

# Winterberry Heights

## Assisted Living & Memory Care

932 Ohio Street • Bangor, Maine 04401 • Phone (207) 942-6002 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

MAY 2019

### WINTERBERRY HEIGHTS STAFF

Administrator.....PENNY PAULIKS  
Assistant Administrator..... ALISA BRAGG  
Director of Health Services..... JOY OAKES, RN  
Resident Services Coordinator..... PAM JONES  
Memory Care Coordinator .....CANDICE WHITE  
Executive Chef..... TODD FULLERTON  
Activity Coordinator .....HEATHER LAPLANTE  
Administrative Assistant ..... HEATHER CHASSE  
Maintenance ..... GREG CARON  
Transportation .....ROBERT RIVERS

### 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

## Winterberry Heights Senior Prom!

On Thursday, May 23rd, 2019, festivities will begin at 5 p.m. A supper prepared by our culinary staff will be at 5:30 p.m., then an evening of fun and dancing will follow. A DJ will be playing our favorite songs and a special photo booth will be present to capture fun moments of the evening. Put on your dancing shoes, this is sure to be a night to remember!



## Family Night

Our next Family Night Supper will be held the second Wednesday this month, so mark your calendars for Wednesday, May 8th, at 5:30 p.m. Please RSVP to the Front Desk by Sunday, May 5th, so we can plan accordingly. Hope to see you soon!



Family Dinner



Follow Your Heart Chorus



## Let's Stay Hydrated

Everyone knows that it's important to stay hydrated, especially as the weather begins heating up, and it is especially important for our residents to get enough fluids. 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. The most important way to prevent dehydration in our residents is to make sure they are drinking enough liquid. Seniors and all adults should drink at least 64 ounces of fluids, such as water or non-caffeinated beverages, daily. Water can also be found in many fruits and vegetables, so including them as part of a nutritionally sound daily diet will help with staying hydrated as well. Include fruits like melons, berries, apples, oranges and peaches. Vegetables such as lettuce, cucumbers, celery and cauliflower are also good.

Here are three great ways to get fluids and stay hydrated throughout the day!

1. **Popsicles:** Popsicles are a fun way to keep hydrated and you can make them in a wide variety of different flavors.
2. **Flavored water:** Add in different fruits, vegetables and herbs to your water to give it a new taste, without adding in any extra sugar.
3. **Laughing Buddha Iced Tea:** This iced tea is the perfect cool down after any workout, or for sipping while enjoying some sunshine.



### LAUGHING BUDDHA ICED TEA

#### Ingredients:

- 8 cups water
- 1 stalk lemongrass
- 1 piece of ginger, about the size of two thumbs
- 1/3 cup sugar (or 1/4 cup agave nectar or sugar substitute to taste)
- 10 individual bags of green tea

#### Instructions:

1. Cut lemongrass into two-inch pieces and crush with the flat side of a knife, or just cut each piece lengthwise a few more times
  2. Peel ginger and cut into thin slices
  3. In a large saucepan over high heat, bring the water, lemongrass, ginger and sugar to a boil
  4. Remove saucepan and add the green tea
  5. Steep the tea for about a minute, or until it is the right color/flavor for your tastes
  6. Remove the tea bags, then let sit for about 30 minutes.
  7. Pour the tea through a fine mesh sieve into a pitcher
  8. Refrigerate until cool, about a couple of hours
  9. Pour over ice. Top with a mint sprig
- Enjoy!



## Welcome New Residents!

Thomas W.  
Michael L.

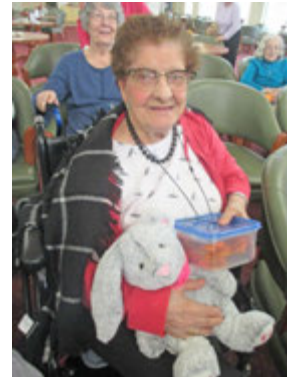


# Winterberry Heights Auction!

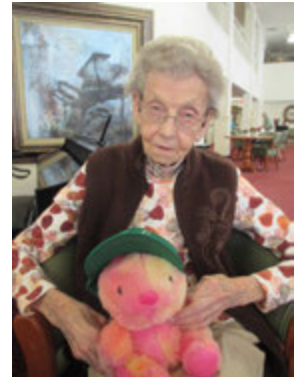
Residents recently had the chance to bid on prizes at our Winterberry Heights Auction! We hold three auctions each year, so keep saving those Winterberry Bucks!



Prize won!



Ida



Marion



Let's bid!



Joan and Joan



Auction prizes

# Celebrating St. Patrick's Day

We had green outfits, green snacks and green crafts as we celebrated St. Patrick's Day!



# MAY 2019

## Birthdays

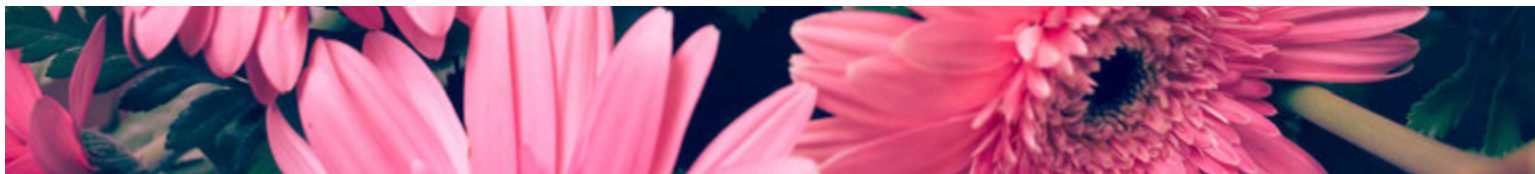
Narda Davis, 4th  
 Ida Sites, 6th  
 Lola Ferwerda, 11th  
 Erlise Hughes, 16th  
 John Ferwerda, 18th

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.

**“Age is not how old you are, but how many years of fun you’ve had.”**  
**—Matt Maldre**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>MAY DAY</b> 1 9:00 Shopping: Hannaford 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness <b>2:00 Scenic Bus Ride</b> <b>4:00 Penny's Chorus</b> 6:45 Billiards	2 9:00 News Hour 10:00 Strength and Balance 10:30 Scrabble 12:25 Dinner Table Fitness 2:00 Knitting Together <b>3:00 Music with Jim Moffitt</b> 6:45 Famous May Birthdays Word Search	3 9:00 News Hour 10:00 Strength and Balance <b>11:00 Welcome Committee Meeting</b> 12:25 Dinner Table Fitness 2:00 Pictionary <b>3:00 Kentucky Horse Race Derby</b> 6:45 Relax and Chat by the Fireplace	4 9:00 News Hour 10:00 Strength and Balance <b>11:00 Guitar Music with Duane Nickerson</b> 12:25 Dinner Table Fitness 2:00 Bingo <b>3:00 Piano Music with Masanobu Ikemiya</b> 6:45 Scrabble 
5 <b>9:00 Catholic Mass in the Chapel</b> 10:00 Strength and Balance 11:00 Cinco De Mayo Word Mining 12:25 Dinner Table Fitness <b>2:00 Holy Communion Service in the Chapel</b> <b>3:00 Bible Study with Francis</b> 6:45 Old-Time TV Shows	6 9:00 News Hour 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Puzzles 12:25 Dinner Table Fitness <b>2:00 Manicures</b> <b>3:00 Shopping at Kohl's</b> 6:45 Monday Night Movie 	7 9:00 News Hour 10:00 Strength and Balance <b>11:00 Senior Zumba</b> 12:25 Dinner Table Fitness <b>1:30 Heather's General Store</b> 2:00 Pray the Rosary in the Chapel <b>3:00 Painting Class with Janice</b> 6:45 Puzzles	8 9:00 Shopping: Hannaford 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:00 Movie Matinee <b>4:00 Penny's Chorus</b> <b>5:30 Family Night!</b>	9 9:00 News Hour 10:00 Strength and Balance 10:30 Scrabble 12:25 Dinner Table Fitness <b>2:00 Resident Meeting</b> <b>3:30 Music with Fred and Deb</b> 6:45 Billiards	10 9:00 News Hour 10:00 Strength and Balance 11:00 Have You Ever? 12:25 Dinner Table Fitness 2:00 Beanbag Baseball 3:00 Uno Card Game 6:45 Relax and Chat by the Fireplace	11 9:00 News Hour 10:00 Strength and Balance 11:00 Jeopardy 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Jenga 6:45 Scrabble 
<b>MOTHER'S DAY</b> 12 <b>9:00 Catholic Mass in the Chapel</b> 10:00 Strength and Balance 11:00 Mother's Day Word Search 12:25 Dinner Table Fitness <b>12:30 Mother's Day Dinner</b> <b>2:00 Holy Communion Service in the Chapel</b> <b>3:00 Mother's Afternoon Tea</b> 6:45 Old-Time TV Shows	13 9:00 News Hour 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Sudoku Puzzles 12:25 Dinner Table Fitness <b>2:00 Piano Music with Clayton Rogers</b> <b>3:00 Ice Cream Social</b> 6:45 Monday Night Movie	14 9:00 News Hour 10:00 Strength and Balance 12:25 Dinner Table Fitness <b>1:30 Heather's General Store</b> 2:00 Pray the Rosary in the Chapel <b>3:00 Music with Nostalgia Music Group</b> 6:45 Puzzles	15 9:00 Shopping: Hannaford 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:00 Make Chocolate Chip Cookies <b>4:00 Penny's Chorus</b> 6:45 Billiards	16 9:00 News Hour 10:00 Strength and Balance 10:30 Scrabble 12:25 Dinner Table Fitness 2:00 Left, Right, Center Game <b>3:00 It's 5 O'Clock Somewhere Social</b>  6:45 Word Search	17 9:00 News Hour 10:00 Strength and Balance 11:00 Beanbag Twister 12:25 Dinner Table Fitness 2:00 Brain Drain Game <b>3:30 Music with Dave Mussey</b> 6:45 Relax and Chat by the Fireplace	18 9:00 News Hour 10:00 Strength and Balance 11:00 Photo Reminisce 12:25 Dinner Table Fitness 2:00 Bingo <b>3:30 Music with Chris Heard</b>  6:45 Scrabble
19 <b>9:00 Catholic Mass in the Chapel</b> 10:00 Strength and Balance 11:00 Crosswords 12:25 Dinner Table Fitness <b>2:00 Holy Communion Service in the Chapel</b> 3:00 Daniel O'Donnell Songs Video 6:45 Old-Time TV Shows	20 9:00 News Hour 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Checkers 12:25 Dinner Table Fitness <b>2:00 Manicures</b> <b>3:00 Shopping at Hobby Lobby</b> 6:45 Monday Night Movie	21 9:00 News Hour 10:00 Strength and Balance 12:25 Dinner Table Fitness <b>1:30 Heather's General Store</b> 2:00 Pray the Rosary in the Chapel <b>3:00 Music with Ken Griffiths</b> 6:45 Puzzles	22 9:00 Shopping: Hannaford 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness <b>2:00 Men's Social with Greg</b> <b>3:00 Music with Stephanie Erb</b> <b>4:00 Penny's Chorus</b> 6:45 Billiards	23 9:00 News Hour 10:00 Strength and Balance 10:30 Scrabble 12:25 Dinner Table Fitness 2:00 Movie Matinee and Popcorn 3:00 Mandala Art Coloring <b>6:30 Winterberry Heights Senior Prom!</b>	24 9:00 News Hour 10:00 Strength and Balance 11:00 Painting Suncatchers 12:25 Dinner Table Fitness 2:00 Odd News Stories 3:00 Ladderball 6:45 Relax and Chat by the Fireplace	25 9:00 News Hour 10:00 Strength and Balance 11:00 Ring Toss 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Chair Dancing 6:45 Scrabble
26 <b>9:00 Catholic Mass in the Chapel</b> 10:00 Strength and Balance 11:00 Puzzles 12:25 Dinner Table Fitness <b>2:00 Holy Communion Service in the Chapel</b> <b>3:00 Scenic Bus Ride</b> 6:45 Old-Time TV Shows	<b>MEMORIAL DAY</b> 27 9:00 News Hour 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Memorial Day Word Search <b>12:30 Memorial Day Barbecue</b> <b>1:30 Heather's General Store</b> <b>3:00 Heather's Ice Cream Soda Shop!</b> 6:45 Monday Night Movie	28 9:00 News Hour 10:00 Strength and Balance <b>11:00 Senior Zumba</b> 12:25 Dinner Table Fitness 2:00 Pray the Rosary in the Chapel 3:00 Beachball Volley 6:45 Puzzles	29 9:00 Shopping: Hannaford 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness <b>2:00 Piano Music with Clayton Rogers</b> <b>4:00 Penny's Chorus</b> 6:45 Billiards	30 9:00 News Hour 10:00 Strength and Balance 10:30 Scrabble 12:25 Dinner Table Fitness 2:00 Armchair Travels <b>3:00 May Birthday Celebration</b> 6:45 Cribbage	31 9:00 News Hour 10:00 Strength and Balance <b>11:00 Singalong</b> 12:25 Dinner Table Fitness 2:00 Trivia 3:00 Swatterball 6:45 Relax and Chat by the Fireplace	



## May Education Series: Meditation

Meditation can be defined as a set of techniques that are intended to encourage a heightened state of awareness and focused attention. Many people use it as a way to relax, or to refocus their minds. Practicing meditation is also a fantastic way to keep our minds sharp and it has been linked to a number of physical health benefits, including a way to help lower blood pressure.

Some key things to note about meditation:

- Meditation has been practiced in cultures all over the world for thousands of years.
- Nearly every religion, including Buddhism, Hinduism, Christianity, Judaism and Islam, has a tradition of using meditative practices.
- While meditation is often used for religious purposes, many people practice it independently of any religious or spiritual practices.
- Meditation can also be used as a psychotherapeutic technique.
- There are many different types of meditation.

### Types of Meditation:

Meditation can take on many different forms, but there are two main types: concentrative meditation and mindfulness meditation.

### How do these two forms of meditation differ?

- In concentrative meditation, you focus all of your attention on a specific object while tuning out everything else around you. The goal is to really experience whatever you are focusing on, whether it's your breath, a specific word or a mantra, in order to reach a higher state of being.
- Mindfulness meditation includes, among others, both mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT). Mindfulness can target different issues, such as depression, which means that its focus may be different from practice to practice. Overall, it involves the state of being aware of and involved in the present moment and making yourself open, aware and accepting.

### Benefits of Meditation

There are so many mental and physical benefits to meditation. Here are just a few reasons meditation is a great addition to any daily or weekly routine!

#### 1. **Better management of stress, anxiety and depression**

Several studies suggest that mindfulness meditation can benefit those who struggle with stress, anxiety and depression issues. A literature review conducted in 2014 assessed 47 mindfulness meditation trials that involved around 3,515 participants. The review concluded that meditation is a useful tool that helps relieve symptoms of anxiety and depression. And not only do meditators feel less stressed, their levels of the "stress hormone" cortisol decrease measurably.

#### 2. **Increased immunity**

One study performed at Ohio State monitored meditation's effects on seniors. The study concluded that mindfulness and relaxation exercises practiced over the period of one month helped boost patients' lymphocytes, those natural killer cells that improve the immune system. Consequently, the subjects demonstrated better resistance to viruses.

#### 3. **Lowered blood pressure**

Another benefit for people who practice meditation for health reasons is that mindfulness meditation has been shown to help control blood pressure. According to a study reported in the British Medical Journal, patients who practiced meditation-based exercises had considerably lower blood pressure than those in the control group. Experts believe that meditation reduces the body's responsiveness to cortisol and other stress hormones, which is similar to how blood pressure reducing medications work. It's one of meditation's great health blessings.

#### 4. **Better sleep**

Meditation practice helps the body learn to relax, a benefit that continues when it's time to hit



the hay. It also trains the mind to settle the attention on an object such as the breath, and allow other thoughts and emotions to float by like clouds on a pleasant day.

There are also guided meditations that are designed to promote sleep. Harvard Medical School suggests that focusing on a phrase such as “breathe in calm, breathe out tension” beats counting sheep when it’s time to sleep.

#### 5. **Improving happiness and general well-being**

A study conducted at the University of Utah suggested that “mindfulness may be linked to self-regulation throughout the day, and that this may be an important way that mindfulness contributes to better emotional and physical well-being.”



## Brain Boosting Trail Mix

After your meditative moment, eat some trail mix! Trail mix is not only an ideal choice for a snack, but it can feature several ingredients ideal for increasing cognitive health.



### **Build your base:**

Depending on personal preferences, the core of your creation may differ. Even if you don’t choose to make these ingredients the highlight of your dish, consider adding them to the pot:

- **Nuts:** Walnuts, peanuts and almonds have all been linked to improved memory, according to Health.com. Whether you choose to roast them, salt them or throw them in raw, nuts are the ideal choice for a cognitive-focused base.
- **Cereal:** Whole-grain cereals, such as Cheerios, Chex or bran, can provide a nice crunch to the mix. Fiber is key for bolstering overall physical health, including staving off heart disease and stroke.
- **Popcorn:** While this choice may seem unhealthy to some, nutritionists agree that popcorn is actually one of the healthiest foods on the market, as long as you eat it plain. Don’t reach for the microwave pouch, but use a pan and small bit of extra-virgin olive oil to pop your own kernels. These puffs are an excellent source of whole grain, fiber and B vitamins.

### **Choose your additions:**

Once you’ve selected the best base ingredients, it’s time to toss in your toppings. Try to balance sweet and salty flavors when creating your concoction, as you don’t want one flavor to outshine the others.

- **Dark chocolate:** If you’re baking this snack for those with a sweet tooth, such as grandchildren or chocolate enthusiasts, consider sprinkling a light amount of chocolate into the mix. Be sure to go for dark chocolate, though, as this treat is replete with nutrients that can help prevent strokes and increase blood flow to the brain, FitDay reported.
- **Dried fruits:** Berries are an excellent source of nutrients for cognitive health. Several studies have been published that connect these fruits to higher memory function and a lower chance for developing Alzheimer’s disease. Dried cranberries and blueberries are perfect options.
- **Seeds:** Sunflower, sesame and pumpkin seeds contain oils, proteins and fatty acids that help boost brain function. Even if you only add a pinch, be sure to take advantage of these powerful picks when finishing your mix.

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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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