

Randolph Senior Adults Association sets record!

For the month of March 2020, RSAA served a total of 10,509 meals across Randolph County!

For the month of April 2020, RSAA served a total of 10,935 meals across Randolph County!

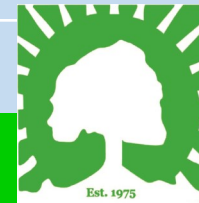


Since RSAA closed on March 18th, RSAA has served a total of 16,950 frozen meals to 1,695 senior adults across Randolph County! RSAA will be serving an additional 4,240 meals with the delivery of this newsletter. As of May 19th, that will be a **total of 21,190 meals!**

The cost of the meals has increased as the demand rises. RSAA has limited funds available for meals and needs your help to be able to continue providing this service. Go to our website, www.senioradults.org, and click on the donate button to help **feed a senior in Randolph County**

Spring 2020

To empower adults age 50 and over in Randolph County toward a life of personal independence, healthy aging, social connection and life-long learning.



RANDOLPH
SENIOR
ADULTS
ASSOCIATION
Est. 1975



Supporting active aging across Randolph County

Branching Out

Stay at Home Edition

Inside this issue

- Archdale Senior Center
- Asheboro Senior Center
- Liberty Senior Center
- Randleman Senior Center
- Our Place Adult Day Care
- Information & Options Counseling
- RCATS
- Recipe
- Puzzles



Website: www.senioradults.org



Facebook: Randolph Senior Adults Association



Instagram: @Randolph Senior Adults



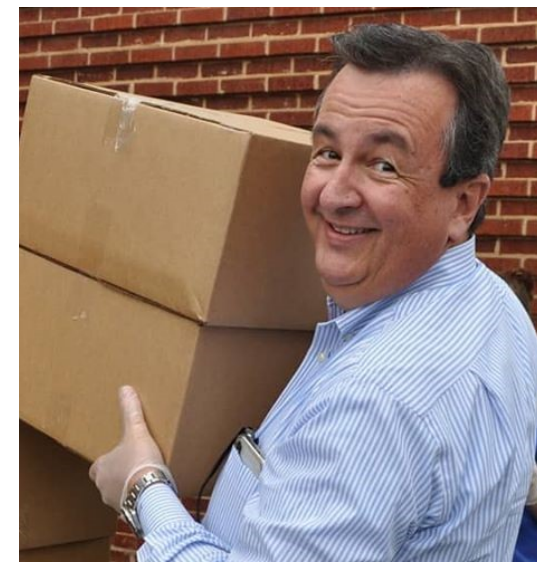
YouTube: Randolph Senior Adults

Update on Re-Opening Randolph Senior Adults

Message from Mark Hensley, RSAA Executive Director

All Centers of the Randolph Senior Adults Association remain closed for the foreseeable future. Due to our serving an at-risk population and the mandate to keep gatherings to 10 individuals or less, our Centers will remain closed until we are allowed to reopen. However, we will continue serving 10 frozen meals to our existing meal

program clients every two weeks; RCATS continues to provide trips in Randolph and Montgomery counties daily Monday – Friday; and our Information and Options Counselors are available for assistance via telephone (336-625-3389) daily Monday – Thursday. We will reopen our Centers just as soon as the Randolph County Public Health Department, the Governor's Executive Orders and the NC Department of Health and Human Services believe it is safe to do so. Thank you for your patience during this unprecedented period!





RANDOLPH SENIOR ADULTS ASSOCIATION

*The Harry and Jeanette Weinberg
Adult Resource & Education Center*
347 West Salisbury Street
Asheboro, NC 27203
336-625-3389 or 1-800-252-2899
Fax: 336-626-3590
Monday-Friday 7:00am-8:00pm
Saturday 9:00am-3:00pm

RCATS

*The Harry and Jeanette Weinberg
Adult Resource & Education Center*
347 West Salisbury Street
Asheboro, NC 27203
336-629-7433 or 1-866-580-8726
Monday-Friday 6:00am-6:00pm

ARCHDALE SENIOR CENTER

108 Park Drive
Archdale, NC 27263
336-431-1938
Monday-Friday 8:00am-5:00pm

ASHEBORO SENIOR CENTER

347 W. Salisbury St.
Asheboro, NC 27203
336-625-3389
Monday-Friday 8:00am-5:00pm

LIBERTY SENIOR CENTER

128 S. Fayetteville Street
Liberty, NC 27298
336-622-5844
Monday-Friday 8:00am-5:00pm

OUR PLACE ADULT DAY CARE

714 Farr Street
Asheboro, NC 27203
336-629-3787
Monday-Friday 7:00am-5:00pm

RANDLEMAN SENIOR CENTER

144 W. Academy Street
Randleman, NC 27317
336-498-4332
Monday-Friday 8:00am-5:00pm



Volunteers Make Masks

Randolph Mask Making Project, a partnership with Randolph Quilters Guild, Sew Busy Ladies Group and RSAA, is a huge undertaking of community helping community.

Part I

Pineapple Fabrics in Archdale and **Asheboro Elastics** donated enough supplies to make 1200 masks for those in need in Randolph County. The Guild cut the fabric and elastic, added the instructions and volunteers have stopped by the Center in Asheboro to pick up kits that make 20 masks each. Completed masks were returned to the Center. RSAA coordinated distribution of the finished masks.

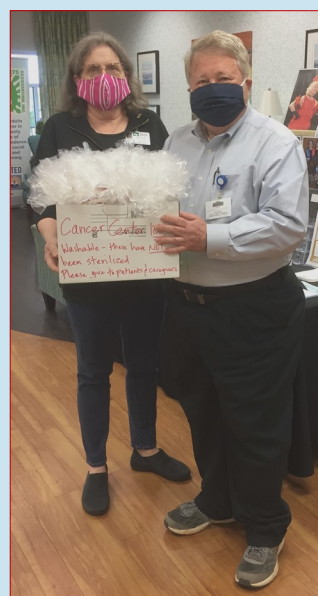
So far, RSAA has given out over 1200 masks to many in Randolph County including: 450 masks to Randolph Health, including Randolph Cancer Center, masked all RCATS drivers, all RSAA staff and family members and given out over 500 masks to our seniors.

Part II

The project has gone well and there is such a huge need for masks in Randolph County. Part II has now started with a **goal of making 1,000** masks with donated fabric. Mask kits are available at the Asheboro Center. Each kit makes 20 masks and should be returned to RSAA when completed for distribution to those in need.

If you would to volunteer to make masks or if you need a mask, contact Ginger at education@senioradults.org. There is no charge for a mask, one mask per person.

Ginger Flynt, RSAA Education and Communications Coordinator, presents 100 fabric masks to Jeff Hazlet, Director of the Randolph Cancer Center.

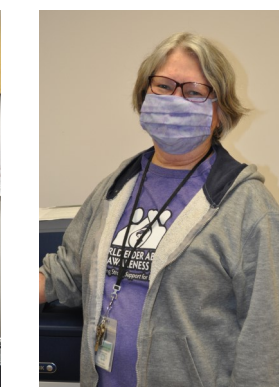
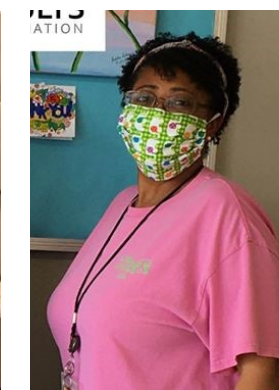


RSAA Staff Benefits from Mask Making Project

Thank you to the Randolph Quilters Guild and Sew Busy Ladies Group for partnering with RSAA to make masks for so many people in Randolph County.

Masks made in fabrics of all colors and patterns have been made by volunteers.

All RSAA staff wear their masks to be safe! Wear yours too!



RCATS

Tawanna Williams, Director phone: 336-629-7433

RCATS protects riders during pandemic

During this life changing pandemic, RCATS staff and drivers continue to provide safe and reliable transportation. The safety of the clients, drivers and staff is priority.

The following safety precautions have been implemented:

- ♦ Drivers receive gloves and mask daily, as well as hand sanitizer and bleach wipes
- ♦ All drivers are required to wear gloves and mask while transporting clients
- ♦ Vehicles are cleaned and sanitized after each shift
- ♦ RCATS does ask that clients maintain a 6 foot social distance while on the bus
- ♦ In order to observe the 6 foot social distance issue, RCATS is limiting the number of riders per bus, which could cause longer wait times.
- ♦ Each rider is advised to wear a mask while riding with RCATS. Drivers have a limited number of face masks available at no charge for riders needing one.



Liberty Senior Center

Kaffy Reynolds, Director / Marie Warren, Assistant Director phone: 336-622-5844

Getting Cabin Fever?

Getting tired of staying at home due to the COVID-19? Plan a virtual trip! Through the internet you can explore our world from your own living room sofa. Virtual tours help us have more access to renowned exhibits and experiences without leaving home. Visit the NC Museum of History, The Solomon R. Guggenheim Museum, The London National Gallery, NASA Research Centers, The Louvre and Anne Frank House just to name a few. Enjoy your virtual travels.

Check out the following websites:

www.ncmuseumofhistory.org

www.bit.ly/srg-tour

www.nationalgallery.org.uk/visiting/virtual-tours

www.oh.larc.nasa.gov/oh

www.louvre.fr/en/visites-en-ligne

www.bit.ly/afh-tour



LIBERTY SENIOR CENTER
Marie Warren, Asst. Center Director and
Kaffy Reynolds, Center Director

Buttons & Charms Tree

Submitted by Ruby Isom

On a canvas, paint or draw a tree with several branches. Glue on buttons and charms at the end of each branch. You can create a friend tree or a family tree. Just let your imagination run wild. Ruby attends the Liberty Senior Center.



Asheboro Senior Center

Tracey Walden, Director / Penny Tostoe, Assistant Director phone: 336-625-3389

The Harry and Jeanette Weinberg Adult Resource & Education Center

phone: 336-625-3389



Senior Movies have been cancelled until further notice.
The sponsors hope to resume movies as soon as it is safe to do so. Watch for updates on Facebook and at www.senioradultsorg

Senior Movie Sponsored by:



RANDOLPH
SENIOR
ADULTS
ASSOCIATION



MEDICARE WORD SEARCH PUZZLE

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

INSURANCE	MEDICARE	CREDITABLE COVERAGE	PENALTY
MEDIGAP	BENEFICIARY	BRAND NAME	GENERIC
DONUT HOLE	OUTPATIENT	HOSPITALIZATION	PRESCRIPTIONS
ANNUAL ENROLLMENT	ADVANTAGE	SUPPLEMENT	COPAY
PREMIUM	DEDUCTIBLE	PART B	PART A

Monday	Tuesday	Wednesday	Thursday	Friday
May 2020 Stay-at-Home Calendar				
<p>Today's Funny</p> <p>Q: What do you call a penguin in the desert?</p> <p>A: Lost</p> <p>De-Stress: 11</p> <p>Drink a hot cup of tea or your favorite beverage in silence or while listening to your favorite music</p> <p>TRY THIS! 18</p> <p>To reduce salt intake, try using different spices & herbs to add flavor to foods. Garlic powder gives as much flavor as garlic salt</p> <p>Today's Funny 25</p> <p>Q: How did the skeleton know it was going to rain on Halloween?</p> <p>A: He could feel it in his bones!</p> <p>Chair Exercise: 4</p> <p>Sit and do 10 of each:</p> <ul style="list-style-type: none">• Arm circles• hand reaches• lateral stretch• ankle circle <p>Repeat 2-4 times</p> <p>Exercise: 12</p> <p>March in place standing or sitting to the count of 30 rest 20 seconds</p> <p>Repeat 3 times</p> <p>Today's Funny 19</p> <p>Q: What is a tree's favorite soda?</p> <p>A: Root Beer.</p> <p>De-Stress: 27</p> <p>Do something creative... Bake or cook a dish, dust off your art skills, pick up your old hobby or a new one!</p> <p>Chair Exercise: 6</p> <p>Sit and do 10 of each:</p> <ul style="list-style-type: none">• Arm circles• hand reaches• lateral stretch• ankle circle <p>Repeat 2-4 times</p> <p>Exercise: 14</p> <p>March in place standing or sitting to the count of 30 rest 20 seconds</p> <p>Repeat 3 times</p> <p>Today's Funny 15</p> <p>Q: What happened to the guy who sued over his missing luggage?</p> <p>A: He lost his case.</p> <p>De-Stress: 22</p> <p>Sit in a comfortable position Take a deep breath through your nose and exhale through your mouth as if whistling- repeat this 3- 10 times slowly</p> <p>TRY THIS! 29</p> <p>Make one meal mealless! Try a salad with no meat or a veggie plate</p>	<p>Chair Exercise: 5</p> <p>Sit and do 10 of each:</p> <ul style="list-style-type: none">• Arm circles• hand reaches• lateral stretch• ankle circle <p>Repeat 2-4 times</p> <p>De-Stress: 6</p> <p>While watching TV take a stretch break during commercials or march in place during them</p> <p>TRY THIS! 13</p> <p>Substitute water for 1 of your beverages to increase your water intake</p> <p>Chair Exercise: 7</p> <p>Sit and do 10 of each:</p> <ul style="list-style-type: none">• Arm circles• hand reaches• lateral stretch• ankle circle <p>Repeat 2-4 times</p> <p>Exercise: 21</p> <p>March in place standing or sitting to the count of 30 rest 20 seconds</p> <p>Repeat 3 times</p> <p>Today's Funny 20</p> <p>Q: What is a tree's favorite soda?</p> <p>A: Root Beer.</p> <p>De-Stress: 27</p> <p>Do something creative... 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Be kind to others and to yourself. And remember we are all in this together!!

Where you see Chair Exercise on the calendar, refer to the exercises on the next page.



Information & Options Counseling

Margie DiDona, Director / Lisa Alley, Assistant phone: 336-625-3389

Options Counseling Available at Randolph Senior Adults during COVID-19

Options Counselors are still available to assist you during this COVID-19 pandemic. Although Options Counselors are not able to assist you in person, they are able to help you by phone.

What is Options Counseling? Options Counseling helps people make choices that fit well with their needs, goals and preferences. The main purpose is to help individuals access resources to meet their needs in order to remain independent in the community. Certified Options Counselors help a person consider a range of possibilities when making decisions about services and supports to plan for current and future needs. Options Counselors will assist in developing an Action Plan to help the individual accomplish these tasks and will follow-up with the individual to ensure that decisions and supports are working for them.

Some situations where Options Counseling may be helpful are:

- Having difficulty managing household tasks, but wants to remain in the home.
- Planning to retire and wants to discuss options to sustain health, wellness, and independence.
- Deciding whether to move in with family, an apartment, or an assisted living facility.
- Supporting an adult with a disability who wants to make plans in the event of being unable to continue providing care.
- Lacks awareness of existing community resources and supports.

Options Counseling is a free service available to those 50 years of age and over. Certified Options Counselors, Margie DiDona and Lisa Alley, are located at The Harry and Jeanette Weinberg Adult Resources & Education Center, 347 W. Salisbury Street, Asheboro. For assistance, please call 336-625-3389 or email rcsaa2@senioradults.org. Counselors are available Monday – Thursday 8:30am-4:00pm.



Wednesday
Sept. 30, 2020
10am-2pm

NEW
LOCATION!

The Harry and Jeanette Weinberg Adult REC
347 W. Salisbury St., Asheboro



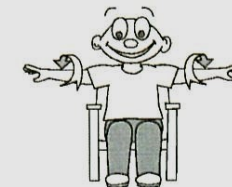
Archdale Senior Center

Jo Reid, Director / Barbara Emery, Assistant Director phone: 336-431-1938

Chair Exercises

Here are some things you can do anytime it is hard to stand up or get out of the house to exercise. Try them during the commercials while watching TV.

- * Remember to do them equally for **each side** and in **each direction**.
- * And, gradually **build up to 8 repetitions**.



Arm Circles: Sit up straight in a chair. Keep your feet flat on the floor. Tuck in your tummy. Extend arms out to the sides at shoulder level. Make sure the elbows are straight. Circle the arms to the front 4 times, then back 4 times.



Hand Reaches: Sit in a chair with both hands on your shoulders. Extend your right arm and reach toward the ceiling with your right hand. Return your right hand to your shoulder and repeat with your left hand. Start with 4 reaches of each hand.



Lateral Stretch: Sit in a chair. Lift your right arm over your head and lean to the left. At the same time, make a "C" shape with your left arm (as if you were holding a baby). Gently stretch to the left. Change sides and repeat and the exercise.



Marching in Place: Sit in a chair. Lift your left knee so that your foot is 6 inches off the floor. Lower your left knee. Lift your right knee so that the foot is 6 inches off the floor. Continue marching, lifting knees up and down.



Ankle Circles: Sit in a chair. Extend the right leg out in front. Circle the right foot to the right 4 times, then change directions and repeat 4 times. Change legs and repeat with the left foot.



Knee Pull: Sit in a chair. Pull your right knee into your chest. Hold the knee in place for 4 seconds. Lower the leg. Repeat with the left knee.

Chair Exercises sourced from: www.scripps.org/diabetes



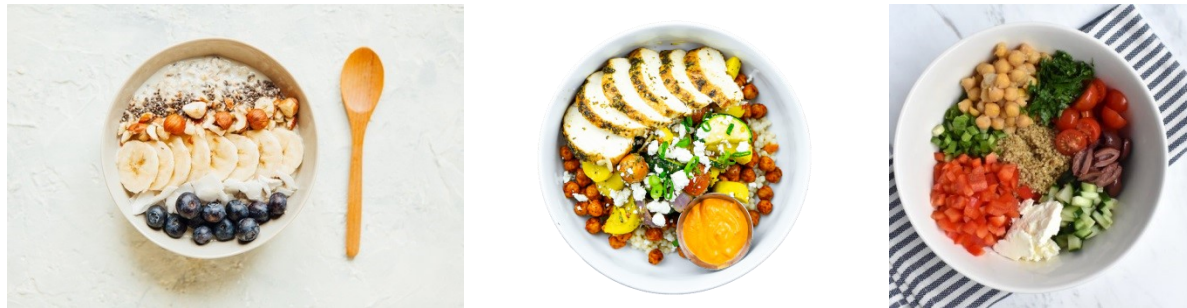
Randleman Senior Center

Tana Skipper, Director phone: 336-495-4332

What's for Breakfast? What's for Lunch? What's for Dinner?

These questions become very common when you are staying at home. Everyone has to eat and making meals is healthier for us than lots of snacking. It's hard to think of new and interesting meals to make.

A new trend in fun, healthy eating is Power Bowls. They are easy to create and you can customize them by using foods you like and have on hand. And, they look and taste wonderful! Here are some ideas...



For Breakfast: Choose a hot cereal (oatmeal, grits, or cream of wheat) and layer fruits (bananas, blueberries, strawberries, etc.), yogurt (flavored or unflavored), and nuts (almonds, pecans, walnuts, etc.) on top. Or, use yogurt as your base and add fruits, nuts, or granola to the top. You could also choose a vegetable (tomatoes, avocado, onions, mushrooms, etc.), and layer hash browns or roasted potatoes, meat (sausage, bacon, ham), an egg or two prepared how you like them, and cheese (if desired) on top.

For Lunch: Choose a leafy green vegetable (lettuce, spinach, kale, etc.) and layer with two or three different kinds of veggies (tomatoes, cucumbers, corn, broccoli, etc.), meat (tuna, sliced turkey, cubed ham, etc.), any kind of cheese, and a small cup of a favorite dressing. Or, use tortilla chips and layer with meat or beans, veggies, cheese, and salsa or sour cream.

For Dinner: Choose a grain (rice, quinoa, whole wheat pasta, etc.) and layer with beans (black beans, pinto beans, kidney beans, etc.), 2-3 different vegetables (green beans, corn, peas, carrots, broccoli, etc.), a meat (grilled chicken, hamburger patty, pork chop, kielbasa, etc.), cheese (if desired), and a gravy or sauce of your choice.

You can also have breakfast for dinner or lunch for breakfast...The choices are endless and delicious! So, look through your cabinet, refrigerator, and freezer and cook up something new today.



Our Place Adult Day Care

Chris Smith, Director / Linda Hutson, Activities Coordinator

phone: 336-629-3787

Spring has Sprung at Our Place Adult Day Care!



During this time of closure due to the Coronavirus pandemic, we sure do miss all of our participants! We will have to love everyone from a distance for now. We look forward to this clearing up and being able to gather again with our friends. ♥ While we are staying home there are some things we should remember:

- If you are able, you should go outside for at a little while every day! It is good for Vitamin D to boost your immune system and also for our attitude.
- Don't forget to keep moving! You can do leg lifts and arm stretches while sitting and the movement helps to keep you healthy. Try to remember some of the exercises that we do when we are together.
- Try not to eat too many unhealthy snacks. It's very tempting to snack too much when you are home for long periods.
- Drink water! Water keeps you hydrated and boosts your immune system.
- Turn off the TV! Read a book, listen to music, do a puzzle, or find a window and do some bird or bug watching. A little TV watching is fine, but try not to watch all day long.

Our Place Adult Day Care serves adults who want to live at home, yet desire companionship or require help with daily living activities. This program also suits adults who need assistance during the day, but are cared for by family in the evening. Adult Day Care contributes to a richer, more enjoyable life by providing activities that promote mental and physical wellbeing.

Activities include: *Social Arts and Crafts *Educational Programs *Games *Music & Song *Discussion Group *Friendship and Peer Support *Community Involvement *Exercise

When we re-open, our hours will be: Monday - Friday from 7:00am until 5:15pm and we are located at 714 Farr St. in Asheboro.

This institution is an equal opportunity provider.

The Classics

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



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

BONNEVILLE
CADILLAC
CHARGER
CHEVROLET
CORVETTE
DODGE

DUSTER
FORD
HORNET
IMPALA
LEBARON
MUSTANG

OLDSMOBILE
PLYMOUTH
RIVIERA
SHELBY
SKYLARK
STUDEBAKER

Searching for Purim

The following words can be found horizontally, vertically, diagonally, forward, and backward.



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

AHASUERUS
BIBLE
ESTHER
GRAGGER
HAMAN
HAMANTASCHEN

HOLIDAY
JEWISH
KING
MEGILLAH
MORDECHAI
PERSIA

PURIM
QUEEN
SHUSHAN
TZEDAKAH
VASHTI
WRITINGS

COVID-19

Coronavirus Disease 2019

10 WAYS YOU CAN HELP PEOPLE WITH UNDERLYING CONDITIONS LIVING ALONE



Check on them frequently, preferably by phone given the risk of transmission.



If you visit them, maintain a distance of at least 1 meter and avoid physical contact (handshakes, hugs).



Buy groceries, supplies and medicines for them.



Make sure they have at least a month's stock of all their regular medicines in case they need to stay home.



Help them connect with doctors, neighbors, friends and family if needed.



Remind them to wash their hands frequently, keep objects and surfaces clean, and **avoid physical contact with those who are sick**.



Make a plan in case they fall ill **and decide how transportation will be arranged to seek health care**.



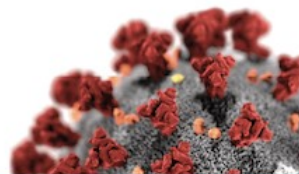
Encourage them to maintain a healthy lifestyle: eat nutritious foods, get enough sleep, don't smoke, stay active and limit alcohol use.



Be kind and show empathy. Talk and listen to them. Help them cope with stress. Once the pandemic is over, you will hug again!



If your loved one is in a home for the elderly, **avoid visits**. Use phone, video chat or email to keep in touch.



PAHO



BE AWARE. PREPARE. ACT.

www.paho.org/coronavirus

Agriculture Word Quilt

The following words are hidden in the puzzle in oddly shaped patterns. Move from letter to letter vertically, horizontally, backward, or forward to spell the words. The patches of letters do not overlap, and all of the letters in the puzzle are used. One of the words is already outlined for you.

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

BUFFALO
CATTLE
CEREALS
CHICKEN
CORN
COTTON
FRUITS
HARVEST



LLAMAS
LUMBER
MILK
PEANUTS
SOYBEANS
VEGETABLES
WHEAT
WOOL