"
- Jazz singer Anita
- Determine if it's gold
- On
- Cinephile's collectible
- First showing
- Moreover
- Overly romantic
- Level
- "Rubber capital of the world"
- Rugged rock
- It may go to blazes
- Theater chain
- Hard to pin down



Down

- Four-footed moms
- Baseball's Moises or Felipe
- "Prince ___"
- Optimistic
- "Some Like ___"
- Myopic mammals, informally
- Some collectible dolls
- Poet's preposition
- Lowered in rank
- Sail-crossing spar
- Solar system models
- Joyce's land
- Exploit
- Common thing
- Glazier's unit
- Dry as desert sand
- Where sports events may be held
- Shades
- Bowie's last stand
- Sourish
- Ball girls
- Medical ritual, briefly
- Wedding run-through
- Exceedingly
- Flap on medieval breeches
- Church projection
- Capacious
- Taper gradually
- Lay away
- Black-capped gulls
- It's often beaten
- Melange
- Trim away
- "Jane ___"
- Tangible
- Showing strain
- Ref's call

