

Winterberry Heights

Assisted Living & Memory Care

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

JULY 2019

WINTERBERRY HEIGHTS STAFF

Administrator.....PENNY PAULIKS
Assistant Administrator.....ALISA BRAGG
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

Fourth of July Barbecue

On Thursday, July 4th, at 12:30 p.m., we will be celebrating Independence Day with a barbecue (cost is \$5)! As always, we invite you to join your loved ones for a meal prepared by our Culinary staff. Please let us know in advance if you plan to join us so we can plan accordingly. Thank you!



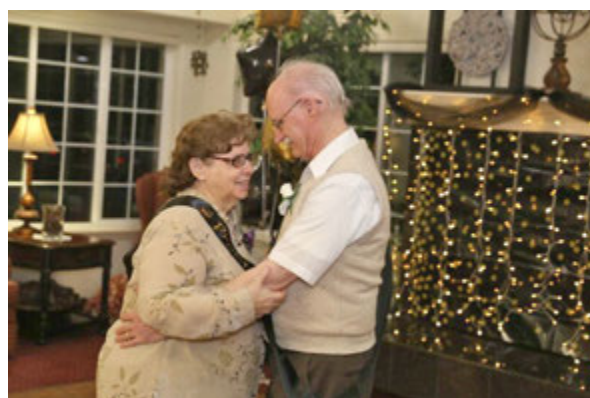
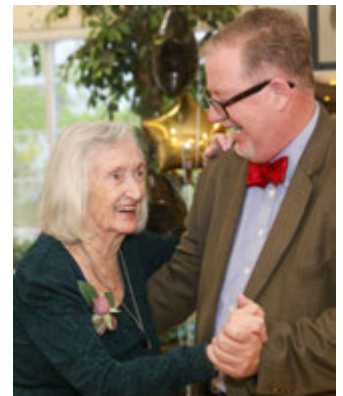
July is Picnic Month!

All month long, one of summertime's staples, the picnic, is being celebrated! This is the perfect time to grab your checkered blankets and pack your picnic baskets! Whether you venture outside to enjoy the great outdoors, or you bring some of the outdoors inside, there are tons of ways to celebrate picnic month! Watch for our picnic plans coming up!



Winterberry Heights Senior Prom!

A very fun tradition for us now here at Winterberry Heights is our Senior Prom. We held a Senior Prom for our residents on May 23rd. While dressing up is optional, we do put an emphasis on just having fun! We started with dinner, then the fun began with dancing and music, with a DJ playing some great tunes. Residents, family and staff took advantage of the photo booth present to capture fun memories of the evening. David Utter was nominated as Prom King, and Louise Utter was nominated as Prom Queen! The husband and wife royal duo took part in a special dance. Many thanks to Kevin Michaud with Photo Booths of Maine, and also our photographer, Jeff Kirlin. It was definitely a night to remember!



Dehydration in Seniors

Summer months bring sunshine, warmer temperatures and pretty flowers, but for many people it also brings health concerns such as dehydration. Dehydration in seniors is often due partly to inadequate water intake, but can happen for many other reasons as well, including diarrhea, excessive sweating, loss of blood, diseases such as diabetes, as well as a side effect of prescribed medication like diuretics. Aging itself makes people less aware of thirst and gradually lowers the body's ability to regulate its fluid balance.



Recognizing Dehydration Symptoms: Extreme thirst, less frequent urination, dark-colored urine, fatigue, dizziness, confusion, cramping of muscles and headaches.

Preventing dehydration: Drink small amounts of water throughout the day with a goal of six to eight glasses a day. Avoid long exposure to the sun. Avoid large quantities of coffee, alcohol and high protein drinks, as they act as a diuretic. Eat food high in water content such as fruit and vegetables. Finally, be aware of the early signs of dehydration and take action.

—Kim Rideout, MSPT and Home Health Liaison at Kindred at Home

Family Night

Our next Family Night Supper will be held on Wednesday, July 10th, at 5:30 p.m. Please RSVP to the Front desk by Sunday, July 7th, 2019, so we can plan seating and food accordingly. Hope to see you soon!



Eastern Maine Walk to End Alzheimer's

Every year, Team Winterberry hosts events to raise funds and awareness for Alzheimer's disease. Funds from these events can advance research to treat and prevent Alzheimer's, and provide programs and support to improve the lives of millions of affected Americans. The Eastern Maine Walk to End Alzheimer's is a huge event in our area to provide that awareness and support. Staff, families, friends and residents have been part of our team to come together on this special day and walk for the cause. We encourage you to join us to fight this fight. We strive for a world without Alzheimer's disease. Are you interested in joining our team? Please look up Team Winterberry at www.alz.org under Bangor Maine Walk. There you can register to walk, sign up under our team name, make a donation, sponsor a registered walker, and learn more information on the disease. The walk will be held on October 19th, 2019. More details to follow as we get closer.



Fun in Memory Care



*Nurse Louise, making
an assessment.*



Charlie's Angels!



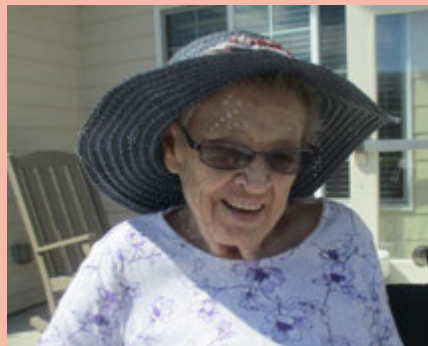
Hooray for warmth and sunshine!



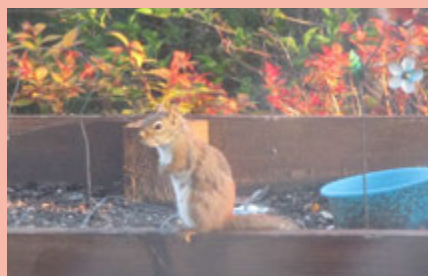
*Vivian gets some love
from Marty.*



Enjoying soda floats!



Winnie, enjoying the sun.



*Neighborhood squirrel
checking out our garden.*

Sweet Corn Salsa

Ingredients:

- 3 cups sweet corn
- 1 cup finely chopped red onion (about 1/2 medium onion)
- Optional: 1 diced ripe avocado
- 1/2 cup finely chopped fresh cilantro (about 1 bunch)
- 1 to 2 medium jalapeños, finely chopped (use 1 for mild-to-medium salsa or 2 for spicier salsa)
- 1/4 cup lime juice (about 2 limes), to taste
- 1 tablespoon white wine vinegar
- 1/4 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1/2 teaspoon fine sea salt

Instructions:

In a medium serving bowl, combine all of the ingredients. Stir to combine. Adjust to taste, if necessary. For more zing, add about 1 teaspoon more vinegar or 1 tablespoon more lime juice. For more flavor overall, add another pinch of salt. For more spice, add more jalapeño. For best flavor, allow the salsa to marinate for 20 minutes before serving. This salsa keeps well in the refrigerator, covered, for three to four days.



July Culinary Education Series – Corn!

During the month of July, we have some fun activities planned using corn, and we will also learn a little more about the great benefits of corn and sample some corn creations with our culinary team!

Here is just a little history:

Since ancient times, corn has played an integral role in human history. Evidence of corn in central Mexico, where it was domesticated from a wild grass, suggests it was used there as long as 7,000 years ago. Cultivated corn is known to have existed in the southwestern United States for at least 3,000 years! Today, corn is the largest grain crop grown in the U.S.! Take a look at just a few of the many health benefits:



Six Health Benefits of Corn:

1. Corn is a fiber-rich food which is fantastic for digestive health!
2. Corn is Gluten free! Gluten generally can cause bloating, cramping, and other metabolic problems.
3. Eating corn may help lower bad cholesterol: Consumption of corn husk oil reduces LDL cholesterol (the bad cholesterol) and maintains the level of good cholesterol (HDL).
4. Antioxidants found in corn help prevent macular damage, therefore improving eye health.
5. Phenolic phytochemicals found in corn kernels are able to regulate absorption and the release of insulin into the body which helps to control diabetes.

6. Corn is a rich source of essential minerals such as potassium (8 percent) and magnesium (31 percent) of daily value, which helps to control hypertension.

Here are Some Corny Facts:

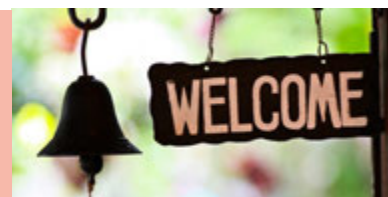
1. Corn is an ingredient in over 3,000 grocery items.
2. An ear or cob of corn is actually part of the flower and an individual kernel is a seed.
3. With the exception of Antarctica, corn is produced on every continent in the world.
4. Corn is now a completely domesticated plant, so you're unlikely to find it growing in the wild.
5. As well as being eaten by the cob, corn is also processed and used as a major component in many food items like cereals, peanut butter, potato chips, soups, marshmallows, ice cream, baby food, cooking oil, margarine, mayonnaise, salad dressing and chewing gum.
6. More than 90 million acres of land is dedicated to growing corn.
7. The world record for the tallest stalk is over 33 feet.
8. The starch in corn can be made into plastics, fabrics, adhesives, and many other chemical products.
9. There was no corn in Europe prior to Christopher Columbus' voyages to the new world. While in the West Indies, Columbus traded with the natives and brought corn back to Europe.
10. Corn was once considered to be so valuable that it was used as currency. In North America the early settlers used corn as money, and they traded it for other items.

Welcome New Residents!

• Sara S.

• Daniel P.

• Joan G.



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932 Ohio Street
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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207-942-6002



JULY 2019

Birthdays

Dale Bell, 6th
Vivian Scott, 7th
Betty Nichols, 14th
Marcia Smith, 15th
Joan Gardiner, 20th
Alejandro Moreno, 21st
Jean Totman, 22nd
Mitchel Korzenko, 23rd
Linda Aronson, 24th
Georgianna Ellis, 24th
Richard Hammons, 26th
Joan Soucie, 29th

Anniversary

Mr. and Mrs. Benoit,
7/30/1955

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 News Hour 1 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Word Search 12:25 Dinner Table Fitness 2:00 Manicures 3:00 Shopping at Mardens 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 2:30 Popcorn Bar 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 12:15 Out to Lunch Bunch 2:00 Arm Chair Travels 4:00 Penny's Chorus Practice 6:45 Billiards	INDEPENDENCE DAY 4 9:00 News Hour 10:00 Strength and Balance 10:30 Scrabble 12:30 Fourth of July Barbecue 2:00 Horseshoes 3:00 Patriotic Party 7:30 Sparklers on the Patio	9:00 News Hour 5 10:00 Strength and Balance 11:00 Welcome Committee Meeting 12:25 Dinner Table Fitness 2:00 Horse Race Derby Game 3:00 Topics A-Z 6:45 Relax and Chat with Friends	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 with Masanobu Ikemiya 6:45 Scrabble 
9:00 Catholic Mass in the Chapel 7 10:00 Strength and Balance 11:00 Sudoku Puzzles 12:25 Dinner Table Fitness 2:00 Holy Communion Service in the Chapel 3:00 Daniel O'Donnell Songs 6:45 Old-Time TV Shows 	9:00 News Hour 8 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Checkers 12:25 Dinner Table Fitness 2:00 Movie Matinee 3:30 Left, Right, Center Game 6:45 Monday Night Movie	9:00 News Hour 9 10:00 Strength and Balance 11:00 Senior Zumba 12:25 Dinner Table Fitness 1:30 Heather's General Store 2:30 Fantastic Corn Contest 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 I Love Lucy Comedy 4:00 Penny's Chorus Practice 5:30 Family Night Supper!	9:00 News Hour 11 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	9:00 News Hour 12 10:00 Strength and Balance 11:00 Ladderball 12:25 Dinner Table Fitness 2:00 Brain Drain Game 3:00 Big Pin Bowling 6:45 Relax and Chat with Friends	9:00 News Hour 13 10:00 Strength and Balance 11:00 Beanbag Twister 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Word Scrambles 6:45 Scrabble
9:00 Catholic Mass in the Chapel 14 10:00 Strength and Balance 11:00 Crosswords 12:25 Dinner Table Fitness 2:00 Holy Communion Service in the Chapel 2:00 Bangor High School Band Ensemble 3:00 Church of the Open Door Service 6:45 Old-Time TV Shows 	9:00 News Hour 15 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 Arm Chair Travels 6:45 Monday Night Movie 	9:00 News Hour 16 10:00 Strength and Balance 11:00 Senior Zumba 12:25 Dinner Table Fitness 1:30 Heather's General Store 2:30 State Identify 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 Trip to Cole Land Transportation Museum 4:00 Penny's Chorus Practice 6:45 Billiards	9:00 News Hour 18 10:00 Strength and Balance 10:30 Scrabble 10:30 Gospel/Country Bluegrass Music with Doug Rodgeron 12:25 Dinner Table Fitness 2:00 Scrabble 3:00 Music with Jim Moffitt 6:45 Famous July Birthdays Word Search	9:00 News Hour 19 10:00 Strength and Balance 11:00 Painting 12:25 Dinner Table Fitness 2:00 Dice Fitness 3:00 Word Scrambles 6:45 Relax and Chat with Friends	9:00 News Hour 20 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 
9:00 Catholic Mass in the Chapel 21 10:00 Strength and Balance 11:00 Checkers 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 	9:00 News Hour 22 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Word Search 12:25 Dinner Table Fitness 2:00 Scenic Bus Ride 3:00 Mandala Art Coloring 6:45 Monday Night Movie 	9:00 News Hour 23 10:00 Strength and Balance 11:00 Senior Zumba 12:25 Dinner Table Fitness 1:30 Heather's General Store 2:30 Music with Stephanie Erb 6:45 Puzzles 	9:00 Shopping: Hannaford 24 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:30 Music with Dave Mussey 4:00 Penny's Chorus Practice 6:45 Billiards 	Christmas in July Staycation 25 9:00 News Hour 9:30 Gift Game by the Tree 10:00 Strength and Balance 10:30 Bake and Decorate Cookies 12:25 Dinner Table Fitness 2:00 Sing Carols 3:00 Christmas Party 6:45 Movie "White Christmas"	9:00 News Hour 26 10:00 Strength and Balance 11:00 Singalong 12:25 Dinner Table Fitness 2:00 Finish the Phrase 3:00 Swatterball 6:45 Relax and Chat with Friends 	9:00 News Hour 27 10:00 Strength and Balance 11:00 Ring Toss 12:25 Dinner Table Fitness 2:00 Bingo 3:30 The Name Game 6:45 Scrabble
9:00 Catholic Mass in the Chapel 28 10:00 Strength and Balance 11:00 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 29 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Sudoku Puzzles 12:25 Dinner Table Fitness 2:00 Manicures 3:00 Trip to Cascade Park 6:45 Monday Night Movie 	9:00 News Hour 30 10:00 Strength and Balance 11:00 Senior Zumba 12:25 Dinner Table Fitness 1:30 Heather's General Store 2:00 UNO Card Game 3:00 July Birthday Celebration 6:45 Puzzles 	9:00 Shopping: Hannaford 31 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:00 Shopping at BAM Bookstore 4:00 Penny's Chorus Practice 6:45 Billiards			

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Birthdays

Vivian Scott, 7th
Georgianna Ellis, 24th

“Every day is
a great day
to give love,
spread joy and
sparkle!”
—Sheri Fink

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 Fun with Fitness 10:30 Art Hour 2:30 Snack Social 4:00 Current Events 6:00 Movie	2 10:00 Beachball Fitness 11:00 Senior Zumba 2:30 Snack Social 4:00 All About Our Planets 6:00 Movie	3 9:00 Drumming Exercise 10:15 Scenic Bus Ride 2:30 Snack Social 4:00 Fun Fact About the Fourth of July 6:00 Movie	4 INDEPENDENCE DAY 10:00 Weights and Stretches 11:00 Cooking Corner 1:30 Hand and Nail Care 2:30 Snack Social 4:00 July Fourth Fun 6:00 Movie	5 10:00 Chair Fitness 11:00 Learn About Corn 2:30 Snack Social 4:00 Swatter Ball 6:00 Movie	6 10:00 Fun with Fitness 11:00 Guitar Music with Duane Nickerson 2:30 Snack Social 3:00 Piano Music with Masanobu Ikemiya 4:00 Bingo! 6:00 Movie
7 10:00 Move to the Music 11:00 Hymn Singalong 2:30 Snack Social 3:30 Puzzles 6:00 Movie 	8 10:00 Fun with Fitness 10:30 Art Hour 2:30 Snack Social 4:00 Current Events 6:00 Movie	9 10:00 Beachball Fitness 11:00 Senior Zumba 2:30 Snack Social 3:00 Music with Nostalgia Music Group 4:00 Decorate Sugar Cookies 6:00 Movie	10 9:00 Drumming Exercise 10:15 Scenic Bus Ride 2:30 Snack Social 4:00 Make Musical Instruments 6:00 Movie	11 10:00 Weights and Stretches 10:30 Cooking Corner 1:30 Hand and Nail Care 2:30 Snack Social 3:30 Music with Fred and Deb 6:00 Movie	12 10:00 Chair Fitness 11:00 Thoreau Hour 2:30 Snack Social 4:00 Go for a Walk 6:00 Movie	13 10:00 Fun with Fitness 11:00 Lucky Duck Game 2:30 Snack Social 4:00 Bingo! 6:00 Movie
14 10:00 Move to the Music 11:00 Hymn Singalong 2:30 Snack Social 3:30 Word Search Puzzles 6:00 Movie	15 10:00 Fun with Fitness 10:30 Art Hour 2:30 Snack Social 4:00 Current Events 6:00 Movie	16 10:00 Beachball Fitness 11:00 Senior Zumba 2:30 Snack Social 3:00 Music with Ken Griffiths 6:00 Movie	17 9:00 Drumming Exercise 10:15 Scenic Bus Ride 2:30 Snack Social 4:00 Memory Game 6:00 Movie	18 10:00 Weights and Stretches 10:30 Gospel/Bluegrass Music with Doug Rodgerson 1:30 Hand and Nail Care 2:30 Snack Social 3:00 Music with Jim Moffitt 6:00 Movie	19 10:00 Chair Fitness 11:00 Spanish 101 2:30 Snack Social 4:00 Breyers Ice Cream Taste Testing 6:00 Movie	20 10:00 Fun with Fitness 11:00 Hangman 2:30 Snack Social 3:30 Music with Chris Heard 4:00 Bingo! 6:00 Movie
21 10:00 Move to the Music 11:00 Hymn Singalong 2:30 Snack Social 3:30 Puzzles 6:00 Movie	22 10:00 Fun with Fitness 10:30 Art Hour 2:30 Snack Social 4:00 Current Events 6:00 Movie	23 10:00 Beachball Fitness 11:00 Senior Zumba 2:30 Music with Stephanie Erb 3:30 Snack Social 6:00 Movie	24 9:00 Drumming Exercise 10:15 Scenic Bus Ride 2:30 Music with Dave Mussey 3:30 Snack Social 4:00 Balloon Toss 6:00 Movie 	25 10:00 Weights and Stretches 11:00 Cooking Corner 1:30 Hand and Nail Care 2:30 Snack Social 6:00 Movie	26 10:00 Chair Fitness 11:00 Dress the Corn 2:30 Snack Social 4:00 Corn Shucking Contest 6:00 Movie	27 10:00 Fun with Fitness 2:30 Snack Social 4:00 Bingo! 6:00 Movie
28 10:00 Move to the Music 11:00 Hymn Singalong 2:30 Snack Social 3:30 Word Search Puzzles 6:00 Movie	29 10:00 Fun with Fitness 10:30 Art Hour 2:30 Snack Social 4:00 Current Events 6:00 Movie	30 10:00 Beachball Fitness 11:00 Senior Zumba 2:30 Snack Social 4:00 Go for a Walk 6:00 Movie	31 9:00 Drumming Exercise 10:15 Scenic Bus Ride 2:30 Snack Social 4:00 Shadow Boxes 6:00 Movie			