Winterberry Heights
Assisted Living & Memory Care

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

AUGUST 2019

WINTERBERRY HEIGHTS STAFF

Administrator	PENNY PAULIKS
Assistant Administrator	ALISA BRAGG
Director of Health Services	DEBRA BRIDGES
Memory Care Coordinator	CANDICE WHITE
Executive Chef	TODD FULLERTON
Activity Coordinator	HEATHER LAPLANTE
Administrative Assistant	HEATHER CHASSE
Maintenance	BRUCE GUIMOND
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

Family Night

Our next Family Night Supper will be held on Wednesday, August 14th, at 5:30 p.m.!

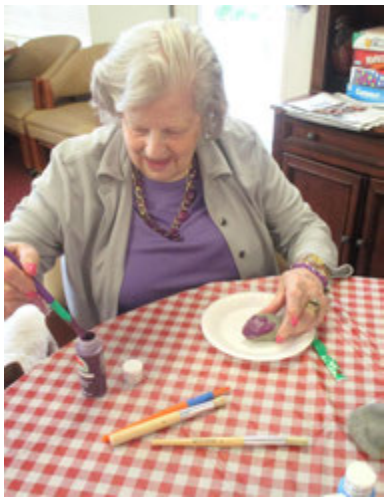
Please RSVP by Sunday August 11th to Heather L., Activity Coordinator, by signing up at the Front Desk or e-mail 219-actcoord@hawthornret.com, so we can plan seating and food accordingly. Hope to see you soon!

Welcome New Residents

- Timothy R.
- Ellen S.
- Helen B.
- Jane S.
- Josephine B.

Camping Staycation

This year, we celebrated the first day of summer with a Camping Staycation! From sunrise to sunset, we offered a schedule of camping events such as campfire stories, scavenger hike, barbecue lunch, painting camp rocks, exercise, a singalong, a camp store and a campfire at night to close the evening.

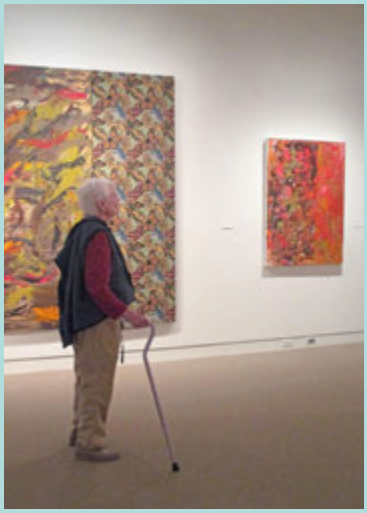


Eastern Maine Walk to End Alzheimer's

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 19, 2019. More details to follow as we get closer.

Trip to the Museum

Residents enjoyed a recent trip to the UMaine Art Museum in downtown Bangor, where collections by Julie Beck, Alison Weld and Harold Garde are currently on display.



Activities with Chef Todd

Chef Todd Fullerton meets with residents each month to do cooking activities, and meets with residents to discuss culinary services. Chef Todd loves to hear feedback, and also loves suggestions for meal ideas he can add to the Kitchen for future options that residents and families will enjoy, especially meaningful family recipes. Cooking with Chef Todd will be held the second Thursday of each month. Meetings with Chef Todd to discuss Culinary Services will be held the fourth Thursday of each month at 11 a.m. Chef is asking that if any family members would like to join in with feedback and suggestions, they are more than welcome, as families also join in for meals as well. Thank you for being part of our Winterberry Family!

The Benefits of Getting and Staying Active

There are many reasons why we tend to slow down and become more sedentary with age. It may be due to health problems, weight or pain issues, or worries about falling. Or perhaps you think that exercising simply isn't for you. But as you grow older, an active lifestyle becomes more important than ever to your health.

A recent Swedish study found that physical activity was the number one contributor to longevity, adding extra years to your life, even if you don't start exercising until your senior years. Getting active is not just about adding years to your life, it's about adding life to your years.

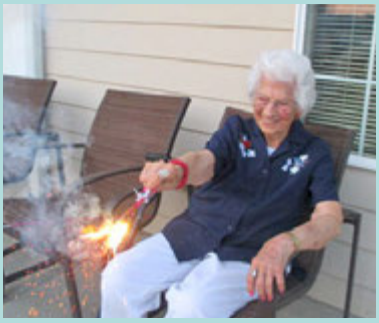
Getting moving can help boost your energy, maintain your independence, protect your heart, and manage symptoms of illness or pain as well as your weight. And regular exercise is also good for your mind, mood and memory.

Starting or maintaining a regular exercise routine can be a challenge at any age, and it doesn't get any easier as you age. A referral to home health physical therapy can assist you with starting and maintaining a healthy lifestyle with activity. A therapist can come to your home, perform an evaluation, and assist with starting an exercise program. Programs can consist of strengthening exercises, gentle stretches, as well as a walking program, all tailored to your needs. The therapist can also monitor blood pressure, oxygen and your pulse at rest and with activity. Specialized balance programs can also help with decreasing fear of falling and improve confidence and independence with activity in and outside of your home. Don't let fear of falling stop you from becoming active, especially while the weather is still so nice!

—*Kim Rideout* PT, Home Health Specialist from Kindred at Home

Smile!

Sparklers, a timeless activity, can bring simple joy and fun.



Fun in Memory Care

Ready for barbecue!

All summer ready!

Sisters!

Celebration!

Watch out for Dottie with a squirt gun!

Smile!

August Culinary Education Series: Citrus Fruits

During the month of August, we will enjoy the delicious tastes and healthy benefits of citrus fruits!

Health Benefits of Citrus Fruits

You already know that citrus (think: oranges, lemons, tangerines, limes, and grapefruit) is an excellent source of immune-boosting Vitamin C, which is why so many people reach for these fruits during cold and flu season. But citrus offers many other impressive health benefits, as well. The juicy, colorful fruits are packed with good-for-you nutrients, not to mention flavor, making them a great addition to a healthy diet. Here are six reasons why our residents should be adding more citrus to their plate.

1. **Citrus fruits are an excellent source of fiber.** Two-thirds of the fiber in citrus fruit is soluble fiber, which has been linked to lower cholesterol and helps regulate glucose levels. The remaining fiber in citrus is insoluble, which adds bulk to our digestive system and helps keep us regular. Fiber-packed foods like citrus also keep us feeling full and satisfied longer than less-fibrous foods, making them a great snack for weight loss.
2. **Citrus fruits are good for your heart.** Vitamin C found in citrus fruits has been linked to reduced risk of heart disease.
3. **Citrus fruits have a low glycemic index.** Citrus fruits have relatively low glycemic index scores on the 100-point scale, meaning they won't spike your blood sugar as much as some other foods. An orange, for example, has a score of 45, and a grapefruit 25. (For comparison, raisins have a score of 64, a white bagel 72, and Gatorade 89.) This means the glucose in citrus fruit is released into your bloodstream slowly, offering you a steady feeling of energy, without a crash later on.
4. **Citrus fruits may help shorten colds.** It's no secret that citrus delivers a healthy dose of Vitamin C (51 mg in an orange, 38 mg in a grapefruit, and 30 mg in a lemon). And while vitamin C can't prevent colds, research suggests it might reduce the duration and severity of them.
5. **Citrus fruits are packed with potassium.** When you hear "potassium," you probably think of bananas. But citrus is also a great source of this mineral, which is important for fluid regulation, mineral balance and muscle contraction. Potassium also works to counter-regulate the amount of salt in your diet by helping your body flush out sodium. While this isn't an excuse to douse your food in salt, it is another good reason to load up on citrus. By eating plenty of potassium-rich foods, you can help lower your risk of stroke by 21 percent, as well as reduce your risk of heart disease.
6. **Citrus fruits are hydrating.** Like cucumbers, watermelon and tomatoes, citrus fruits have a high-water content (oranges are 87 percent water and grapefruits are 88 percent). Eating plenty of water-rich foods such as citrus can help you stay hydrated, which is important for quenching your thirst, as well as helping you consume enough fluids throughout the day to prevent dehydration and help the body's systems function properly.

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EQUAL HOUSING OPPORTUNITY

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

AUGUST 2019

Birthdays

Helen Brasslett, 3rd
Michael Lewis, 10th
Mary Gillis, 10th
Elissa Durando, 11th
Dave Utter, 12th
Ialda Raymond, 16th
Rose Nadeau, 18th
Gloria Harriman, 26th
William Roberts, 27th
Neil Mayo, 30th

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.

"Summer means happy times and good sunshine."
—Brian Wilson

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:00 News Hour 10:00 Strength and Balance **10:30 Cooking with Chef Todd** 12:25 Dinner Table Fitness 2:00 Scrabble **3:00 Out for An Ice Cream!** 6:45 Famous August Birthdays Word Search	2 9:00 News Hour 10:00 Strength and Balance **11:00 Welcome Committee Meeting** 12:25 Dinner Table Fitness 2:00 Ladderball **3:00 Ice Cream Sandwich Day Social** 6:45 Relax and Chat with Friends	3 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
4 **9:00 Catholic Mass in the Chapel** 10:00 Strength and Balance 11:00 Crosswords **11:00 Trip to the Farmers' Market** 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	5 9:00 News Hour 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	6 9:00 News Hour 10:00 Strength and Balance **11:00 Senior Zumba** 12:25 Dinner Table Fitness **1:30 Heather's General Store** **2:30 Citrus Fruit Tasting** **3:00 Painting Class with Janice** 6:45 Puzzles	7 9:00 Shopping: Hannaford 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness **2:00 Resident Meeting** 2:30 Scrabble **4:00 Penny's Chorus Practice** 6:45 Billiards	8 9:00 News Hour 10:00 Strength and Balance **11:00 Cooking with Chef Todd** 12:25 Dinner Table Fitness 2:00 I Love Lucy Comedy **3:30 Music with Fred and Deb** 6:45 Cribbage	9 9:00 News Hour 10:00 Strength and Balance 11:00 Trivia 12:25 Dinner Table Fitness 2:00 Brain Drain Game 3:00 Beachball Volleyball 6:45 Relax and Chat with Friends	10 9:00 News Hour 10:00 Strength and Balance 11:00 Name 10 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Chair Dancing 6:45 Scrabble
11 **9:00 Catholic Mass in the Chapel** 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	12 9:00 News Hour 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Word Search 12:25 Dinner Table Fitness **2:00 Piano Music with Clayton Rogers** **3:00 Heather's Ice Cream Soda Social** 6:45 Monday Night Movie	13 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 Mandala Art Coloring **3:00 Music with Nostalgia Music Group** 6:45 Puzzles	14 9:00 Shopping: Hannaford 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 Practice** **5:30 Family Night Supper!**	15 9:00 News Hour 10:00 Strength and Balance **10:30 Gospel Music with Doug Rodgerson** 12:25 Dinner Table Fitness 2:00 Arm Chair Travels **4:00 Bangor High School Band Ensemble** 6:45 Billiards	16 9:00 News Hour 10:00 Strength and Balance 11:00 Painting 12:25 Dinner Table Fitness 2:00 Have You Ever? **3:30 Music with Dave Mussey** 6:45 Relax and Chat with Friends	17 9:00 News Hour 10:00 Strength and Balance 11:00 Wheel of Fortune 12:25 Dinner Table Fitness 2:00 Bingo **3:30 Music with Chris Heard** 6:45 Scrabble
18 **9:00 Catholic Mass in the Chapel** 10:00 Strength and Balance 11:00 Sudoku Puzzles **11:00 Cut Coupons for Overseas Troops** 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	19 9:00 News Hour 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 Shopping at Christmas Tree Shop** 6:45 Monday Night Movie	20 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 Winterberry Bucks Money Exchange** **3:00 Music with Ken Griffiths** 6:45 Puzzles	21 9:00 Shopping: Hannaford 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 Practice** 6:45 Billiards	22 9:00 News Hour 10:00 Strength and Balance **11:00 Meeting with Chef Todd** 12:25 Dinner Table Fitness **2:00 Make Dog Treats for the Humane Society** 3:00 Scrabble 6:45 Word Search	23 9:00 News Hour 10:00 Strength and Balance 11:00 Jeopardy 12:25 Dinner Table Fitness 2:00 The Name Game 3:00 Dice Fitness 6:45 Relax and Chat with Friends	24 9:00 News Hour 10:00 Strength and Balance 11:00 Ring Toss 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Jenga 6:45 Scrabble
25 **9:00 Catholic Mass in the Chapel** 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	26 9:00 News Hour 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 Afternoon Social 6:45 Monday Night Movie	27 9:00 News Hour 10:00 Strength and Balance **11:00 Senior Zumba** 12:25 Dinner Table Fitness **1:30 Heather's General Store** 3:30 Left, Right, Center Game 6:45 Puzzles	28 9:00 Shopping: Hannaford 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness **3:00 Music with Stephanie Erb** **4:00 Penny's Chorus Practice** 6:45 Billiards	29 9:00 News Hour 10:00 Strength and Balance 10:30 Scrabble 12:25 Dinner Table Fitness **2:00 Hand/Foot Soaks** **3:00 August Birthday Celebration** 6:45 Crosswords	30 9:00 News Hour 10:00 Strength and Balance 11:00 Horse Race Derby 12:25 Dinner Table Fitness 2:00 Pictionary 3:00 Balloon Volley 6:45 Relax and Chat with Friends	31 9:00 News Hour 10:00 Strength and Balance 11:00 Beanbag Twister 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Word Scrambles 6:45 Scrabble

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Birthdays

Ialda Raymond, 16th
Rose Nadeau, 18th

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—Brian Wilson

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:00 Weights and Stretches 11:00 Cooking Corner (Candied Citrus Peels) 1:30 Hand and Nail Care 2:30 Snack Social 3:30 Play Twister 6:00 Movie	2 10:00 Chair Fitness 11:00 Coloring for Adults 2:30 Snack Social 3:30 Beer Tasting 6:00 Movie	3 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
4 10:00 Move to the Music **11:00 Hymn Singalong** 2:30 Snack Social 3:30 Puzzles 6:00 Movie	5 10:00 Fun with Fitness 10:30 Art Hour 2:30 Snack Social 4:00 Current Events 6:00 Movie	6 10:00 Beachball Fitness **11:00 Senior Zumba** 2:30 Snack Social 4:00 Juicy Facts About Citrus Fruits 6:00 Movie	7 9:00 Drumming Exercise **10:15 Scenic Bus Ride** 2:30 Snack Social 4:00 Paint Lighthouses 6:00 Movie	8 10:00 Weights and Stretches 10:30 Cooking Corner (Lemon-Apricot Fruit Pops) 1:30 Hand and Nail Care 2:30 Snack Social **3:30 Music with Fred and Deb** 6:00 Movie	9 10:00 Chair Fitness 11:00 DIY Energizing Orange Sugar Scrub 2:30 Snack Social 3:00 Summertime Memories 6:00 Movie	10 10:00 Fun with Fitness 11:00 Laughter Is the Best Medicine 2:30 Snack Social 4:00 Bingo! 6:00 Movie
11 10:00 Move to the Music **11:00 Hymn Singalong** 2:30 Snack Social 3:30 Word Search Puzzles 6:00 Movie	12 10:00 Fun with Fitness 10:30 Art Hour **2:00 Piano Music with Clayton Rogers** 2:30 Snack Social 4:00 Current Events 6:00 Movie	13 10:00 Beachball Fitness **11:00 Senior Zumba** 2:30 Snack Social **3:00 Music with Nostalgia Music Group** 4:00 Aromatherapy 6:00 Movie	14 9:00 Drumming Exercise **10:15 Scenic Bus Ride** 2:30 Snack Social 4:00 Play Wiffle Ball 6:00 Movie	15 10:00 Weights and Stretches **10:30 Gospel Music with Doug Rodgerson** 11:00 Summertime Citrus Iced Tea 1:30 Hand and Nail Care 2:30 Snack Social **4:00 Bangor High School Band Ensemble** 6:00 Movie	16 10:00 Chair Fitness 10:30 Gold Rush 2:30 Snack Social **3:30 Music with Dave Mussey** 4:00 Balloon Toss 6:00 Movie	17 10:00 Fun with Fitness 2:30 Snack Social **3:30 Music with Chris Heard** 4:00 Bingo! 6:00 Movie
18 10:00 Move to the Music **11:00 Hymn Singalong** 2:30 Snack Social 3:30 Puzzles 6:00 Movie	19 10:00 Fun with Fitness 10:30 Art Hour 2:30 Snack Social 4:00 Current Events 6:00 Movie	20 10:00 Beachball Fitness **11:00 Senior Zumba** 2:30 Snack Social **3:00 Music with Ken Griffiths** 4:00 Poetry Hour 6:00 Movie	21 9:00 Drumming Exercise **10:15 Scenic Bus Ride** 2:30 Snack Social 4:00 Bowling 6:00 Movie	22 10:00 Weights and Stretches 11:00 Cooking Corner (Fruit Salad) 1:30 Hand and Nail Care 2:30 Snack Social 3:00 Make Sunflowers 6:00 Movie	23 10:00 Chair Fitness 11:00 Make Lemonade 2:30 Snack Social 4:00 Corn Hole 6:00 Movie	24 10:00 Fun with Fitness 11:00 Happy Birthday Potato Chips! 2:30 Snack Social 4:00 Bingo! 6:00 Movie
25 10:00 Move to the Music **11:00 Hymn Singalong** 2:30 Snack Social 3:30 Word Search Puzzles 6:00 Movie	26 10:00 Fun with Fitness 10:30 Art Hour **2:00 Piano Music with Clayton Rogers** 2:30 Snack Social 4:00 Current Events 6:00 Movie	27 10:00 Beachball Fitness **11:00 Senior Zumba** 2:30 Snack Social 3:00 Make Postcards 6:00 Movie	28 9:00 Drumming Exercise **10:15 Scenic Bus Ride** 2:30 Snack Social **3:00 Music with Stephanie Erb** 4:00 Ring Toss 6:00 Movie	29 10:00 Weights and Stretches 11:00 Cooking Corner 1:30 Hand and Nail Care 2:30 Snack Social 4:00 Swatterball 6:00 Movie	30 2:30 Snack Social 10:00 Chair Fitness 11:00 Fair Games 4:00 Puzzles 6:00 Movie	31 10:00 Fun with Fitness 2:30 Snack Social 4:00 Bingo! 6:00 Movie