

livfun

MARCH/APRIL 2011

Inspired
to Help

Fantasy
SPORTS
LEAGUES

'Peak' Your Interest

Hiking the Fourteeners



Got feedback?

We welcome your comments. If you have feedback about the current or past issues of *LIV FUN* or suggestions for future issues, please email livfun@leisurecare.com.



from the president

Welcome to spring! I absolutely love this time of year. Everything seems so fresh and the weather almost anywhere you are is delightful. Major league spring training starts. Students enjoy spring breaks from school. Flowers start to bloom. There just seems to be more energy.

I hope you enjoy this issue of *LIV FUN*. I always enjoy the articles that highlight what a few of our residents are up to – from ballroom dancing to mountain climbing. There is certainly a resurgence in ballroom dancing. Dance studios are having a hard time keeping up with the demand for ballroom dancing lessons from people of all ages. Resident Jim Needham from MacKenzie Place – Colorado Springs knows firsthand the benefits tied to this hobby. Harvard Square resident Betty Goding shared her story of mountain climbing – hiking the "Fourteeners." What an amazing feat. I hope we can all look at what we have accomplished in our lives and showcase amazing activities we are passionate about.

For those of you who know me, you are aware of my passion for sports and competition. I must admit that I have never participated in fantasy sports leagues. This year I plan to give it a try. On the other hand, I love March Madness. What a fun time of year. I can guarantee that I will fill out my bracket, as I have done for many years, and I hope you will join me. To be honest, I have never been great at picking the winners. I tend to pick some teams with my heart, not necessarily with logic. Maybe this will be my year.

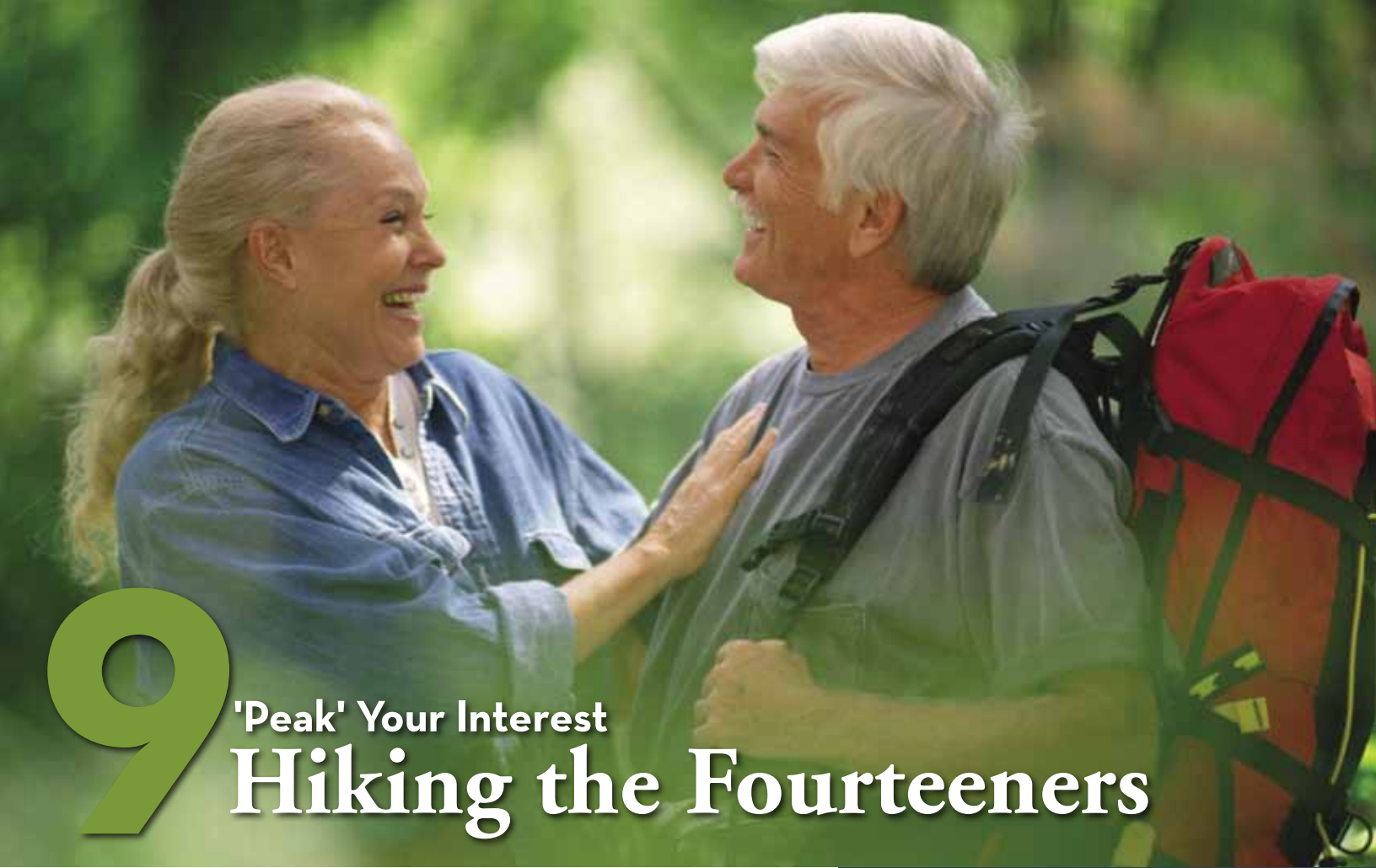
In closing, I just want to let you know how much I appreciate having you as a part of our Leisure Care family. Enjoy spring!

Have fun,

A handwritten signature in black ink that reads "Tana K. Gall".

Tana Gall
Partner and President
Leisure Care
ONE EIGHTY





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Ballroom Dancing
Keeps You

on Your Toes!



Okay, admit it. You sit down to watch an episode of *Dancing with the Stars* and before you know it, your feet are tapping, your head's keeping time, and you're shimmying to the fridge during commercial breaks. Do you wish you could do a salsa, foxtrot, or waltz like you did years ago, or perhaps wonder if you could learn those dances for the first time?

Well, if you've ever thought about taking up or returning to ballroom dancing but wondered if your age or health might hold you back, here's some good news! No matter your age, you can take up ballroom dancing if you are careful not to overexert or strain yourself and are not prone to falls – just as with any other form of exercise. And ballroom dancing has been proven to

be beneficial to your health in studies that show seniors who ballroom dance even once a week have increased flexibility, stronger bones and better cardiovascular health. There's nothing like dancing – backwards in high heels, ladies, if you dare – to work muscles in a new way. In addition, following complex dance steps, moving in time, and staying in rhythm with the music provide great exercise for your brain as well.

And the best news? Ballroom dancing is fun! Dancing provides a great opportunity to socialize, make new friends, get moving, enjoy good music and escape everyday routines. Couples will love another opportunity to spend time together, and dancing provides singles with opportunities to meet each other and share a common interest. So, instead of just sitting there watching the stars dance, get up, put on your dancing shoes, and get your move on. It will be the most fun you have ever had exercising!

Resident Jim Needham of MacKenzie Place - Colorado Springs knows firsthand what a great experience ballroom dancing can be. He began dancing in the early 1950s as a hobby, because it was "a good way to hold your honey!" Jim has fond memories of ballroom dancing events, such as one in Mesa, Arizona, with live music by a band called the Needham Twins – coincidentally, the band contained Jim's own last name. He says he doesn't have a favorite dance in particular but enjoyed them all. His advice to anyone looking to learn ballroom dancing: Find a studio where you feel comfortable, and don't get too frustrated at first. Jim says, "It takes time to get it all in your head then make your legs and body follow along. It's worth the patience and persistence!"

So, what are you waiting for? Dust off those shoes, turn up the music, and "have a ball!"

Fantasy

SPORTS LEAGUES



Have you ever been watching your favorite sports event and thought: "Hey, I could do a better job than those owners and coaches!?" Did you know there's a way to actually find out for sure? There is – through fantasy sports leagues!

Fantasy sports leagues are "virtual" sports teams created by sports enthusiasts, involving the majority of the most popular sports. Focusing on the statistics of real-life games, fantasy sports leagues are a game themselves. In these games, participants act as owners and build teams based on the statistics of actual professional players. The fantasy "owners" then compete against other teams – trading, cutting, and signing players, just like a real owner.

How did fantasy leagues begin? They didn't become a widespread hobby until 1980 with the development of Rotisserie League Baseball. It was invented by Daniel Okrent, who introduced it to his fellow sports journalists. "Owners" drafted teams from a list of active major league players, then followed their stats during the ongoing season to determine game scores. Using "real time" stats, instead of those from previous

seasons, meant that fantasy owners had to make decisions and predictions just like actual managers.

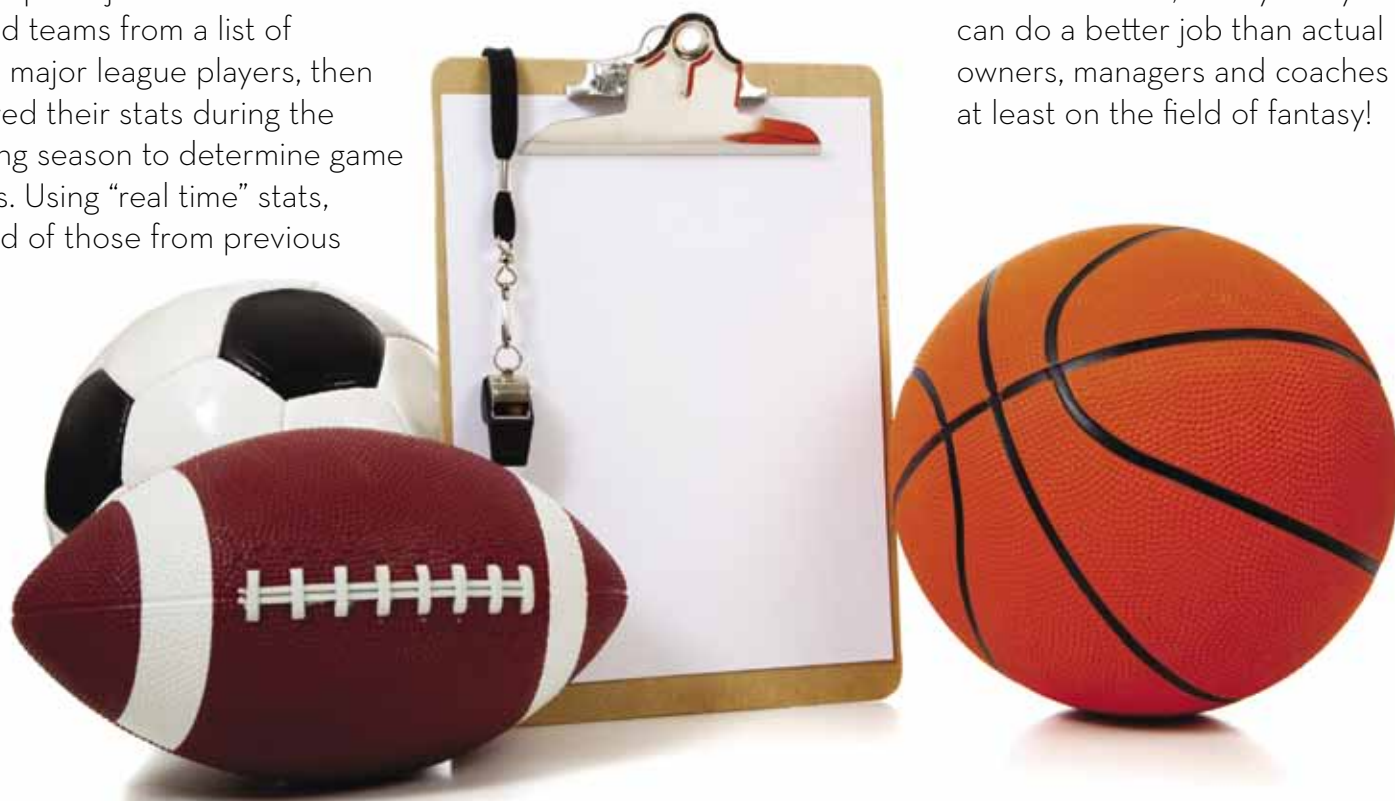
During the 1981 baseball strike, sports writers – with little else to write about – began publishing columns on fantasy league baseball instead and set off a media storm of interest. The hobby soon spread to other sports, and by 1988 it was estimated that 500,000 were playing. This increased popularity led to the publication of books, guides and statistical manuals on fantasy sports, resulting in over one million fantasy leaguers by the mid-1990s.

The internet added a whole new dimension to fantasy sports leagues. Once stats could be compiled online, this new technology opened the door for websites devoted to fantasy sports league play. Now, online fantasy sports leagues are a multi-million dollar industry, featuring football, basketball, soccer, hockey and

even NASCAR racing, among other athletic events.

If you're interested in learning more about fantasy sports leagues, or you think you may want to join one yourself, have a seat at the computer and give it a go. Whatever your favorite sport is, chances are there's a fantasy league for it. As with lots of things that involve the computer, getting started may seem a bit daunting at first, so consider enlisting the help of someone who's familiar with fantasy leagues and may already have their own team. Chances are they will be happy and excited to help you join their league. While some sites require that you pay to participate, there are many that are free. With a little research, you will likely be able to find a free way to play. Just remember, as with any internet experience, always be careful regarding information you share about yourself.

Fantasy sports leagues offer their players the opportunity to prove, once and for all, if they really can do a better job than actual owners, managers and coaches – at least on the field of fantasy!



'Peak' Your Interest

HIKING THE FOURTEENERS



"Fourteen" may not seem like a very impressive number at first glance. But what about 14,000 – or better yet, 14,000 feet in the air?

"The Fourteeners" is the nickname given to mountain peaks reaching an elevation of 14,000+ feet. This is the equivalent of over 2.5 miles! In the state of Colorado, there are 53 such mountain peaks – the most of any state in America.

The Fourteeners are an attractive challenge for any Colorado hiking enthusiast. Therefore it is no surprise that one of Leisure Care's own residents at Harvard Square in Denver, Colorado, has tackled 21 of them. Betty Goding is the adventurous woman who has ventured these trails, and she has been kind enough to share her experience with not just her community, but *LIV FUN* as well.

Betty began her hiking experience with the Colorado Mountain Club, hiking with them about every other week for two years. She completed A and B classification hikes. For those unfamiliar with hiking terminology, Class A hikes are up to eight miles round-trip and can reach an elevation of 1200 feet. The more challenging Class B hikes can be 12 miles round-trip and may reach 2500 feet.

Over the course of 12 years, Betty tackled 21 different Fourteeners, climbing about two a year. She had a hiking buddy from Boulder, and together they would explore these mountains on Saturdays, as Betty worked as a kindergarten teacher during the week. Each trail would take somewhere between six to nine hours of hiking, so sometimes that meant getting up at 3:00 or 4:00 in the morning to complete them in one day!

Betty describes the trails as quite varied. Some hikes were very steep, while others had winding routes that gained elevation over a longer walking time. One had steep stone steps almost all the way to the summit! Some trails had trees, but most of the hikes went above the tree line. Betty remembers many beautiful landscapes and plant life. She also remembers the effect of the changeable Colorado weather on her hikes. Sometimes the beginning of a trail would be sunny and warm, but it could be snowing or raining by the end! At the summit, there was usually a metal container where climbers would leave their names and the date of their climb as a way to leave their mark. Betty did this when she completed a hike.

Another of Betty's impressive accomplishments was her completion of the Colorado Trail. This 500-mile-long trail spans Denver and Durango, Colorado. Betty hiked this trail in stages over six summers; she

completed it in July 1999. For this she received a special plaque. In addition to hiking the Fourteeners, Betty's love of exploration took her to Europe with the Colorado Mountain Club, where she visited Scotland, France, England, Holland and Portugal.

One of the most remarkable aspects of Betty's experience is that she completed these hikes between the ages of 54 and 68. This just goes to show that adventure is not just for young people; you can be active and achieve goals at any age. Your personal goal may not necessarily be to climb a Fourteener. Your "mountain" could be any mission you set for yourself – to exercise more, to learn a new skill, or just to be happier. Hopefully, Betty's story will "peak" the interest of other Leisure Care residents to scale mountains – both literally and figuratively – themselves!





INSPIRED to Help



People who regularly devote their time and talents to service projects already know that the experience can be rewarding and uplifting. Often, though, service projects have another far-reaching benefit: they can inspire others to help as well.

This was the case of two philanthropy projects covered in the May/June 2010 issue of *LIV FUN*. The article "Record-Breaking Philanthropy" described the 116-foot sub sandwich Fairwinds - Woodward Park residents made to donate to the Povorello House in Fresno. This article also covered One Eighty's work with the Union Gospel Mission in Seattle. After reading it, some staff and residents at The Bellettini felt moved to start their own service project.



They wanted to do something to help the homeless people served by the Union Gospel Mission. These people, living in cars, under bridges and in the streets, must endure extremely cold temperatures and harsh winds throughout the winter months. Resourcefully, staff and residents decided to utilize their own knitting skills to create hats and scarves for these people.

These dedicated participants began making scarves and hats at an astonishing pace. A scarf might take a day and a half; a hat might take just one evening! All in all, they managed to produce an astonishing 100 pieces of warm clothing, using materials they provided themselves, and doing this all in their own free time.

Next, The Bellettini reached out to Tracy Sudman, Human Resources Director at One Eighty's home office, to develop a way to get these items to the people who so needed them. Tracy had accompanied the Mission on projects before, so she was the perfect person

to help. Tracy traveled to The Bellettini to meet the volunteers personally, and it was then that they presented her with the scarves and hats. Tracy says she felt lucky for this opportunity. She was especially impressed by the way one community's service project had inspired the philanthropic spirit of another community.

With three large boxes of hats and scarves in hand, Tracy returned to Seattle to accompany the Mission when they distributed the warm clothing. Tracy remembers it being a very cold night when she and other volunteers from the Mission and One Eighty traveled through the streets to give the hats and scarves, as well as toiletry kits, to the homeless. The people were exceptionally appreciative, even remarking on the bright colors of the items. Tracy says that the colors were "a big hit" among the recipients.

Amazingly, the kind actions of a small group can help literally dozens of less fortunate people. Also amazing is the connection between The Bellettini's donation and the earlier service projects of Fairwinds - Woodward Park and One Eighty. The staff and residents of Fairwinds - Woodward Park had no way of knowing that the sandwich they were creating, which would feed many hungry people, would help incite a chain reaction of philanthropy across Leisure Care communities. However, this should come as no surprise – time and time again, Leisure Care residents and staff show their eagerness to help their communities. In the spirit of March's company-wide theme, perhaps this story will "peak" your interest and spur you to begin a service project of your own. Maybe your community will be the next to reach out and help someone in need!





It's March – **Let the Madness Begin!**

Every year, college basketball fans look forward to that first sign of spring – the official NCAA tournament brackets. And the madness begins as excited fans go a little crazy cheering for their favorite teams, arguing complex statistics with ease, and competing in online and office basketball pools.

March Madness, a.k.a. the Big Dance, is the NCAA Men's Division I basketball championship – a single-elimination tournament of 68 teams consisting of conference champions plus at-large teams

chosen by an NCAA selection committee. The tournament is held from late March through early April. During this time, teams will move up one tier at a time from the First Four (a new tier this year) on March 15th and 16th through the Sweet Sixteen, the Elite Eight, and the Final Four to the National Championship game on April 4th.

From its beginning in 1939 as the brainchild of Kansas coach F.C. "Phog" Allen and the National Association of Basketball Coaches, the tournament has grown from a relatively unknown playoff of

eight teams to today's current 68-team roster with an \$11 billion television deal, becoming one of the nation's most prominent sporting events.

This March, Leisure Care residents across the country will have the opportunity to compete with each other for the most successful bracket. The winning community will receive a Wii gift basket of games and accessories! Talk to your Guest Services department for more information on how to get your community involved.



INGREDIENTS SERVES 4

Halibut fillets, six-ounce portions, skin off (four each)
1 large mango, diced
1 large avocado, diced
1 cup cherry tomato halves
4 oz. baby mixed greens
4 tablespoons Balsamic Saba dressing (found at specialty food stores)
2 tablespoons smoked paprika
Pinch of cayenne pepper
1/4 cup olive oil
Juice and zest of 1 lemon
2 tablespoons honey
Salt and pepper to taste

Alaskan Halibut

with Mango and Avocado Salad

PROCEDURE

1. Marinate the halibut fillets by combining them with smoked paprika, lemon zest, two tablespoons olive oil and a pinch of cayenne pepper just five minutes before grilling.
2. Make a simple vinaigrette by whisking together the remaining olive oil, lemon juice and honey, and season to taste.
3. Season halibut with salt and pepper before placing on a hot grill. Grill until internal temperature reaches 140 degrees F.
4. Place mango, avocado, cherry tomatoes and mixed greens in a bowl and then toss together with the vinaigrette.
5. Evenly distribute the salad components on four plates.
6. Top salads with the freshly grilled halibut fillets and drizzle Balsamic Saba dressing around each plate and over the halibut fillets.



Courtesy of Darin Leonardson, Leisure Care Food & Beverage Manager

An Easy Way to Support the **One Eighty Foundation**

The One Eighty Foundation is passionately committed to improving the lives of children and families – to give when there are needs, to mentor when guidance is sought, and to create opportunities for better lives. In 2010, the Foundation's first year, nearly \$90,000 was raised.

How can you get involved? It's as easy as the click of a mouse. The One Eighty Foundation has partnered with Amazon.com and 4% of all purchases made through the Foundation's Amazon portal will be donated to the Foundation. So the next time you have a little shopping to do, visit www.oneeightyfoundation.org and click on the Amazon.com link. Thank you for all of your kind support.

