

NWSDS AFH Newsletter



Vol. 1 Issue 1

April 2020

What Can You Do During Quarantine?

These are trying times. Everyone is starting to feel a little cooped up. We tried to think of some things you can do to keep your residents engaged in activities to help pass the time. Here are some of our ideas.

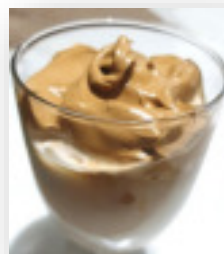
Paint Rocks

This is an inexpensive thing to do. Walk through the neighborhood. Pick the smoothest rocks. Come home and clean the rocks. Paint the rocks with positive colors and sentiments. Redistribute the rocks to each other as a gift or back in the neighborhood where you found them. Imagine your neighbor's surprise to find a positive thought on a hand-painted rock!



Try New Foods

Have you heard of Fluffy Coffee? At [Real Simple](#) magazine, they say, "Instead of spooning frothy milk on top of coffee, the whipped fluffy coffee goes on top of the milk. Mix together equal part instant coffee, granulated sugar, and water—about 2 Tbsp. of each...whisk ingredients in a mixer...[until] your coffee begins to form stiff peaks." Spoon over iced milk of any kind.



Do a Puzzle

Whether you are a jigsaw puzzle aficionado or a word search wizard, try your hand at any puzzle. Stretch your mind by solving brainteasers. Or dig out an old Rubik's cube for an extra challenge. It's good for the brain. We created a brainteaser and a word search of Oregon's best features for you to copy and use with your residents. See [page 3](#) & [page 4](#).



Quarantine (continued from p. 1)

Celebrate!

Spring has sprung! Celebrate the good weather! Or continue to celebrate anniversaries, birthdays, and holidays. Your celebrations might be a bit different than they used to be, but celebrate life, nevertheless.



Play Games

Try a new game. Or, take an old game and change the rules.



Meditate

According to the [Mayo Clinic](#), "When you meditate, you may clear away the information overload that builds up every day and contributes to your stress.

The emotional benefits of meditation can include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity

Increasing patience and tolerance" Try using free apps or websites from [Headspace](#), [Calm](#), [Insight Timer](#), and [Stop, Breathe, & Think](#).

Tips for Providers

We have updated our website with more [information for providers](#).

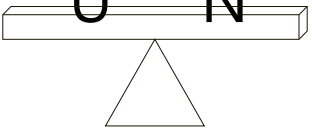
Click the link above or visit [nwsds.org](#) and click on the **Care Workers & AFH Providers** tab. Then, click on **Already a Licensed AFH Provider** link for information about:

- Licensee letter to use to buy supplies
- Combatting loneliness for residents
- PPE for Marion, Tillamook, Polk, Yamhill, and Clatsop Counties
- DHS Provider Partner page links
- COVID-19 reporting requirements
- Essential individual facility access
- COVID-19 Admissions Scenario Spreadsheet
- License renewal

Stay Safe!

Keeping Your Brain Sharp!

Guess the double meaning of these Wacky Word puzzles by Ernest Couture found at <https://luckymamacrafts.wordpress.com/2018/03/19/brainteasers-yay-or-nay/>. Answers below.

<p>MIND</p> <p>↑</p> <p>1</p>	<p>AWAKE</p> <p>2</p>	<p>CCCCCCC</p> <p>3</p>	<p>G R A N D</p> <p>4</p>
<p>ON THE</p> <p>LOOKING</p> <p>5</p>	<p>WIRES</p> <p>WIRES</p> <p>6</p>	<p>OHIOWA</p> <p>7</p>	<p>→ EVIL</p> <p>evil</p> <p>8</p>
<p>1 1 the other</p> <p>the other</p> <p>1 1 the other</p> <p>the other</p> <p>1 1 the other</p> <p>the other</p> <p>9</p>	<p>WH EY</p> <p>WE IGH</p> <p>10</p>	<p>EN</p> <p>11</p>	<p>wad</p> <p>12</p>
<p>U N</p>  <p>13</p>	<p>CENTURY</p> <p>↓</p> <p>14</p>	<p>MAN BOARD</p> <p>15</p>	<p>HEARTED</p> <p>16</p>

Wacky Word Puzzle Answers

1. The mind's eye
2. Wide awake
3. High seas
4. Grandstanding
5. On the outside, looking in
6. Crossed wires
7. United States
8. The lesser of two evils
OR Evil twin
9. Six of one, half a dozen
of the other
10. Parting of the ways OR
One way or the other
11. Unbalanced
12. Tightwad
13. Man overboard
14. Mid-century modern
15. Half-hearted
16. Enlighten

All About Oregon Word Search

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

- | | | |
|--|---|---|
| <input type="checkbox"/> Beaver State | <input type="checkbox"/> Forest | <input type="checkbox"/> NWSDS |
| <input type="checkbox"/> Big Foot | <input type="checkbox"/> Fossil Beds | <input type="checkbox"/> Oregon |
| <input type="checkbox"/> Chinook Salmon | <input type="checkbox"/> Lewis and Clark | <input type="checkbox"/> Oregonians |
| <input type="checkbox"/> Clatsop | <input type="checkbox"/> Light House | <input type="checkbox"/> Pacific Ocean |
| <input type="checkbox"/> Columbia River | <input type="checkbox"/> Marion Berries | <input type="checkbox"/> Portland |
| <input type="checkbox"/> Crater Lake | <input type="checkbox"/> Mount Hood | <input type="checkbox"/> Rain |
| <input type="checkbox"/> Eighteen Fifty Nine | <input type="checkbox"/> Multnomah Falls | <input type="checkbox"/> Salem |
| <input type="checkbox"/> Filbert | <input type="checkbox"/> Mushroom Hunting | <input type="checkbox"/> The Oregon Trail |