

# The Highlands

Gracious Retirement Living

129 E. Main Street • Westborough, MA 01581 • Phone (508) 898-3000 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

JULY 2019

## THE HIGHLANDS STAFF

Managers.....NED & MARY GRADY  
Assistant Managers ....KEITH & BARBARA WALKER  
Executive Chef ..... DAN ALLEN  
Sous Chef .....NELLIE FARBER  
Activity Coordinator .....BONNIE ABIMERHI  
Bus Driver ..... DAVE ALLMAN

## TRANSPORTATION

**Monday & Friday, 10 a.m. and 2 p.m.:**

Shopping, Banking and Errands — Local Area

**Tuesday, 10 a.m. to 2 p.m.:**

Medical Appointments — Worcester Area

**Wednesday, Time TBD:** Wednesday Outing Day

**Thursday, 10 a.m. to 2 p.m.:**

Medical Appointments — Framingham Area

**Friday, 8:45 a.m.:** St. Luke Parish

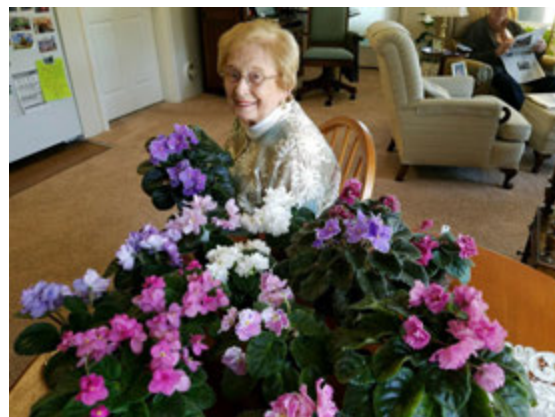
HAWTHORN  
SENIOR LIVING

## African Violets Galore!

One recent morning here at The Highlands, I had the pleasure of visiting the apartment of Marilyn and Jerry Hartke. My intended visit there was to view the amazing collection of African violets that Marilyn grows and tends, and ask her a few questions about her hobby. I was beyond surprised and mesmerized by the stories I learned that morning in Marilyn's lovely and gracious home. African violets were only part of an amazing story!

Marilyn grew up on a large working farm in Wamego, Kansas. When I heard Kansas, I immediately thought, "Wizard of Oz" and I quickly learned that the Wizard of Oz Museum is in Marilyn's hometown! Marilyn told me she grew up witnessing the edge of many tornadoes and actually one day watched her neighbor's house lift right off of the ground and implode. Thankfully, Marilyn said her home had never been in the direct path of a tornado. She did, however, tell me that their chickens were literally left featherless and that she had witnessed cows with barn boards through their sides. I could only imagine the awesome power of such storms.

Marilyn's initial interest in African violets stemmed from her mother having some of the plants. As a young girl she joined the 4-H Club and from an early age it became obvious that African



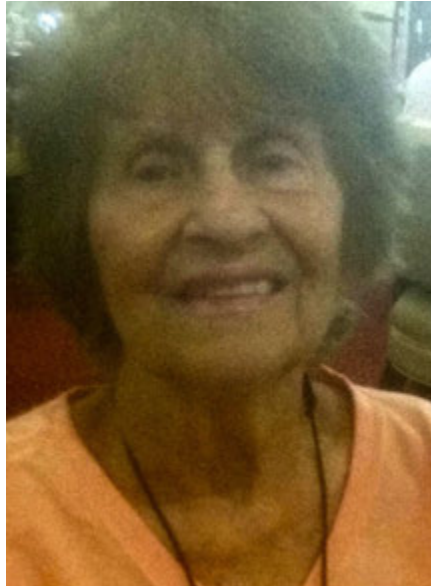
*Marilyn and some of her resplendent collection of African violets*

*(Continued inside)*

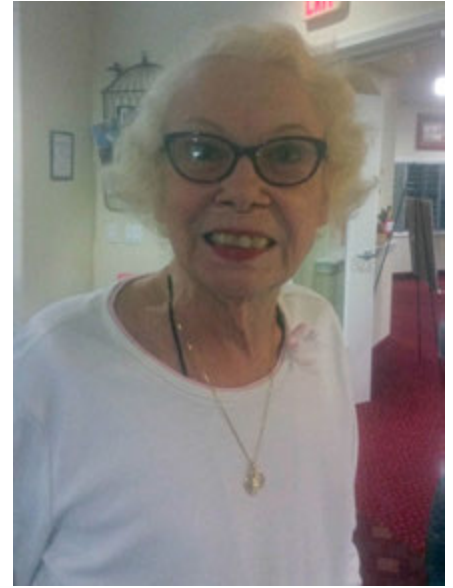
## New Highlands Residents, Be Sure to Say Hello!



*Del DeFrancisco*



*Laura Portosa*



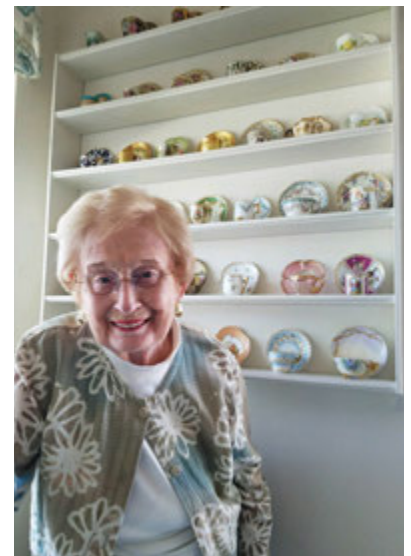
*Barbara Atkinson*

## African Violets Galore! *(Continued)*

violets were not her only forte, as she won a 4-H championship award for her very own recipe, date nut bars!

When I entered her apartment I was instantly struck by the beautiful arrangements of the plants lovingly placed in all the windows. I noticed the many different varieties and beautiful, delicate colors. What was instantly most evident is the obvious love that goes into tending these beautiful plants. She told me of her watering process and pointed out the special pots they grow in. I learned that they thrive in bright, indirect light and should be transplanted to new pots and soil along with having their roots trimmed every six months or so. This process spurs them to grow more robustly. I also learned that a new plant can be propagated by cutting a leaf from one plant and placing it in moist soil. It takes several months, but done with patience and care, a downy soft new plant emerges. Marilyn showed me one of them which was reminiscent of a newborn, soft and tender. I asked Marilyn what she loves most about her violet collection and without hesitation she said, "They are always here for me, and I can always depend on them to bring me joy." Joy was evident all over Marilyn's lovely apartment. Evidence of a life enjoyed emanates from the amazing collections Marilyn has curated, having been an antiques dealer for some time. She showed me a beautiful display of demitasse cups and yet another of teacups, all hand-painted in various countries, mostly France. The intricate etchings on each beautiful cup leaves you in awe of just how much work went into creating them.

I was so enjoying my visit with Marilyn that time just slipped away. I felt like I had just had a tour through a lovingly tended museum of sorts. Such beautiful collections and a most gracious curator. I shared with Marilyn that when this article circulated through The Highlands she would most likely have many visitors at her door. In her very kind manner and with a big smile on her face, she said she would welcome such. I encourage you to go take a mini tour of Marilyn's beautiful little corner of The Highlands. You will certainly leave feeling both enlightened and lighter in your step.



*Marilyn's beautiful antique teacup collection*



## A Day to Remember!

On May 16th, we had a wonderful magical afternoon at our Highlands Prom. The day started with a delicious dinner of tenderloin cooked just right. Our tables were dressed for the prom in lovely white tablecloths and fresh

flowers. As residents trickled into the dining room, it was obvious they were looking forward to the day as they all looked resplendent in their dresses and suits. Dinner was followed by pictures and an old-fashioned ice cream soda bar along with a penny candy station. It was 3 o'clock when the entertainment arrived and the fun shifted into high gear. Many began to dance and it was contagious. Our resident Rosalie won a Most Spirited Dancer award as she danced almost every dance, it seemed. Smiles and joy were overflowing. After dancing, Chefs Dan and Nellie did an



*Our prom king and queen,  
Bernie and Shirley*

amazing job with passed hors d'oeuvres. And as our amazing event drew to a close, there was yet another surprise left in store ... good old-fashioned McDonald's hamburgers and fries for supper. The day was one of magic and will surely live on in our memories for some time to come. We are already looking forward to next year!



*Rosalie and Marilyn enjoying  
some hors d'oeuvres*



*Dancing Dan had all our ladies dancing.*



*Everyone joined in the fun!*



*Shirley and her daughter Belinda, who gave  
us dance lessons before the prom*



JULY 2019

Birthdays

Sheila Granger, 1st  
Shirley Rotti, 3rd  
John Poles, 13th  
Richard Diehl, 21st  
Barbara Sanchioni, 22nd  
Beverly Donovan, 24th  
Don Seeley, 28th

Anniversary

Madeline & Arthur  
Masucci, 7/3/1955

Locations

Activity Room, AR  
Billiards Room, BR  
Bistro, Bistro  
Chapel, CH  
Computer Center, CC  
Dining Room, DR  
Exercise Room, EX  
Front Lobby, Lobby  
Library, LB  
Movie Theater, MT  
Private Dining Room, PDR  
TV Room, TV

Community  
Wellness

Encompass Healthcare  
Home Care Provider  
413-732-8700  
Nursing, physical,  
occupational and  
speech therapy.

Houseworks

617-928-1010  
In-home care,  
companionship, errands,  
post hospital care.

Maenzo’s Hair Design  
at The Highlands

508-873-3386  
Open Tuesdays-Saturdays.  
Roller sets Tuesdays and  
Saturdays. Manicurist is  
available on Tuesdays.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Morning Stretch, AR <sup>1</sup> 10:00 Walking Club, Lobby 10:15 Picnic Table Floral Centerpieces, AR 2:00 Movie Matinee, MT <b>2:00 Painting with Sheila, AR</b> <b>2:00 Brain Stretchers!, AR</b> <b>4:00 Bingo, AR</b> 7:00 Movie Night, MT 	9:30 Morning Stretch, AR <sup>2</sup> 10:00 Rummikub, BR 10:00 Walking Club, Lobby <b>10:15 Mindfulness Meditation, AR</b> <b>11:00 Short Story Reading and Discussion, AR</b> 2:00 Movie Matinee, MT <b>3:00 Tea &amp; Talk, Bistro</b> 4:00 Cocktail Hour, AR 7:00 Movie Night, MT	9:30 Morning Stretch, AR <sup>3</sup> 10:00 Walking Club, Lobby 10:00 Encompass Blood Pressure Clinic, Bistro <b>11:30 Outing, Lobby</b> 2:00 Movie Matinee, MT <i>2:00 Catholic Communion Service, CH</i> <b>4:00 Bingo, AR</b> 7:00 Movie Night, MT  	<b>INDEPENDENCE DAY</b> <sup>4</sup> 9:30 Morning Stretch, AR 10:00 Knitting Group, BR 10:00 Scrabble, TV 10:15 Debating Great Ideas, AR <b>11:00 Ask the Librarian, LB</b> <b>11:15 Book Chat Book Club, LB</b> <b>11:30 Shuffleboard, AR</b> 12:30 4th of July Barbecue, DR 2:00 Movie Matinee, MT <b>2:00 Celebrate the 4th with P E James, AR</b> <b>3:00 Beanbag Baseball, AR</b> <b>4:00 4th of July Fun Happy Hour, AR</b> 7:00 Movie Night, MT	9:30 Morning Stretch, AR <sup>5</sup> 10:00 Walking Club, Lobby 10:00 Bridge, LB <b>10:15 Chair Volleyball, AR</b> <b>11:00 Bible Study Group, CH</b> 2:00 Movie Matinee, MT 2:00 Rummikub, BR <b>2:30 Chair Yoga, AR</b> <b>4:00 Bingo, AR</b> 7:00 Movie Night, MT	10:00 Walking Club, Lobby <sup>6</sup> 10:00 Scrabble, BR <b>10:00 Gentle Chair Dance and Stretch with Tory, AR</b> 2:00 Movie Matinee, MT <b>3:00 Afternoon Trivia, TV</b> <b>7:00 Concert Night at the Highlands, MT</b>
<b>9:30 Morning Worship and Communion, CH</b> <sup>7</sup> 10:00 Walking Club, Lobby 2:00 Movie Matinee, MT <b>2:00 Dominoes, TV</b> 4:00 Bingo, AR <b>7:00 Movie Night, MT</b>	9:30 Morning Stretch, AR <sup>8</sup> 10:00 Walking Club, Lobby 2:00 Movie Matinee, MT <b>2:00 Painting with Sheila, AR</b> <b>2:00 Making S’mores Popcorn, AR</b> <b>4:00 Bingo, AR</b> 7:00 Movie Night, MT	9:30 Morning Stretch, AR <sup>9</sup> <b>10:00 Health Talk with Encompass, AR</b> 10:00 Rummikub, BR 10:00 Walking Club, Lobby <b>10:15 Mindfulness Meditation, AR</b> <b>11:00 Short Story Reading and Discussion, AR</b> <b>2:00 Resident Meeting, AR</b> 2:00 Movie Matinee, MT <b>3:00 Tea &amp; Talk, Bistro</b> 4:00 Cocktail Hour, AR 7:00 Movie Night, MT	9:30 Morning Stretch, AR <sup>10</sup> 10:00 Walking Club, Lobby <b>10:00 Highlands’ Speakers Group, AR</b> <b>11:00 Outing: Picnic in the Park</b> 2:00 Movie Matinee, MT <i>2:00 Catholic Communion Service, CH</i> <b>4:00 Bingo, AR</b> 7:00 Movie Night, MT	<sup>11</sup> 9:30 Morning Stretch, AR 10:00 Walking Club, Lobby 10:00 Knitting Group, BR 10:00 Scrabble, TV 10:15 Debating Great Ideas, AR <b>11:00 Mindfulness Meditation, AR</b> <b>11:00 Accessories and Beyond Sale, Lobby</b> <b>11:00 Ask the Librarian, LB</b> 11:00 Resident Meeting with Chef Dan, AR <b>11:30 Shuffleboard, AR</b> 2:00 Movie Matinee, MT <b>3:00 Beanbag Baseball, AR</b> <i>4:00 Happy Hour, AR</i> 7:00 Movie Night, MT	<sup>12</sup> 9:30 Morning Stretch, AR 10:00 Walking Club, Lobby 10:00 Bridge, LB <b>10:15 Chair Volleyball, AR</b> <b>11:00 Bible Study Group, CH</b> 2:00 Movie Matinee, MT 2:00 Rummikub, BR <b>2:30 Chair Yoga, AR</b> <b>4:00 Bingo, AR</b> 7:00 Movie Night, MT	<sup>13</sup> 10:00 Walking Club, Lobby 10:00 Scrabble, BR <b>10:00 Gentle Chair Dance and Stretch with Tory, AR</b> 2:00 Movie Matinee, MT <b>3:00 Afternoon Trivia, TV</b> <b>7:00 Concert Night at the Highlands, MT</b> 
<sup>14</sup> 10:00 Walking Club, Lobby 2:00 Movie Matinee, MT <b>2:00 Dominoes, TV</b> 4:00 Bingo, AR <b>7:00 Movie Night, MT</b>	<sup>15</sup> 9:30 Morning Stretch, AR 10:00 Walking Club, Lobby <i>10:15 Arts ’n’ Crafts, AR</i> <b>10:15 Tie-Dye T-Shirts, AR</b> <b>2:00 Brain Stretchers!, AR</b> <b>2:00 Painting with Sheila, AR</b> 2:00 Movie Matinee, MT <b>2:30 Ron Falong Presents ..., AR</b> <b>4:00 Bingo, AR</b> 7:00 Movie Night, MT	<sup>16</sup> 9:30 Morning Stretch, AR 10:00 Rummikub, BR 10:00 Walking Club, Lobby <b>10:15 Mindfulness Meditation, AR</b> <b>11:00 Short Story Reading and Discussion, AR</b> 2:00 Movie Matinee, MT <b>3:00 Tea &amp; Talk, Bistro</b> 4:00 Cocktail Hour, AR 7:00 Movie Night, MT	<sup>17</sup> 9:30 Morning Stretch, AR 10:00 Walking Club, Lobby <b>11:30 Outing, Lobby</b> 2:00 Movie Matinee, MT <i>3:30 Catholic Communion Service, CH</i> <b>4:00 Bingo, AR</b> 7:00 Movie Night, MT	<sup>18</sup> 9:30 Morning Stretch, AR 10:00 Walking Club, Lobby 10:00 Knitting Group, BR 10:00 Scrabble, TV 10:15 Debating Great Ideas, AR <b>11:00 Sweet Corn Salsa with Chef Dan, AR</b> <b>11:00 Mindfulness Meditation, AR</b> <b>11:00 Ask the Librarian, LB</b> <b>11:30 Shuffleboard, AR</b> 2:00 Movie Matinee, MT <b>2:00 String Swing Entertains, AR</b> <b>3:00 Beanbag Baseball, AR</b> <i>4:00 Happy Hour, AR</i> 7:00 Movie Night, MT	<sup>19</sup> 9:30 Morning Stretch, AR 10:00 Walking Club, Lobby 10:00 Bridge, LB <b>10:15 Chair Volleyball, AR</b> <b>11:00 Bible Study Group, CH</b> 2:00 Movie Matinee, MT 2:00 Rummikub, BR <b>2:30 Chair Yoga, AR</b> <b>4:00 Bingo, AR</b> 7:00 Movie Night, MT	<sup>20</sup> 10:00 Walking Club, Lobby 10:00 Scrabble, BR <b>10:00 Gentle Chair Dance and Stretch with Tory, AR</b> 2:00 Movie Matinee, MT <b>3:00 Afternoon Trivia, TV</b> <b>7:00 Concert Night at the Highlands, MT</b>
<b>9:30 Morning Worship and Communion, CH</b> <sup>21</sup> 10:00 Walking Club, Lobby 2:00 Movie Matinee, MT <b>2:00 Dominoes, TV</b> 4:00 Bingo, AR <b>7:00 Movie Night, MT</b> 	<sup>22</sup> 9:30 Morning Stretch, AR 10:00 Walking Club, Lobby <i>10:15 Arts ’n’ Crafts, AR</i> 2:00 Movie Matinee, MT <b>2:00 Painting with Sheila, AR</b> <b>2:00 Dan Hart Entertains, AR</b> <b>4:00 Bingo, AR</b> 7:00 Movie Night, MT 	<sup>23</sup> 9:30 Morning Stretch, AR 10:00 Rummikub, BR 10:00 Walking Club, Lobby <b>10:15 Mindfulness Meditation, AR</b> <b>11:00 Short Story Reading and Discussion, AR</b> 2:00 Movie Matinee, MT <b>3:00 Tea &amp; Talk, Bistro</b> 4:00 Cocktail Hour, AR 7:00 Movie Night, MT	<sup>24</sup> 9:30 Morning Stretch, AR <b>9:30 Outing: Foster’s Clambake, York, Maine, Lobby</b> 10:00 Walking Club, Lobby 2:00 Movie Matinee, MT <i>2:00 Catholic Communion Service, CH</i> <b>4:00 Bingo, AR</b> 7:00 Movie Night, MT 	<sup>25</sup> 9:30 Morning Stretch, AR 10:00 Walking Club, Lobby 10:00 Knitting Group, BR 10:00 Scrabble, TV 10:15 Debating Great Ideas, AR <b>11:00 Mindfulness Meditation, AR</b> <b>11:00 Ask the Librarian, LB</b> <b>11:30 Shuffleboard, AR</b> 2:00 Movie Matinee, MT <b>3:00 Beanbag Baseball, AR</b> <i>4:00 Happy Hour, AR</i> 7:00 Movie Night, MT	<sup>26</sup> 9:30 Morning Stretch, AR 10:00 Walking Club, Lobby 10:00 Bridge, LB <b>10:15 Chair Volleyball, AR</b> <b>11:00 Bible Study Group, CH</b> 2:00 Movie Matinee, MT 2:00 Rummikub, BR <b>2:30 Chair Yoga, AR</b> <b>4:00 Bingo, AR</b> 7:00 Movie Night, MT	<sup>27</sup> 10:00 Walking Club, Lobby 10:00 Scrabble, BR <b>10:00 Gentle Chair Dance and Stretch with Tory, AR</b> 2:00 Movie Matinee, MT <b>3:00 Afternoon Trivia, TV</b> <b>7:00 Concert Night at the Highlands, MT</b>
<sup>28</sup> 10:00 Walking Club, Lobby 2:00 Movie Matinee, MT <b>2:00 Dominoes, TV</b> 4:00 Bingo, AR <b>7:00 Movie Night, MT</b> 	<sup>29</sup> 9:30 Morning Stretch, AR 10:00 Walking Club, Lobby <i>10:15 Arts ’n’ Crafts, AR</i> 2:00 Movie Matinee, MT <b>2:00 Painting with Sheila, AR</b> <b>2:00 Brain Stretchers!, AR</b> <b>4:00 Bingo, AR</b> 7:00 Movie Night, MT	<sup>30</sup> 9:30 Morning Stretch, AR 10:00 Rummikub, BR 10:00 Walking Club, Lobby <b>10:15 Mindfulness Meditation, AR</b> <b>11:00 Short Story Reading and Discussion, AR</b> 2:00 Movie Matinee, MT <b>3:00 Tea &amp; Talk, Bistro</b> 4:00 Cocktail Hour, AR 7:00 Movie Night, MT	<sup>31</sup> 9:30 Morning Stretch, AR 10:00 Walking Club, Lobby <b>11:30 Outing, Lobby</b> 2:00 Movie Matinee, MT <b>2:30 John Guido Entertains, AR</b> <b>4:00 Bingo, AR</b> 7:00 Movie Night, MT			



## 4th of July Fun Facts

As everyone knows, Independence Day marks the birthday of the United States of America. But here are some fun facts that you may not know about this patriotic day!

Contrary to popular belief, only two Founding Fathers signed the Declaration of Independence on July 4, 1776. The majority of signers penned their signatures on August 2, 1776.

The holiday does not celebrate the signing of the Declaration; it celebrates the adoption of the Declaration of Independence by the Second Continental Congress.

In a now-famous letter to his wife, Abigail, dated July 3, 1776, John Adams made a prediction that the "Second Day of July" would be celebrated as American Independence Day, since the Congress had actually voted to sever ties with Great Britain the day before.

Independence Day became a federal holiday in 1870.

Other countries, including Denmark, England, Norway, Portugal and Sweden also celebrate the Fourth of July as a way to bring in American tourists.

Our country now boasts 318.9 million citizens, but on the first Fourth of July there were only 2.5 million.

The original draft of the Declaration of Independence was lost.

The back of the Declaration of Independence says, "Original Declaration of Independence dated 4th July 1776."

The Pennsylvania Evening Post was the first newspaper to print the Declaration on July 6, 1776.



## Are You Ready for the First Annual Highlands Staycation?

Remember the days of the good old travelling fairs? Remember the smells of funnel cakes and hot dogs, cotton candy and candy apples? Well, we are about to recreate the great feelings those fun days evoked with our first annual STAYCATION! Many of you escape for little breaks of summer fun but regardless of whether you can or cannot get away, a summer day's vacation is coming to you! A Staycation is simply that, packing all the fun of a summer vacation into a day, yet staying where you are and creating all the fun in that place. On August 1st, The Highlands will be transformed into a county fair. All the delicious snacks of your memories will come to life once again throughout our day of Staycation. There will be games for all levels and prizes to be won. All kinds of surprises are in store for you. Rest up and be prepared for a fun-filled memorable day that will transport you back and take you away for a mini summer holiday right outside your front door. No packing or long car rides required. Just an open mind ready for a fun-filled Staycation!



## Words to Live By from Some Highlands Residents

I recently went into the community and randomly asked for some words of wisdom or proverbs by which some residents have perhaps lived their lives. The responses were varied and a few fun, but all wise nonetheless. Here are some snippets of the responses I received:

"You don't need a college education to have common sense!" — *Helen M.*

"Always be true to yourself." — *Sandy F.*

"Your worth consists of what you are, not what you have." — *Julie L.*

"Don't eat yellow snow!" — *Anne M.*

"There are two kinds of people. Those who do the work and those who take the credit. Try to be in the first group, there is less competition."

— *A quote by Indira Ghandi that our resident Sheila G. adheres to.*

## Is Corn Healthy Or Not? 5 Myths Busted!

Few things say “summer” like a freshly picked ear of sweet corn, grilled to perfection and served up with a light smear of butter and sprinkle of salt. Yet somehow over the years, people began to question if corn was healthy. Rumors have sprung up about everything from how corn is grown to its nutrient content. Just in time for summer, here are five common corn myths, busted.

### **Myth #1: Most sweet corn is genetically modified.**

**Fact:** Only a small percentage of sweet corn grown in the U.S. is genetically modified, according to the USDA. Most GMO corn is used in processed foods like corn chips, breakfast cereals, high-fructose corn syrup and corn oil, or turned into livestock feed and ethanol.

(By the way, it may help to know that sweet corn made the Environmental Working Group’s 2018 “Clean Fifteen” list of foods least likely to have pesticide residue.)

### **Myth #2: Eating corn will make you gain weight.**

**Fact:** Sure, you can load up that juicy corn on the cob with butter and other high-calorie toppings. But one plain ear of corn has about 100 calories, similar to an apple. And with nearly three grams of fiber per serving, corn can help you feel full longer, so you’re less likely to overeat and pack on the pounds. Then there’s its resistant starch, a slow-to-digest type of carb that’s been shown to help with weight control.

### **Myth #3: Sweet corn is high in sugar.**

**Fact:** Yes, corn is sweet for a vegetable — but there are only six grams of natural sugar in a medium-size ear of corn. An ear of sweet corn has less than half the sugar of a banana and only about one-third the sugar of an apple. Even beets have more grams of sugar per serving than corn. The high-sugar corn myth may be partly due to some long-standing confusion over corn



varieties. High-fructose corn syrup, dextrose, glucose and other sweeteners are derived from field corn, the virtually inedible commodity crop used to make everything from livestock feed to ethanol. Those highly processed sweeteners are nothing like the natural sugars found in sweet corn, the vegetable you

eat. Ditch the stuff with the chemical-sounding names, and stick to the real thing instead.

### **Myth #4: Corn has no health benefits.**

**Fact:** For starters, sweet corn is loaded with lutein and zeaxanthin, two phytochemicals that promote healthy vision. Besides helping with weight loss, the insoluble fiber in corn feeds good bacteria in your gut, which aids in digestion and helps keep you regular. Throw in a healthy amount of B vitamins, plus iron, protein and potassium, and you’ve got one sweet package.

### **Myth #5: The cooking process robs corn of its nutrients.**

**Fact:** Cooking sweet corn actually boosts its benefits. In a Cornell study, researchers found that while sweet corn loses vitamin C during cooking, its antioxidant activity increases. Studies show eating foods high in antioxidants can help lower your risk of heart disease as well as Alzheimer’s disease, cataracts and other health problems linked to aging. Cooked sweet corn also has a surprising amount of ferulic acid, a type of compound that helps fight cancer. Crank up the cooking temp and you’ll increase the benefit even more.

It seems that corn is one of nature’s simplest, sweetest pleasures. Hopefully we will be enjoying much of this sweet treat over the summer months.



129 E. Main Street  
Westborough, MA 01581



## 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.



**508-898-3000**

