

Birchwoods at Canco

Assisted Living Community

86 Holiday Drive • Portland, Maine 04103 • Phone (207) 772-1080 • www.seniorlivinginstyle.com
Facility License Number ALLS1927

MARCH 2019

BIRCHWOODS AT CANCO STAFF

Administrator.....MICHELLE TUFTS
Assistant Administrator.....AMANDA ALLEN
Director of
Health ServicesCOURTNEY CLARK
Resident Services
Coordinator.....AMY JAMESON
Executive Chef.....TIM HUNT
Activity CoordinatorHAILEY HOWARD
Administrative AssistantsPAM HINKLEY &
MELISSA FODROCY
Maintenance Coordinator..CHRIS SCHAFER

HAWTHORN
SENIOR LIVING

March Madness

March means many things: Saint Patrick's Day, National Women's History Month, the first day of spring, but more importantly, for basketball fans it's March Madness!

The madness is the most exciting time for basketball fans as it's a single-elimination tournament that has been played annually since 1939. Sixty-eight teams compete in seven rounds for the national championship fighting to be one of the final four.

Birchwoods will be celebrating March Madness with our kick-off party March 19th! Come join the fun and build your bracket — there will be prizes!





Guess Who's Coming to Visit Birchwoods?

Who doesn't love animals? Everyone loves a fluffy cat or friendly dog, but what about animals with eight legs or slimy tails, or scales?! Last year, Drew of "Mr. Drew and His Animals Too" visited us with his exotic animals and tested our limits as we held tarantulas and snakes. How exciting it was to see that most of the residents here at Birchwoods weren't scared at all!

We had such a great time last year that we asked the Herp Educator of the Year Nominee to bring his animals back to Birchwoods! March 17th at 2 p.m., we will get the chance to see lizards, turtles, spiders and more!

Drew has been interested in animals from a very young age. As a boy, he spent much of his free time in the local woods or by the water's edge. Over 40 years ago, he started keeping aquarium fish, and this opened a new world for him ... SCIENCE! From that first aquarium, he learned and studied; geology, geography, biology, botany, chemistry, entomology, ichthyology and the list goes on. He is involved with the Boy Scouts of America, earning his Eagle Scout at the age of 16. Drew has worked in the pet industry for over 30 years. During that time, he owned and operated a pet store and an aquarium maintenance service. Drew is also a rehabilitator and has an outreach program for injured, neglected and unwanted exotic animals to either find them good homes or use them in his shows for educational purposes. He has written informational articles for magazines and has had a small segment on CNN on "Keeping Reptiles Healthy and Warm in the Winter." Drew has remained in the educational circuit as an educational technician, merit badge counselor and a guide for Thorncrag Bird Sanctuary and Mt. Apatite Geological Park. Drew delights all ages with his unique style, energy, knowledge and love for learning.





Music to Look Forward To

- **Friday, March 8th, 6:30 p.m.:** Billy Lake Country Music
- **Wednesday, March 13th, 10:30 a.m.:** Lighthouse Jubilees Gospel Music
- **Tuesday, March 19th, 10:30 a.m.:** Peter the Banjo Guy
- **Monday, March 25th, 10:30 a.m.:** Pianist David Stone
- **Wednesday, March 27th, 2 p.m.:** Rhythm Band with Ann Sparling

What's What?

Hi folks, Dick Bakke here and I'm going to be writing a column each month in the monthly newsletter, unless I get pink-slipped on my first attempt.

What will be my subject? I really have no idea. Whatever pops into my head at the time, I guess. Probably a little humor, some history, and maybe articles about the residents and the staff. I'm sure we have some interesting people in this building. The first person I had the privilege of meeting, upon my arrival, was and is an extremely bright individual. His name is Ray Oransky and come to find out we had many mutual friends. As interesting as Ray is, it makes me think, there must be many more fascinating people here, where hides a story? In talking with Ray Oransky, I found out that he was an M.I.T. graduate.

I told Ray I really wanted to attend M.I.T. when I was young, but I had trouble with the entrance exam. I went to Cambridge and sat for the exam where it had 50 questions. I didn't have problems with the first 49, but the 50th question was, "What's What?" I said to myself, "What's What? How can I answer that?" so I left it blank and turned in the exam. Several days later I received a letter from M.I.T. informing me that I had failed because I didn't even try to answer the 50th question. They suggested I take a couple



philosophy courses and try again next year. So that I did, and I went to Cambridge to sit for the next exam. Again, the exam had 50 questions. The first 49 were not too bad, but the 50th question again was "What's What?" This time, I made a feeble attempt to answer the question. A few days later, I received a letter from M.I.T. with the same results and the same recommendations as last year.

A few weeks later, I'm in a boat on Crystal Lake. It was a fabulous summer day. The temperature was 79 to 80 degrees with a slightly cool gust of air. My guest that day was an absolutely beautiful young lady. She was wearing bright white short-shorts and a sky-blue halter top with a large brass buckle. She was very comfortable in the back of the boat while I was admiring the scenery as a slight gust of wind caused small ripples in the water and on shore, the tall grasses were swaying magically in the breeze when all of a sudden, the buckle on her halter broke and both the buckle and halter fell to the deck with a clunk. I spun around and said, "What's that?" and she, covering up, said, "What's what?" With that, I said, "Hell, if I knew the answer to that, I'd be a sophomore at M.I.T."

If you have a smile on your face, I hope it's my fault. Always remember, smile, it drives people crazy.

— Dick B.

MARCH

2019

Birthdays

Shirley Tevanian, 1st

Carroll Steepleton, 16th

Janet Coffee, 28th

Locations

Billiards Room, BR

Activity Room, AR

Chapel, Chapel

Dining Room, DR

Fireplace, FP

Living Room, LR

Lobby, LB

Outing, Outing

Patio, Patio

TV Room, TV

Check the Activity Room daily to see upcoming events, movies and outings!

“Despite the forecast, live like it’s spring.”
—Lilly Pulitzer

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
10:00 Morning Exercise, AR 10:30 Communion Service, Chapel 10:30 Sunday Puzzles, AR 2:30 Movie & Popcorn, AR 3:30 Card Club 4:00 Sunday Ice Cream Social, AR	9:30 News Hour, AR 10:00 Morning Exercise, AR 11:00 Left Right Center, Dice Game, AR 2:00 Current Events, AR 3:30 Card Club 4:00 Monday Memory Game, AR	MARDI GRAS <i>Dr. Appointment Day</i> 9:30 News Hour, AR 10:00 Morning Exercise, AR 2:00 Bingo, AR 3:30 Card Club 4:00 Mardi Gras Party, AR	ASH WEDNESDAY 9:30 News Hour, AR 10:00 Morning Exercise, AR 11:00 Group Discussion, AR 2:00 Who What Where When Wednesday Trivia Game, AR 3:30 Card Club 4:00 Show & Share, AR	<i>Dr. Appointment Day</i> 9:30 News Hour, AR 10:00 Morning Exercise, AR 2:00 Bingo, AR 3:30 Card Club	10:00 Morning Exercise, AR 11:00 Morning Game, AR 2:00 Trip to Northgate Shopping Center 4:00 Friday Social, AR 6:30 Evening Concert: Billy Lake, DR	10:00 Morning Exercise, AR 10:30 Scenic Drive Out 2:00 Bingo, AR 3:45 Saturday Social, AR
DAYLIGHT SAVING TIME BEGINS 10:00 Morning Exercise, AR 10:30 Communion Service, Chapel 10:30 Sunday Puzzles, AR 2:30 Movie & Popcorn, AR 3:30 Card Club 4:00 Sunday Ice Cream Social, AR	9:30 News Hour, AR 10:00 Morning Exercise, AR 11:00 Left Right Center, Dice Game, AR 2:00 Current Events, AR 3:30 Card Club 4:00 Monday Memory Game, AR	<i>Dr. Appointment Day</i> 9:30 News Hour, AR 10:00 Morning Exercise, AR 2:00 Bingo, AR 3:30 Card Club 4:00 Poetry Reading, AR	9:30 News Hour, AR 10:00 Morning Exercise, AR 11:30 Making St. Patty’s Day Decorations, AR 2:30 Girl Scouts Cookie Sale, AR 3:30 Card Club 4:00 Show & Share, AR 10:30 Musical Guest: Lighthouse Jubilees, AR	<i>Dr. Appointment Day</i> 9:30 News Hour, AR 10:00 Morning Exercise, AR 11:45 Tai Chi with Jane!, AR 2:00 Bingo, AR 3:30 Card Club 4:00 National Popcorn Lovers Day Popcorn Taste Testing, AR	10:00 Morning Exercise, AR 11:00 Morning Game, AR 2:00 Trip to Northgate Shopping Center 4:00 Friday Social, AR	10:00 Morning Exercise, AR 10:30 Scenic Drive Out 2:00 Bingo, AR 3:45 Saturday Social, AR
ST. PATRICK’S DAY 10:00 Morning Exercise, AR 10:30 Communion Service, Chapel 10:30 Sunday Puzzles, AR 2:00 Mr. Drew and His Animals Too, AR 3:30 Card Club	9:30 News Hour, AR 10:00 Morning Exercise, AR 11:00 Left Right Center, Dice Game, AR 2:00 Walmart Shopping Trip 2:00 Current Events, AR 3:30 Card Club 4:00 Monday Memory Game, AR	<i>Dr. Appointment Day</i> 9:30 News Hour, AR 10:30 Musical Guest: Peter Mezoian the Banjoist, AR 2:00 Bingo, AR 3:30 Card Club 4:00 March Madness Party, AR	SPRING BEGINS 9:30 News Hour, AR 10:00 Morning Exercise, AR 11:00 Group Discussion, AR 2:00 Who What Where When Wednesday Trivia Game, AR 3:30 Card Club 3:30 Visit From Animal Refuge League, AR 4:00 Show & Share, AR	<i>Dr. Appointment Day</i> 9:30 News Hour, AR 10:00 Morning Exercise, AR 11:00 Chef’s Chat & Demo, AR 2:00 Bingo, AR 3:30 Card Club 11:30 Resident Council Meeting, AR	10:00 Morning Exercise, AR 11:00 Morning Game, AR 2:00 Trip to Northgate Shopping Center 4:00 Friday Social, AR	10:00 Morning Exercise, AR 10:30 Scenic Drive Out 2:00 Bingo, AR 3:45 Saturday Social, AR
10:00 Morning Exercise, AR 10:30 Communion Service, Chapel 10:30 Sunday Puzzles, AR 2:30 Movie & Popcorn, AR 3:30 Card Club 4:00 Sunday Ice Cream Social, AR	9:30 News Hour, AR 10:30 Musical Guest: Pianist David Stone, DR 2:00 Current Events, AR 3:30 Card Club 4:00 Monday Memory Game, AR	<i>Dr. Appointment Day</i> 9:30 News Hour, AR 10:00 Morning Exercise, AR 2:00 Bingo, AR 3:30 Card Club 4:00 Poetry Reading, AR	9:30 News Hour, AR 10:00 Morning Exercise, AR 11:00 Group Discussion, AR 11:30 Lunch Outing (\$) 2:00 Musical Guest: Ann Sparling, AR 3:30 Card Club 4:00 Show & Share, AR	<i>Dr. Appointment Day</i> 9:30 News Hour, AR 10:00 Morning Exercise, AR 11:45 Tai Chi with Jane!, AR 2:00 Bingo, AR 3:30 Card Club	10:00 Morning Exercise, AR 11:00 Morning Game, AR 2:00 Trip to Northgate Shopping Center 4:00 Friday Social, AR	10:00 Morning Exercise, AR 10:30 Scenic Drive Out 2:00 Bingo, AR 3:45 Saturday Social, AR
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Welcome Our New Resident Services Coordinator, Amy Jameson

Greetings, everyone! Let me introduce myself, I am Amy M. Jameson and I was born here in Portland, Maine! I attended Deering High School and then attended nursing school. I have been a licensed nurse for 11 years and have extensive experience with the geriatric population. I have two amazing children who are the light of my life, Dominik Joshua and Dylan Michael. They sure do keep me on my toes and teach me something new every day. I am very excited to join



the team here at Birchwoods! Please feel free to stop by my office anytime; I look forward to getting to know each and every one of you!

"As a nurse, we have the opportunity to heal the heart, mind, soul and body of our patients, their families and ourselves. They may forget your name, but they will never forget how you made them feel."

— Maya Angelou

Aim to Be Wellderly

With today's seniors living longer, there's a determined focus on vibrant, healthy aging. Wellderly Week, the third week in March, encourages seniors to embrace growing older.

What does it mean to be "wellderly"? The term refers to older adults who focus on health span rather than life span, seeking optimal wellness for as long as possible. They take proactive steps to lead fulfilling, engaged lives without fixating on their age. Thriving, not just living, is the goal.

A number of lifestyle choices contribute to being wellderly. Regular physical activity is key, and it can be as simple as stretching, walking and gardening. A healthy, balanced diet fights illness and helps the body function at its best. Staying socially and mentally engaged are crucial to emotional well-being, as is maintaining a strong sense of purpose. Gratitude, humor and joy are also traits of the wellderly.

A good balance of optimism and realism is also important for healthy aging. Growing older is a part of life, but those who strive to nourish their body and mind can truly be wellderly.





Symbols of Luck

Since the beginning of civilization, people have used various symbols to bring them good luck.

Four-leaf clover: Irish legend claims this green plant will bring luck — if a person can spot the rarity. Scientists say the odds of finding a four-leaf clover in the wild are 1 in 10,000.



Ladybug: These insects, recognized by their bright red bodies with black spots, are beneficial to farmers and gardeners because they feast on plant-eating pests, which may be why many cultures admire “lucky ladybugs.”

Horseshoe: Ancient folklore was full of mischievous fairies who were afraid of metal, so people hung iron horseshoes above their doors to keep them away. Some believe that hanging a horseshoe with the ends pointed up collects good fortune; others say that pointing the ends down allows luck to flow onto those below it.

Penny: You’ve probably heard the saying, “Find a penny, pick it up, and all day long you’ll have good luck.” The coin is said to be lucky only if found face side up.

Rainbow: Legend has it that a pot of gold can be found at the end of a rainbow, explaining why the colorful sight is a sign of good fortune.

The Bagpipe Tradition

Their distinctive sound is often heard at St. Patrick’s Day parades, and they are often associated with the traditions of Ireland and Scotland, but bagpipes have played a part in many world cultures.

Most historians believe the wind instrument was developed thousands of years ago in the Middle East, with evidence of it in ancient Egyptian history, then the Greek and Roman empires. In the Middle Ages, bagpipes spread to the rest of Europe, where they provided music at outdoor gatherings. Immigrants brought bagpipes to America.

There are dozens of types of bagpipes, but most work in a similar manner. The piper blows air through a mouthpiece, and the air is pushed through a bag into several pipes. One pipe has finger holes used to play the melody, and other pipes produce a constant harmonizing tone.

The Scottish created the Great Highland bagpipe, the most familiar form of the instrument today. Its loud, high-pitched tone can be heard up to 10 miles away. It was used during wartime to lead troops into battle and relay messages.

Across the world, military forces and police and fire departments have adopted the tradition of including pipe bands in formal ceremonies.

The bagpipe is the national instrument of Scotland.

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SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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