

Winterberry Heights

Assisted Living & Memory Care

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

JUNE 2019 WINTERBERRY HEIGHTS STAFF

AdministratorPENNY PAULIKS
Assistant Administrator..... ALISA BRAGG
Director of Health Services..... JOY OAKES, RN
Resident Services Coordinator..... PAM JONES
Memory Care CoordinatorCANDICE WHITE
Executive Chef..... TODD FULLERTON
Activity CoordinatorHEATHER LAPLANTE
Administrative Assistant HEATHER CHASSE
MaintenanceGREG CARON
TransportationROBERT 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

Father's Day

Sunday, June 16th, 2019, at 12:30 p.m., \$5

As always, we invite you to join us for a delicious Father's Day Dinner prepared by our own Culinary staff. Please let us know in advance if you plan to join us, so we can plan accordingly. Thank you, and we hope you will help us celebrate the special men in our lives.



The Longest Day

Friday, June 21st, 2019, is the longest day of the year. The Longest Day is a sunrise to sunset event, symbolizing the challenging journey of those living with Alzheimer's disease and their caregivers. This is a team opportunity to raise funds and awareness for the Alzheimer's Association. Team Winterberry is hosting a summer fun day with games, music and events starting at sunrise and lasting until sunset, with fundraising opportunities to benefit the Alzheimer's Association. Please contact Heather LaPlante for more information.





Easter Egg Hunt

A wonderful time was had by all ages as we celebrated our annual Easter Egg Hunt with the Easter Bunny! We also had success collecting items for the Bangor Humane Society. Thank you to everyone who joined us!



Welcome New Residents

Nancy R.
Michael L.
Mary W.
Lula H.
William R.
Rowena V.





Celebrating Mother's Day

All day, our lucky ladies had opportunities to spend special time with their loved ones and friends!



Family Night

In May, we celebrated Nurses Week. Thank you, Pam and Joy, for all you do!

Our next Family Night Supper will be held the second Wednesday this month, so mark your calendars for Wednesday, June 12th, at 5:30 p.m. Please RSVP to the Front Desk by Sunday, June 9th, so we can plan accordingly. Hope to see you soon!



JUNE 2019

Birthdays

Priscilla Benoit, 1st
Eileen Hodges, 2nd
Arlene Riker, 9th
Dianne Richard, 12th
Kathleen Durgin, 16th
Geraldine
Parsons, 17th
Helen Larrabee, 21st

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.

“The sun does not shine for a few trees and flowers, but for the wide world’s joy.”
—Henry Ward Beecher

| SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|---|--|--|--|---|--|---|--|--|--|---|--|--|--|
|  | | | | | | | | | | 9:00 News Hour 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 2 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 Francis 6:45 Old-Time TV Shows  | | 9:00 News Hour 3 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Checkers 12:25 Dinner Table Fitness 2:00 Manicures 3:00 Scenic Bus Ride 6:45 Monday Night Movie | | 9:00 Absentee Voting with the Bangor City Clerks 4 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 5 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:15 Out to Lunch Bunch 2:00 Arm Chair Travels 4:00 Penny's Chorus 6:45 Billiards | | 9:00 News Hour 6 10:00 Strength and Balance 10:30 Scrabble 12:25 Dinner Table Fitness 2:00 Left, Right, Center Game 3:00 Music with Jim Moffitt 6:45 Famous June Birthday Word Search | | 9:00 News Hour 7 10:00 Strength and Balance 11:00 Welcome Committee Meeting 12:25 Dinner Table Fitness 2:00 Movie Matinee 3:30 Beachball Volleyball 6:45 Relax and Chat with Friends | | 9:00 News Hour 8 10:00 Strength and Balance 11:00 Walking Scavenger Hunt 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Name 10 6:45 Scrabble | |
| 9:00 Catholic Mass in the Chapel 9 10:00 Strength and Balance 11:00 Sudoku Puzzles 12:25 Dinner Table Fitness 2:00 Holy Communion Service in the Chapel 3:00 Church of the Open Door Service 6:45 Old-Time TV Shows  | | 9:00 News Hour 10 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 Shopping at Christmas Tree Shop 6:45 Monday Night Movie | | 9:00 News Hour 11 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 Nostalgia Music Group 6:45 Puzzles | | 9:00 Shopping: Hannaford 12 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:00 Knitting Together 4:00 Penny's Chorus 5:30 Family Night Supper!  | | 9:00 News Hour 13 10:00 Strength and Balance 10:30 Cooking with Chef Todd 12:25 Dinner Table Fitness 2:00 Resident Meeting 3:30 Music with Fred and Deb 6:45 Billiards | | FLAG DAY 14 9:00 News Hour 10:00 Strength and Balance 11:00 Singalong 12:25 Dinner Table Fitness 2:00 Wheel of Fortune 3:00 Dice Fitness 6:45 Relax and Chat with Friends | | 9:00 News Hour 15 10:00 Strength and Balance 11:00 Pictionary 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Music with Chris Heard 6:45 Scrabble | |
| FATHER'S DAY 16 9:00 Catholic Mass in the Chapel 10:00 Strength and Balance 11:00 Father's Day Word Search 12:30 Father's Day Dinner 2:00 Holy Communion Service in the Chapel 3:00 Father's Day Banana Split Social 6:45 Old-Time TV Shows  | | 9:00 News Hour 17 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Coffee and Chat with Alisa 12:25 Dinner Table Fitness 2:00 Manicures 3:00 Left, Right, Center Game 6:45 Monday Night Movie  | | 9:00 News Hour 18 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 19 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:00 Trip to the U Maine Art Museum 4:00 Penny's Chorus 6:45 Billiards | | 9:00 News Hour 20 10:00 Strength and Balance 10:30 Scrabble 12:25 Dinner Table Fitness 2:00 Mandala Art Coloring 3:00 Ice Cream Soda Day Social 6:45 Word Search | | SUMMER BEGINS 21 The Longest Day-Wear Purple Today! 5:00 Coffee and Donuts 7:00 Getting to Know You 9:00 Bake Sale 10:00 Strength and Balance 11:00 Games 2:00 Camp Olympics 3:30 Music with Dave Mussey 6:30 Patio Party  | | 9:00 News Hour 22 10:00 Strength and Balance 11:00 Magazine Scavenger Hunt 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Putt-Putt Golf 6:45 Scrabble | |
| 9:00 Catholic Mass in the Chapel 23 10:00 Strength and Balance 11:00 Hymn Singalong 12:25 Dinner Table Fitness 2:00 Holy Communion Service in the Chapel 3:00 Church of the Open Door Service 6:45 Old-Time TV Shows | | 9:00 News Hour 24 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Crosswords 12:25 Dinner Table Fitness 2:00 Piano Music with Clayton Rogers 3:30 Scenic Bus Ride 6:45 Monday Night Movie | | 9:00 News Hour 25 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 Craft Corner 6:45 Puzzles | | 9:00 Shopping: Hannaford 26 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 4:00 Penny's Chorus 6:45 Billiards | | 9:00 News Hour 27 10:00 Strength and Balance 11:00 Meeting with Chef Todd 12:25 Dinner Table Fitness 2:00 Scrabble 3:00 June Birthday Celebration 6:45 Word Mining | | 9:00 News Hour 28 10:00 Strength and Balance 11:00 Mad Lib Stories 12:25 Dinner Table Fitness 2:00 Brain Drain Game 3:00 Ring Toss 6:45 Relax and Chat with Friends | | 9:00 News Hour 29 10:00 Strength and Balance 11:00 The Name Game 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Trivia 6:45 Scrabble | |
| 9:00 Catholic Mass in the Chapel 30 10:00 Strength and Balance 11:00 Puzzles 12:25 Dinner Table Fitness 2:00 Holy Communion Service in the Chapel 3:00 Church Service with Steve Maggiora 6:45 Old-Time TV Shows | |  | | | | | | | | | |  | |



June Culinary Education Series-Honey

Why Do Bees Make Honey?

The answer is surprisingly simple: bees make honey because it is what they like to eat. Honey is full of nutrients and high in sugar, which helps them gain energy. These creatures need a lot of energy, because even when they are not flying around from flower to flower, they beat their wings to keep the right temperature in their hive.

Bees store their honey in their hive, they do not eat it all immediately. The reason they collect it instead of eating it all on the spot is so they have extra saved for the winter months when it is harder for them to forage for food. It is protecting them from going hungry in the cold when the flowers wither. This is why bees are so active in the spring. They know they are not going to find food in winter and are preparing for the possibility of a summer drought, when there is little growth or pollination occurring.

How Do Bees Make Honey?

Most hives contain 60,000 bees. The male honey bees and the queen bee do not gather food, but each worker bee visits up to 100 different flowers while on a single trip to find nectar. Once they find nectar from blossoming flowers, they convert it into honey. How? Well, bees use their proboscis to suck the nectar from a flower and store it inside of their second stomach, which some people refer to as "honey stomachs." This stomach does not

digest the honey. It just sits there as a collection tool and is located in front of the digestive tract of the bee. This stomach can hold up to 70

mg of nectar! When the worker bee returns to the hive, a house bee will suck the nectar out of its stomach and chew it for half an hour. While chewing, it will secrete an enzyme that mixes with the nectar and turns it into syrup. Afterward, the house bee will spit everything inside a cell in the honeycomb to maximize the surface area. This is meant to make the water evaporate. The bees will also speed the evaporation process along by fanning their wings. Once the honey has grown thicker and is officially ready for consumption, then the bees will add a layer of beeswax over it to "cap" it. This happens when the bees excrete a substance from their abdomen made up of scales.

During the month of June, we will learn more about honey and sample some creations using honey from our very own Culinary staff!



Staff Appreciation

Thank you to the families and staff who helped make our staff appreciation a success!





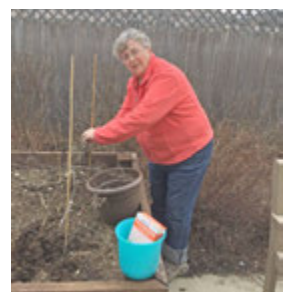
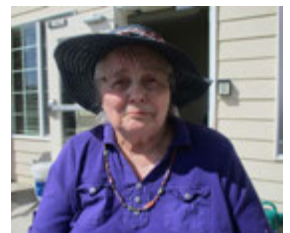
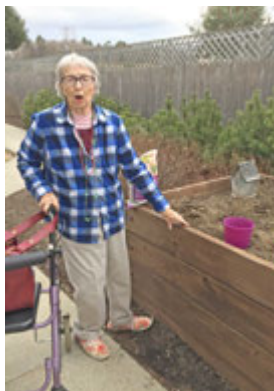
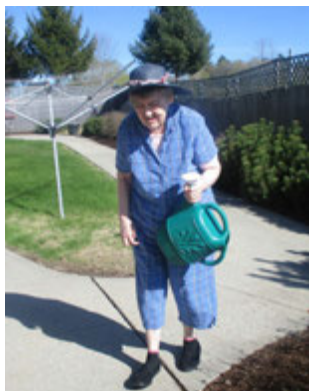
15 Fast Facts about Bees and Honey

1. Honey bees must gather nectar from two million flowers to make one pound of honey.
2. Honey bees communicate with one another by dancing.
3. Honey never spoils. It is one of the rare food commodities with an eternal shelf life. In fact, there have been reports of finding edible honey in ancient Egyptian tombs.
4. The bees' buzz is the sound made by their wings which beat 11,400 times per minute.
5. Honey's ability to attract and retain moisture means that it has long been used as a beauty treatment. It was part of Cleopatra's daily beauty ritual.
6. There are three types of bees in every hive: a queen, worker bees and drones.
7. The darker the honey, the greater amount of antioxidant properties it has.
8. In the United States, more than 300 different kinds of honey are produced every year. The variety in color and flavor is determined by the types of flowers from which the bees collect nectar.
9. If the queen bee dies, workers will create a new queen by selecting a young larva (the newly hatched baby insects) and feeding it a special food called "royal jelly." This enables the larva to develop into a fertile queen.
10. The queen can live up to five years. She is busiest in the summer months, when she can lay up to 2,500 eggs a day!
11. Sadly, over the past 15 years, colonies of bees have been disappearing, and the reason remains unknown. Referred to as "colony collapse disorder," billions of honey bees across the world are leaving their
- hives, never to return. In some regions, up to 90 percent of bees have disappeared!
12. Bees are responsible for 80 percent of pollination worldwide.
13. Out of 20,000 species of bees, only four make honey.
14. Honey is the only food that contains all the substances necessary to sustain life, including water.
15. Honey bees never sleep. They just go motionless at night waiting for their next work day.



Fun in Memory Care

The ladies have been enjoying some fresh air and sunshine, getting the garden ready and cooking!



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Bangor, ME 04401



Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

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