

Fun Games Word Search

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

Chess
 Hearts
 Solitaire
 Trivial Pursuit
 Hangman

Scrabble
 Go Fish
 Uno
 Sudoku
 Concentration



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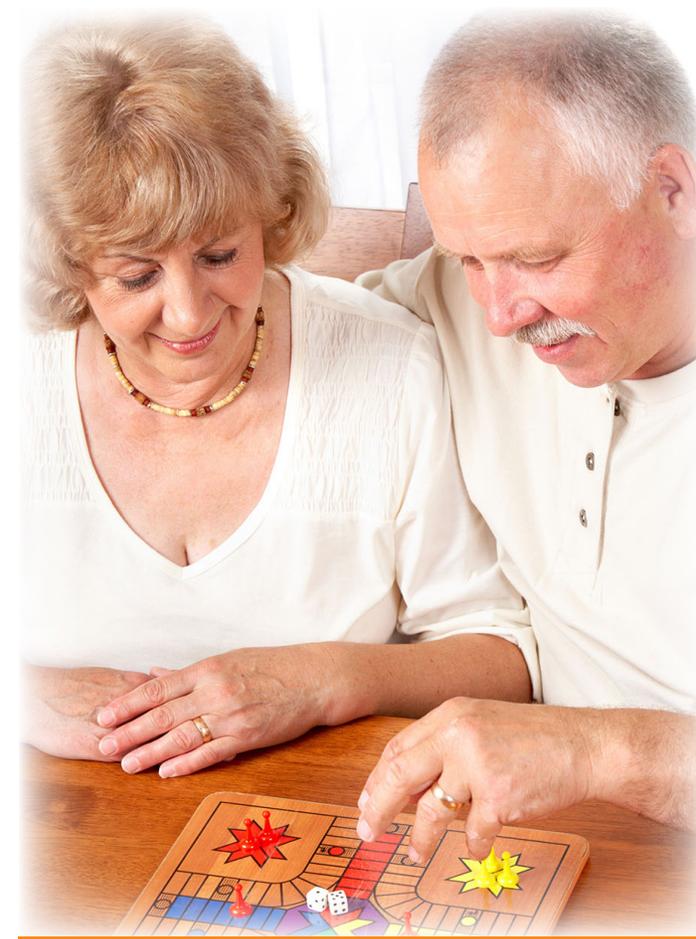
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LEASE News & Views

Summer 2018



Keeping Your Mind and Body Active



Look inside for
 ways to save on
 your health!



Staying in Touch with Kathy Sullivan

Whether you like playing a sport with a group or taking a brisk walk alone, summer is a great time to get outdoors to enjoy the sunshine and get some exercise. Not only is exercise good for the body, but for the mind as well. In this issue of *Lease News & Views*, we will share some tips with you on different forms of activity and games that aren't just for fun, but also for function.

We also need to keep our minds alert. There are studies that say that keeping the mind active helps keep us sharp. That's why crossword puzzles and word searches are so popular. In keeping with our theme of exercise with a function, we've included a World Search Puzzle to stimulate your brain. It's not just our bodies we need to exercise, but our brains as well.

To help you stay healthy year-round, we are pleased to offer you the FREE Lease Rewards® card, available to you just for being a valued customer. With the free card, you can save on Vision care, Hearing care, Prescription drugs and Vitamins! Get started by calling 1 (888) 831-4311.

Sincerely,

Kathy Sullivan, CEO
QLT CLS

Drop us a line with any questions or comments. We would love to hear from you!

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Games for Fun and Function

Summer time is a time for family gatherings, relaxing outside and taking trips. You may not have thought of any of these opportunities as a good time to work on your health, but they are! When it comes to health and exercise most people think of cardio and weights, but that isn't always the case. The brain is like every other muscle or organ in the body; if you don't use it, then it won't perform at its peak. Studies show that our brains can benefit from mental exercise and the summer is full of endless opportunities to get those exercises in.

The next time the family gets together, try taking out a board game for everyone to play. Jigsaw puzzles and classic games are all great ways to challenge the brain while having fun.

Maybe you are going to be the passenger along for the ride during a long road trip this summer or you like to spend time outside by the pool relaxing. Whatever the summertime fun brings, try taking a puzzle book along with you. Sudoku, the popular puzzle game, is a great brain game that requires discerning, deciphering and decoding while still being challenging and compelling.

Another way to help the brain is to exercise. Physical activity not only helps the brain, it helps your whole body. The more you move your body, the more nutrients, blood and oxygen move through it. After you get the okay on a fitness plan from your doctor, try some challenging group classes like yoga or dance that require coordination and focus. Activities like swimming and walking are also good forms of exercise to help boost brain power by stimulating the formation of new brain cells.

While you are basking in the warmth of the summer sun, you can relax even more by knowing you can use your Lease Rewards® card to save on things for your health like prescriptions, hearing aids, glasses, vitamins and personal care items. Look for more information about the card in this issue of the *Lease News & Views*.



6 Fun Facts About Your Favorite Board Games Source: Buzzfeed.com

1. Two journalists invented Trivial Pursuit in 45 minutes after being shocked at the price of a Scrabble set.
2. Scrabble is an official sport in several African countries, including Senegal and Mali.
3. A traditional Connect Four board has 4,531,985,219,092 possible positions.



4. Operation was invented by a sophomore at the University of Illinois in 1962 as part of a class assignment to invent a game or toy.
5. Yahtzee was invented by a wealthy Canadian couple who liked to play the game on their yacht.
6. The longest Monopoly game ever went on for 70 straight days.

