

Ocean View At Falmouth

Volume 8



Virtual Fitness Newsletter

Filled with tips, workouts, entertainment, and more!



One Positive Story From This Week

College Student Sews Innovative Masks for the Deaf and Hard of Hearing

A college senior in Kentucky noticed an accessibility problem surrounding Coronavirus safety, and came up with a very creative solution.

Ashley Lawrence is studying Education for the Deaf and Hard of Hearing at Eastern Kentucky University. She and her mom are making face masks with a clear plastic panel in the middle, making the wearer's mouth visible to others. That is an enormous benefit for those that read lips or speak ASL.

Lawrence is experimenting with different designs to accommodate those with cochlear implants or hearing aids. Although you may have to wait a bit for your mask, she is offering them for to anyone who needs one.

For the full story, [click here](#).

One Tip To Stay Social

Participate in our second creative writing prompt!

Writing prompts are all about being creative. Are you ready to flex those writing muscles again? Join in on the fun! If you like the prompt below, simply write a short story based on it.

This week's prompt: *"There's a parallel universe where people age non-linearly, and every day you have no idea how old you'll wake up. So sometimes you'd have to call into work like, "Sorry, can't make it in today, I'm 7."*

Please feel free to share your short stories with us. It may even make it in the newsletter!

[Submit Your Story](#)

Food and Entertainment



Slow Cooker BBQ

Below is an easy way to make homemade BBQ. Although this recipe calls for pork, you could also use boneless chicken breasts or thighs

Ingredients:

- 2-3 pounds pork shoulder or boneless chicken
- 1 Tbsp. garlic powder
- 1 Tbsp. onion powder
- 1 Tsp. black pepper
- 1/2 Tsp. salt
- 12 ounces BBQ sauce

Directions:

Pour 3 ounces of the BBQ sauce into the slow cooker.

Coat the entire pork shoulder or all pieces of chicken with the garlic powder, onion powder, salt and pepper.

Set the protein in the slow cooker (fat side up if using a pork shoulder).

Pour the remaining BBQ sauce on top of the protein.

Cook for 8-9 hours on medium heat.

When finished, use two forks to shred the meat while still in the slow cooker.

Let the meat sit in the sauce/gravy while you prepare any sides you may want, e.g. coleslaw.

Serve with or without buns.

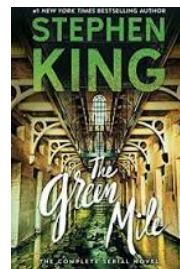
Enjoy!



This Week's Entertainment Picks

Jameson's Book Series Pick

The Green Mile This tells the story of death row supervisor Paul Edgecombe's encounter with John Coffey, an unusual inmate who displays inexplicable healing and empathetic abilities. The serial novel was originally released in six volumes before being republished as a single-volume work.



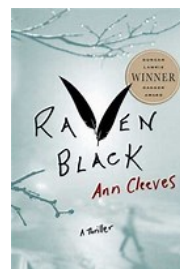
Christina's Book Series Pick

The Cuckoo's Calling The Cuckoo's Calling is a novel by J. K. Rowling, published under the pseudonym Robert Galbraith. It is the first novel in the Cormoran Strike series of detective novels. Strike is hired to investigate the death of the beautiful, famous, and wealthy supermodel Lula Landry.



Ross's Book Series Pick

Raven Black The first book in the Shetland series by Ann Cleeves, Raven Black introduces you to Inspector Jimmy Perez, and his attempt to solve a murder while the surrounding small town targets the wrong suspect.



Resident's Pick

Do you have a favorite book or television show, or one that you are currently enjoying?

Do you think your peers would enjoy it as well?

If so, let one of the fitness staff know what it is. You may see it in a future newsletter!

[Send Us Your Picks!](#)

Moves You Can Use

This week, Ross coaches Christina and Jameson through three different balance exercises.

Click on each picture for full instruction.

Have more questions? You can call the fitness team during the week between 8:00 AM - 4:00 PM using extension 208!



Single Leg Pendulum Swing

Watch Jameson and Christina work on their balance using this single leg swing exercise. Ross coaches them through how to do this properly and with safety in mind.



Step Lunge Matrix

Ross coaches Christina and Jameson through some single leg stability and strength work. Keep your core braced and focus on a spot on the floor. Make sure to use a chair or counter top for added support if you need it.



Clock Face Balance Game

Make your own game or challenge your partner to this balance exercise. Ross calls out a series of "times" to work on reaction time, balance, coordination, and stability. Make sure to use both legs equally!

Fitness Video Archive

Check out OceanView's growing fitness video archive.

Now with over 35 unique videos that include warm up, upper body, lower body, mobility, stretching, core work, and even a bonus blooper reel!