

Life Enrichment Services (LES) Newsletter

“We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths.”

— *Walt Disney*

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Virtual Community



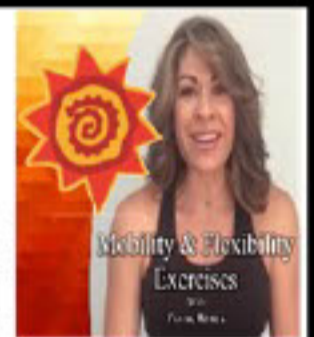
The Fourth of July also known as Independence Day or July 4th has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. To read more about this fascinating story, go to the Virtual Wellness document and click on the link called [“History.com Article on Independence Day”](#) If you need a hyperlink to access the *Virtual Wellness* document, please contact Dr. David Jackson at ext. 3375.

Mobility & Flexibility

With Yvonne Herrera

• For many residents, maintaining mobility can be difficult. Muscles and joints weaken, and range of movement deteriorates as we age. Join Yvonne Herrera as she instructs you on developing and maintaining flexibility, increased circulation, and blood flow. Stretching allows for greater movement in joints and improves posture. It also helps to release muscle tension and soreness and reduces the risk of injury. These mobility and flexibility exercises may also help increase circulation, muscle control, and improve balance and coordination.

- **This program will be broadcasted weekly on Channel 77 Mondays at 9:00 a.m. and Fridays at 4:00 p.m.**
- **If you need a hyperlink to access the *Virtual Wellness* document, or information to access *The Portal*, please contact Dr. David Jackson at ext. 3375.**



You can download this software on the [Virtual Wellness on Demand](#) document that can be found on the LVL Portal or request an e-mail hyperlink from Dr. David Jackson at ext. 3375.



Tai-Chi Basics & Form#1

The first of three LVL Tai Chi videos is now available on Channel 77, The *Virtual Wellness* document, and on *The Portal*. This is an evidence-based falls prevention program that consists of warm-up exercises; core practices, which include a mix of practice of forms and brief cool-down exercises. Improve your flexibility, muscle strengthening, and endurance training. Tai Chi can improve the health of residents without worsening existing impairments.

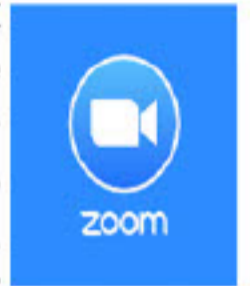


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Resident Zoom Party Line

Introducing: La Vida Llena ZOOM Party Line

In this unprecedented landscape in which we find our residents navigating, a small group met to problem solve and ensure our residents at La Vida Llena can successfully connect with each other. The identified problem was providing a platform for communication that would include the residents that either do not have a computer or choose not to use one. We decided to introduce the LVL ZOOM Party Line. Think of this as the Partly Lines from your past. At a given day and time, you can pick up your phone and join your friends on a group conversation.



Our idea for this new LVL feature is to have a "Host" that would be responsible to schedule the day and time for the call to happen. The Host will have to have access to a computer to facilitate the call. LVL staff can provide one on one assistance in setting up the calls with the designated Host. The Host will then provide the Participants directions to join the call. We have made the process to join a Party Line in 3 easy steps. First, call a phone number from your LVL landline or personal cell phone. Second, enter a 10-digit meeting ID (which will be provided by the Host.) Lastly, have fun talking on the phone with your friends!

Remember, this is a phone conversation. You do not need to be on a computer or have a computer to join a Party Line call. Only the Host will need access a computer to facilitate the call. Want to include your friends you would usually dine with at the Overlook? Schedule a Partly Line call. Want to have your neighbors from your corridor join a call? Schedule a Party Line. Want to create a small group and meet someone new? Schedule a Party Line.

If you are interested in learning more about this new feature, or if you are interested in hosting a Party Line call, please contact Todd Ditto at ext. 3010 or 271-7620. Information and step by step instructions will be provided to both the Host and Participants. Please contact Todd if you have any questions or input to make the Party Line a success.

LVL Music Video



- The Entertainment Sub-Committee would like to create an LVL Music video, comprised of residents singing and playing musical instruments via Zoom and regular video recordings. If you are interested, please return your LVL Music Video Participant Submission Card to a Life Enrichment Survey Box at Main Campus, Nueva Vista, Alta Vista or the Life Enrichment Office by Friday, July 10, 2020. LVL Music Video Participant Submission Cards will be distributed in mailbags on July 1st. In addition, they will be available at the Main Campus and Nueva Vista Hospitality Desk.
- Rehearsals will be scheduled the week of July 13th. Video recordings will be scheduled the week of July 20th. The LVL music video will be available and broadcasted on Channel 77, The Portal, and Virtual Wellness the week of July 27th.