

Winterberry Heights

Assisted Living & Memory Care

932 Ohio Street • Bangor, Maine 04401 • Phone (207) 942-6002 • www.seniorlivinginstyle.com

APRIL 2019

WINTERBERRY HEIGHTS STAFF

Administrator.....PENNY PAULIKS
Assistant Administrator.....ALISA BRAGG
Director of Health Services.....KIMBERLY ORTUNO, RN
Resident Services Coordinator.....PAM JONES
Memory Care Coordinator.....CANDICE WHITE
Executive Chef.....MARTIN EGAN
Activity Coordinator.....HEATHER LAPLANTE
Administrative Assistant.....HEATHER CHASSE
Maintenance.....GREG CARON

TRANSPORTATION

Monday, 10:30 a.m.: Shopping – Walmart
Tuesday, 8 a.m.-5 p.m.: Medical Appointments
Wednesday, 9 a.m.: Shopping – Hannaford
Thursday, 8 a.m.-5 p.m.: Medical Appointments
Sunday, 8 a.m.-Noon: Local Church Services

HAWTHORN
SENIOR LIVING

Easter Egg Hunt with the Easter Bunny

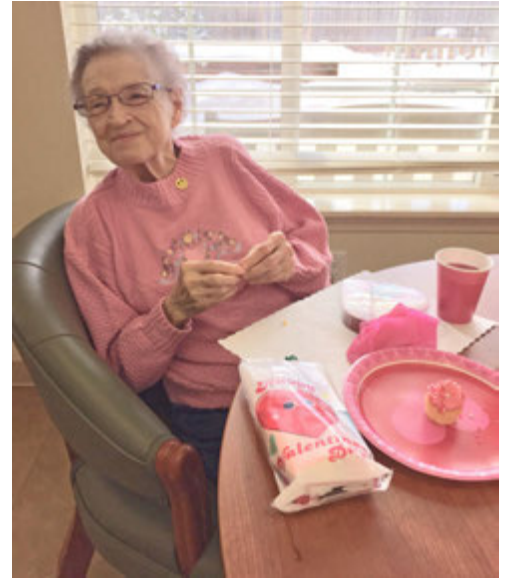
The Easter Bunny will be in town and is looking forward to seeing you! We will be hosting our Annual Easter Egg Hunt with the Easter Bunny on Saturday, April 13th. A light Continental Breakfast will be served at 10:30 a.m. The Egg Hunt will begin at 11 a.m. You may also choose to have your picture taken with the Easter Bunny! With this event, we are supporting the Bangor Humane Society. We ask, if you are able, that you please bring an item to be donated to our furry friends at the Humane Society. They have a wish list that includes items such as Hill's Science Diet dry food, canned cat and dog food, small animal food (for rabbits, guinea pigs, hamsters, etc.), blankets, sheets, towels, washcloths, pet toys, treats, bleach, rubber gloves, paper lunch bags, litter and small litter pans, paper towels, Windex, peanut butter and squeeze cheese. Monetary donations will also be accepted. All of these items aid in the Humane Society's effort to care for these animals before they reach their forever homes. Please help us help their efforts!





Celebrating Valentine's Day

Some special little valentines came to visit at Winterberry Heights, each resident who wanted one received a flower from some children who stopped by to spread kindness and love. We also had Valentine's parties and enjoyed a lovely dinner by our culinary staff.



Winterberry Heights Auction!

Residents will have the chance to spend their hard-earned Winterberry Bucks at our next auction on Wednesday, April 3rd, at 2 p.m. We will be having a Winterberry Bucks Money Exchange two days before, on Monday, April 1st, at 3 p.m., for residents to have their orange Winterberry Bucks counted and exchanged for larger denominations to make the auction process easier on Wednesday. If you have any questions, please see Heather, Activity Coordinator.



Welcome New Residents!

- Theresa G.
- Eileen H.
- Dale B.
- Carolyn S.





April Is Occupational Therapy Month

During the month of April, the American Occupational Therapy Association (AOTA) celebrates Occupational Therapy Month and the more than 213,000 occupational therapists, occupational therapy assistants, and students who work nationwide to create fuller lives for clients and their families.

Therapy is a big part of recuperating from injury or living with a long-term illness. When it comes to occupational therapy in particular, many benefits are posed to the ill, injured or elderly. According to the National Association of Occupational Therapists, this branch of therapy helps people participate in the things they want and need to do through the therapeutic use of everyday activities, also referred to as occupations. Interventions can help children with disabilities so they can fully integrate in social situations. They can help people recover from injury and they can help in assisting the elderly in adapting to physical and cognitive changes.

With an occupational therapist, a patient can benefit from the following:

- Individualized evaluation to determine goals
- Customized plan designed to improve performance of daily activities such as bathing, dressing, and meal preparation
- Recommendations for adaptive equipment and training such as grab bars, sock donners, long-handled sponges to improve safety and ease with activities.
- Guidance and education for family members and caregivers
- Outcomes evaluation on a periodic basis to ensure goals are consistently being met. If not, adjustments can be made to the plan to accommodate setbacks or unexpected progression.

The role of the occupational therapist is to help the patient improve his or her quality of life at home, at work and in school through the introduction, maintenance and improvement of skills over time. Some pretty amazing results can happen when the OT and patient, along with caregivers and family members, work together toward a common goal.

Hydration Is Important

Everyone knows that it's important to stay hydrated, especially in the hot summer sun. Seniors are far more likely to experience health problems when they are not getting enough fluids. Unfortunately, they are also much more susceptible to dehydration. As we age, it becomes harder for our bodies to retain water. Seniors have on average 10 percent less fluid in their bodies compared to younger adults. Dehydration is caused by loss of salts and water in our bodies due to severe sweating, extreme heat, vomiting, diarrhea and certain medications. Severe dehydration can become life-threatening to the elderly because there is no longer enough fluid in the body to carry blood to the organs.

Signs and symptoms of dehydration, like those of many other treatable health conditions, can be virtually identical to senile dementia symptoms and Alzheimer's symptoms. The most common signs and symptoms of dehydration include persistent fatigue, lethargy, muscle weakness or cramps, headaches, dizziness, nausea, forgetfulness, confusion, deep rapid breathing, or an increased heart rate. The most important way to prevent dehydration is to make sure to drink enough liquid. Seniors and all adults should drink at least 64 ounces of fluids such as water or non-caffeinated beverages daily. Caffeinated beverages cause frequent urination and promote dehydration. Water can also be found in many fruits and vegetables, so including them as part of your daily diet can help with staying hydrated. Include fruits like melons, berries, apples, oranges and peaches. Vegetables such as lettuce, cucumbers, celery and cauliflower are also good.

Keep water readily available and if you are bothered by tap water, try flavoring your water with sliced fruit or use powdered drink mixes that flavor the water, but do not add excess sugar.



APRIL 2019

Birthdays

Lois Foss, 1st
Hilda Chase, 28th

Are you looking to enrich the lives of seniors through volunteering? Our residents have a wide range of interests and talents and look forward to meeting people like you! If you are interested in volunteer opportunities, please contact Activities Coordinator Heather LaPlante at 207-942-6002.

Please remember to sign up for shopping and other outings at the Front Desk.

“A sense of humor is a major defense against minor troubles.”
—Mignon McLaughlin

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 News Hour 1 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Sudoku Puzzles 12:25 Dinner Table Fitness 2:00 Manicures 3:00 Winterberry Bucks Money Exchange 6:45 Monday Night Movie 	9:00 News Hour 2 10:00 Strength and Balance 11:00 Senior Zumba 12:25 Dinner Table Fitness 1:30 Heather's General Store 2:00 Pray the Rosary in the Chapel 3:00 Painting Class with Janice 6:45 Puzzles	9:00 Shopping: Hannaford 3 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:00 Winterberry Heights Auction! 4:00 Penny's Chorus 6:45 Billiards	9:00 News Hour 4 10:00 Strength and Balance 10:30 Scrabble 12:25 Dinner Table Fitness 2:00 Mandala Art Coloring 3:00 Music with Jim Moffitt 6:45 Famous April Birthdays Word Search	9:00 News Hour 5 10:00 Strength and Balance 11:00 Welcome Committee Meeting 12:25 Dinner Table Fitness 2:00 Horse Derby Game 3:00 Word Scrambles 6:45 Relax and Chat by the Fireplace	9:00 News Hour 6 10:00 Strength and Balance 11:00 Guitar Music with Duane Nickerson 12:25 Dinner Table Fitness 2:00 Bingo 3:00 Piano Music with Masanobu Ikemiya 6:45 Scrabble
9:00 Catholic Mass in the Chapel 7 10:00 Strength and Balance 11:00 Scenic Bus Ride 12:25 Dinner Table Fitness 2:00 Holy Communion Service in the Chapel 3:00 Fill Eggs with Candy for Egg Hunt 6:45 Old-Time TV Shows	9:00 News Hour 8 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Puzzles 12:25 Dinner Table Fitness 2:00 Piano Music with Clayton Rogers 3:00 Heather's Ice Cream Social 6:45 Monday Night Movie	9:00 News Hour 9 10:00 Strength and Balance 11:00 Senior Zumba 12:25 Dinner Table Fitness 2:00 Pray the Rosary in the Chapel 3:00 Music with Nostalgia Music Group 6:45 Puzzles	9:00 Shopping: Hannaford 10 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:00 Easter Craft 4:00 Penny's Chorus 6:45 Billiards	9:00 News Hour 11 10:00 Strength and Balance 10:30 Scrabble 12:25 Dinner Table Fitness 2:00 Resident Meeting 3:30 Music with Fred and Deb 6:45 Cribbage	9:00 News Hour 12 10:00 Strength and Balance 11:00 Painting 12:25 Dinner Table Fitness 2:00 Brain Drain Game 3:00 Beach Ball Volley to the Beach Boys 6:45 Relax and Chat by the Fireplace	9:00 News Hour 13 10:00 Strength and Balance 11:00 Easter Egg Hunt with the Easter Bunny 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Cut Coupons for Overseas Troops 6:45 Scrabble
PALM SUNDAY 14 9:00 Catholic Mass in the Chapel 10:00 Strength and Balance 11:00 Crosswords 12:25 Dinner Table Fitness 2:00 Holy Communion Service in the Chapel 3:00 Bible Study with Frances 6:45 Old-Time TV Shows	9:00 News Hour 15 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Checkers 12:25 Dinner Table Fitness 2:00 Manicures 3:00 Shopping at Books a Million 6:45 Monday Night Movie	16 9:00 News Hour 10:00 Strength and Balance 11:00 Senior Zumba 12:25 Dinner Table Fitness 1:30 Heather's General Store 2:00 Pray the Rosary in the Chapel 3:00 Music with Ken Griffiths 6:45 Puzzles	9:00 Shopping: Hannaford 17 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:00 Movie Matinee and Popcorn 4:00 Penny's Chorus 5:30 Family Night!	18 9:00 News Hour 10:00 Strength and Balance 10:30 Scrabble 12:25 Dinner Table Fitness 2:00 Knitting Together 3:00 Chair Dancing 6:45 Billiards	GOOD FRIDAY PASSOVER BEGINS AT SUNSET 19 9:00 News Hour 10:00 Strength and Balance 11:00 Wheel of Fortune 12:25 Dinner Table Fitness 2:00 Dice Fitness 3:30 Music with Dave Mussey 6:45 Relax and Chat by the Fireplace	9:00 News Hour 20 10:00 Strength and Balance 11:00 Ring Toss 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Music with Chris Heard 6:45 Scrabble
EASTER 21 9:00 Catholic Mass in the Chapel 10:00 Strength and Balance 11:00 Puzzles 12:30 Easter Dinner 2:00 Holy Communion Service in the Chapel 3:00 Daniel O'Donnell Songs Video 6:45 Old-Time TV Shows	EARTH DAY 22 9:00 News Hour 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Word Search 12:25 Dinner Table Fitness 2:00 Left, Right, Center Game 3:00 Scenic Bus Ride 6:45 Monday Night Movie	23 9:00 News Hour 10:00 Strength and Balance 11:00 Senior Zumba 12:25 Dinner Table Fitness 1:30 Heather's General Store 2:00 Pray the Rosary in the Chapel 3:00 Uno Card Game 6:45 Puzzles	24 9:00 Shopping: Hannaford 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:00 Men's Social with Greg 3:00 Music with Stephanie Erb 6:45 Billiards	25 9:00 News Hour 10:00 Strength and Balance 11:00 Meeting with Chef Marty 12:25 Dinner Table Fitness 2:00 Piano Music with Clayton Rogers 3:00 Scrabble 6:45 Word Search	26 9:00 News Hour 10:00 Strength and Balance 10:30 Donut Social 12:25 Dinner Table Fitness 2:00 Name 10 3:00 Swatterball 6:45 Relax and Chat by the Fireplace	27 9:00 News Hour 10:00 Strength and Balance 11:00 Beanbag Twister 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Trivia 6:45 Scrabble
9:00 Catholic Mass in the Chapel 28 10:00 Strength and Balance 11:00 Hymn Singalong 12:25 Dinner Table Fitness 2:00 Holy Communion Service in the Chapel 3:00 April Birthday Celebration 6:45 Old-Time TV Shows 	29 9:00 News Hour 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Crosswords 12:25 Dinner Table Fitness 2:00 Manicures 3:00 Shopping at JCPenney 6:45 Monday Night Movie	30 9:00 News Hour 10:00 Strength and Balance 11:00 Senior Zumba 12:25 Dinner Table Fitness 1:30 Heather's General Store 2:00 Pray the Rosary in the Chapel 3:00 Yahtzee 6:45 Puzzles				



Family Night

Our next Family Night Supper will be held the third Wednesday this month, so mark your calendars for Wednesday, April 17th at 5:30 p.m. Please RSVP to the desk by Sunday, April 14th so we can plan accordingly. Thank you, hope to see you soon!



Deviled Egg Chicks

These chickadee deviled eggs are a great addition to any Easter celebration! Fun to make, and even more fun to eat!

Ingredients:

- 12 hard-cooked eggs, peeled
- 1/3 cup mayonnaise
- 2 tsp. yellow mustard
- 1/2 tsp. salt
- 24 mini chocolate chips
- 1 baby carrot, cut into 12 small pieces

Instructions:

1. Slice a small portion off the bottom (wide portion) of the egg white so that it can stand upright. Cut 1/4 off the top of the egg (just enough to expose the yolk).
2. Remove the egg yolks, being careful not to tear the egg whites.
3. Place the yolks in a medium bowl. Stir mayonnaise, mustard and salt into yolks until well blended.
4. Refrigerate egg yolk mixture two hours or until well-chilled.
5. Fill each egg white with some of the egg yolk mixture, rounding off the top of the mixture for the "chick's" head. For each "chick," use two mini chocolate chips for eyes and a piece of the carrot for a beak.
6. Refrigerate until ready to serve.



Laughter Is the Best Medicine

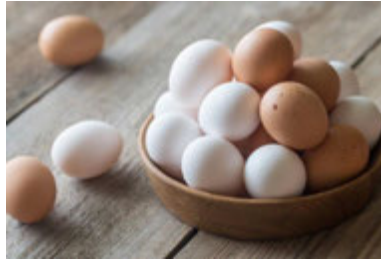
April is National Humor Month! Humor is infectious. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use. Laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss. Adding laughter to your life is as easy as watching a funny movie or TV show, reading the funny pages, spending time with funny people, sharing a good joke or funny story, playing with pets or children, doing something silly, and playing games. The sound of laughter is more contagious than any cough, sniffle, or sneeze. Consider enhancing your life with a good laugh with friends and family today!



April Culinary Education Series: Eggs!

Eggs have been a staple food in the diets of humans for centuries.

Over the course of time, the kinds of eggs and the methods to cook them have changed, but one thing remains the same — eggs are among the most nutrient-rich foods in the world! Here is a list of a few popular edible eggs and all the benefits that go along with eating them.



1. Chicken Eggs

Definitely the most popular variety of egg, chicken eggs are easily purchased at your local grocery store or farmers market. Chicken eggs come in a variety of sizes and two colors — white and brown. No matter which type you choose to buy, you can count on them being rich in protein, calcium, and zinc.

2. Quail Eggs

Quail eggs are quite similar to chicken eggs. They have a similar flavor to chicken eggs, but their petite size (five quail eggs are usually equal to one large chicken egg) and pretty, speckled shell have made them popular in gourmet cooking. And though their size may be small, they still pack quite a wallop in terms of nutrients. Quail egg benefits include being rich in vitamin D and B12.

3. Duck Eggs

Duck eggs look like chicken eggs but are larger. As with chicken eggs, they are sold in sizes ranging from small to large. Duck eggs have more protein and are richer than chicken eggs, but they also have a higher fat content. When boiled, the white turns bluish and the yolk turns red-orange.

An introduction to eggs:

Both the white and yolk of an egg are rich in nutrients — proteins, vitamins and minerals with the yolk also containing cholesterol, fat-soluble vitamins and essential fatty acids. Eggs are also an important and versatile ingredient for cooking, as their particular chemical make-up is literally the glue of many important baking reactions.

Since the domestication of the chicken, people have been enjoying and nourishing themselves with eggs. As

a longtime symbol of fertility and rebirth, the egg has taken its place in religious as well as culinary history. In Christianity, the symbol of the decorated egg has become synonymous with Easter. There are lots of different types of egg available, the most commonly raised are chicken eggs while more gourmet choices include duck, goose and quail eggs.

Eggs for health:

Eggs are rich in several nutrients that promote heart health such as betaine and choline. A recent study of nearly half a million people in China suggests that eating one egg a day may reduce the risk of heart disease and stroke, although experts stress that eggs need to be consumed as part of a healthy lifestyle in order to be beneficial.

Eggs are a useful source of vitamin D which helps to protect bones, preventing osteoporosis and rickets. Shop wisely because the method of production — free range, organic or indoor raised — can make a difference to vitamin D content. Eggs should be included as part of a varied and balanced diet. They are filling and when enjoyed for breakfast may help with weight management as part of a weight loss program, as the high protein content helps us to feel fuller for longer.

Nutritional highlights:

Eggs are a very good source of inexpensive, high quality protein. More than half the protein of an egg is found in the egg white along with vitamin B2 and lower amounts of fat than the yolk. Eggs are rich sources of selenium, vitamin D, B6, B12 and minerals such as zinc, iron and copper. Egg yolks contain more calories and fat than the whites. They are a source of fat-soluble vitamins A, D, E and K and lecithin — the compound that enables emulsification in recipes such as hollandaise or mayonnaise.

Some brands of egg now contain omega-3 fatty acids, depending on what the chickens have been fed (always check the box). Eggs are regarded a “complete” source of protein as they contain all nine essential amino acids; the ones we cannot synthesize in our bodies and must obtain from our diet. During the month of April we will be experimenting with different eggs and sampling creations with our own Chef Marty and culinary team!

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A photograph of an older couple hiking on a trail. They are seen from behind, wearing backpacks, and looking out over a vast landscape under a dramatic, orange-hued sunset sky. The scene is peaceful and evokes a sense of adventure and new beginnings.

**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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