

# Birchwoods at Canco

## Assisted Living Community

86 Holiday Drive • Portland, Maine 04103 • Phone (207) 772-1080 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)  
Facility License Number ALLS1927



### AUGUST 2019

## BIRCHWOODS AT CANCO STAFF

Administrator.....MICHELLE TUFTS  
Assistant Administrator.....AMANDA ALLEN  
Director of  
Health Services .....COURTNEY CLARK  
Resident Services  
Coordinator.....AMY JAMESON  
Executive Chef.....TIM HUNT  
Sous Chef .....TRACY FARNSWORTH  
Marketing.....ANGELA FALL  
Activity Coordinator .....DONNA PATRICK  
Activity Assistant .....LENORE HILTON  
Administrative Assistant .....PAM HINKLEY  
Administrative Assistant ..MELISSA FODROCY  
Maintenance Coordinator..CHRIS SCHAFFER

**HAWTHORN**  
SENIOR LIVING



## Picnic to Two Lights State Park

On July 10th, a group of 10 residents enjoyed a bus trip out to Two Lights State Park in Cape Elizabeth.

We enjoyed a scenic drive and passed Maxwell Farms



where many people were harvesting strawberries. What a great day for a picnic, the sun was shining and the Ranger that was on duty provided us with a covered shelter that came with lights and picnic tables that are built to be wheelchair accessible.

We had packed a picnic lunch of fresh made sandwiches, chips, cucumbers and cookies. We also

made sure to have plenty of ice-cold water to wash it all down. Having a wheelchair repair needed kept us from going down to the rocks but instead we took Shore Drive back to South Portland and enjoyed the coastal scenery.

If you are interested in any future trips or if you have any ideas for trips that you would like to take please check in with the Activity Director Donna and we will see what we can do to add it to the calendar.



## Grand Prize Winner of Lobster Dinner: Claire Moulton

On the 4th of July in the Activity Room, we held a special Bingo Game. We played that day for free and residents who won were able to pick a food prize out of the basket of prizes. We played new coverage games for fun and the last game of the afternoon was a surprise for the residents. It was announced that the Grand Prize for the last Bingo game would be a Lobster Dinner which included the lobster, corn on the cob, steamed baby potatoes and warm melted butter for dipping.

Though I had offered to cook the Lobster Dinner Prize myself our new Sous Chef Tracy Farnsworth offered to steam it and serve it up special for Claire.

Tracy even went so far as to crack the shell and prep it for Claire. Thank you, Tracy!

Don't forget to join us for Bingo on Tuesdays, Thursdays and Saturdays. The prize won't be as nice as a Lobster Dinner but we will still have fun.



*Chef Tracy serving up the prize Lobster Dinner*



*Claire enjoying her prize*

## Celebrating Ice Cream Sandwich Day at Birchwoods

August 2nd is National Ice Cream Sandwich Day and here at Birchwoods at Canco we will be celebrating by making our own ice cream sandwiches in the activity room. The ice cream sandwich is a frozen dessert consisting of ice cream between two skins, crusts, biscuits or cookies. The predecessor to the ice cream sandwich was the "okey-pokey," a slice of vanilla ice cream cut from a large slab. Okey-Pokeys were sold by street vendors in London.

According to Sugar and Snow by Jeri Quinzio, the ice cream sandwich was invented in 1899 by an unidentified pushcart peddler in New York's Bowery neighborhood. They consisted of vanilla ice cream between two thin graham wafers. It was a popular invention because it was portable and the heat of the hands softens the ice cream. It also eliminated the need for dishes and spoons. Jerry Newberg sold ice cream at Forbes Field in Pittsburgh. He invented the modern ice cream sandwich that consists of a slice of vanilla ice cream between two rectangular chocolate cookies in 1945.

So, please join us to celebrate this popular treat at 4 p.m. and make your own ice cream sandwich.





## Resident Highlight: Butch Ferris

Butch grew up in the paper mill town of Westbrook, Maine. He attended local schools and graduated from Westbrook High School. He then attended the University of Southern Maine for two years and received an Associate's Degree in Liberal Arts.

Butch served our country from 1968 through 1974 both in the Army National Guard then in the regular Army serving a tour in Vietnam. Upon returning he was stationed in Hawaii in recreational services.

He then went into civilian life serving the community he grew up in working first at Sappi Paper then know as S.D. Warren Paper Company, then for the City of Westbrook as a heavy machinery operator. Butch has one son who lives in Woolwich, Maine.

He moved into Birchwoods at Canco in June of this year and enjoys the upkeep of the building and grounds. He also has high praise for the staff who provide his care. Butch is looking forward to moving downstairs in the near future to a new apartment. Please welcome him to our community when you see him zipping around in his motorized wheelchair.



## Bob Summers Wins 2nd Place

On June 1st, Bob entered his 1991 Toyota Camry station wagon in a classic car show in Durham, Maine. The car show was hosted by the Yankee Cruisers Car Club at the Shilo Chapel to raise money for LACO, a local Christian Food Pantry serving families in the area.

Bob placed 2nd place in for Restoration in Progress and was awarded a trophy. His 1991 Toyota Camry was in competition with over 100 other classic cars. Bob has had the car and has been restoring it in memory of his lovely wife of 50 years. He bought the car new in 1991 for her and they enjoyed many family trips together in this vehicle that bring back fond memories. Bob said his caring for the car is a tribute to his wonderful wife. Our winner Bob has been a classic car fan for many years and even though the car has 160,000 miles and still runs great and is fully air-conditioned. His goal is to keep restoring the car and to enjoy many outings to local landmarks in her honor.



*The winning car*



*Bob with his trophy*

AUGUST 2019

Birthdays

Alice Smith, 1st  
Marney Timberlake, 4th  
Dorothy Kimball, 4th

Locations

- Billiards Room, BR
- Activity Room, AR
- Chapel, Chapel
- Dining Room, DR
- Fireplace, FP
- Living Room, LR
- Lobby, LB
- Outing, Outing
- Patio, Patio
- TV Room, TV

Check the Activity Room daily to see upcoming events, movies and outings!

“Summer means happy times and good sunshine.”  
—Brian Wilson

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <i>Dr. Appointment Day</i> 10:30 Morning Exercise, AR 2:00 Bingo, AR 3:30 Card Club 4:00 <b>Evening Walk, AR</b> 	2 10:30 Morning Exercise, AR 11:00 Morning Game, AR 2:00 <b>Trip to Northgate Shopping Center</b> 4:00 <b>Ice Cream Sandwich Day, AR</b>	3 10:30 Scenic Drive Out 10:30 Morning Exercise, AR 2:00 Bingo, AR 3:45 <b>Saturday Watermelon Day, AR</b>
4 10:30 Communion Service, Chapel 10:30 Morning Exercise, AR 2:00 Movie & Popcorn, AR 4:00 Sunday Ice Cream Social, AR 	5 9:45 <b>Musical Guest: Pianist Mike McCarthy, DR</b> 10:30 Morning Exercise, AR 2:00 <b>Scenic Drive Out, Outing</b> 3:30 Card Club 4:00 <b>Evening Walk, AR</b>	6 <i>Dr. Appointment Day</i> 10:30 <b>Yoga, AR</b> 10:30 Morning Exercise, AR 2:00 Bingo, AR 2:00 <b>Catholic Mass Service, Chapel</b> 3:30 Card Club 4:00 Poetry Reading, AR	7 8:45 <b>Portland Wheelers, Outing</b> 10:30 Morning Exercise, AR 2:00 <b>Walmart Shopping Trip</b> 3:30 Card Club 4:00 <b>Evening Walk, AR</b>	8 <i>Dr. Appointment Day</i> 10:00 <b>Red Gallagher, DR</b> 11:45 Tai Chi with Janel!, AR 2:00 Bingo, AR 3:30 Card Club 4:00 <b>Evening Walk, AR</b>	9 10:30 Morning Exercise, AR 11:00 Morning Game, AR 2:00 <b>Trip to Northgate Shopping Center</b> 4:00 Friday Social, AR	10 10:30 Scenic Drive Out 10:30 Morning Exercise, AR 2:00 Bingo, AR 3:00 <b>National Bowling Day, AR</b>
11 10:30 Communion Service, Chapel 10:30 Morning Exercise, AR 2:00 Movie & Popcorn, AR 3:30 Card Club 4:00 Sunday Ice Cream Social, AR	12 8:45 <b>Portland Wheelers, Outing</b> 10:30 <b>David Stone, Live Piano, DR</b> 11:00 <b>Chair Massage, AR</b> 2:00 <b>Scenic Drive Out, Outing</b> 3:30 Card Club 4:00 <b>Evening Walk, AR</b>	13 <i>Dr. Appointment Day</i> 10:30 <b>Yoga, AR</b> 10:30 Morning Exercise, AR 11:00 <b>Arts and Crafts, AR</b> 2:00 Bingo, AR 3:30 Card Club 4:00 Poetry Reading, AR	14 10:30 Morning Exercise, AR 11:30 <b>Lunch Outing (\$)</b> 2:00 <b>Walmart Shopping Trip</b> 3:30 Card Club 4:00 <b>Evening Walk, AR</b>	15 <i>Dr. Appointment Day</i> 10:30 Morning Exercise, AR 11:00 Chef's Chat & Demo, AR 2:00 Bingo, AR 3:30 Card Club 4:00 <b>Evening Walk, AR</b>	16 10:30 Morning Exercise, AR 11:00 Morning Game, AR 2:00 <b>Trip to Northgate Shopping Center</b> 4:00 Friday Social, AR	17 10:30 Scenic Drive Out 10:30 Morning Exercise, AR 2:00 Bingo, AR 3:00 <b>Saturday Social, AR</b>
18 10:30 Communion Service, Chapel 10:30 Morning Exercise, AR 2:00 Movie & Popcorn, AR 3:30 Card Club 4:00 Sunday Ice Cream Social, AR	19 10:30 Morning Exercise, AR 10:30 <b>David Stone, Live Piano, DR</b> 2:00 <b>Scenic Drive Out, Outing</b> 3:30 Card Club 4:00 <b>Evening Walk, AR</b>	20 <i>Dr. Appointment Day</i> 7:30 <b>Chocolate Pecan Pie Day</b> 10:30 <b>Yoga, AR</b> 2:00 Bingo, AR 3:30 Card Club 4:00 Poetry Reading, AR	21 8:45 <b>Portland Wheelers, LB</b> 10:30 Morning Exercise, AR 2:00 <b>Walmart Shopping Trip</b> 3:30 Card Club 3:30 Visit From Animal Refuge League, AR 4:00 <b>Evening Walk, AR</b>	22 <i>Dr. Appointment Day</i> 10:30 Morning Exercise, AR 11:45 Tai Chi with Janel!, AR 2:00 Bingo, AR 3:30 Card Club 4:00 <b>Evening Walk, AR</b>	23 10:30 Morning Exercise, AR 11:00 Morning Game, AR 2:00 <b>Trip to Northgate Shopping Center</b> 4:00 Friday Social, AR	24 10:30 Scenic Drive Out 10:30 Morning Exercise, AR 2:00 Bingo, AR 3:45 <b>Peter the Banjoist, DR</b>
25 7:00 <b>Wizard of Oz Day, AR</b> 10:30 Communion Service, Chapel 10:30 Morning Exercise, AR 2:00 Movie & Popcorn, AR 3:30 Card Club 4:00 Sunday Ice Cream Social, AR	26 8:45 <b>Portland Wheelers, Outing</b> 10:30 Morning Exercise, AR 11:00 <b>Chair Massage, AR</b> 2:00 <b>Scenic Drive Out, Outing</b> 3:30 Card Club 4:00 <b>Evening Walk, AR</b>	27 <i>Dr. Appointment Day</i> 10:30 <b>Yoga, AR</b> 10:30 Morning Exercise, AR 11:00 <b>Arts and Crafts, AR</b> 2:00 Bingo, AR 4:00 Poetry Reading, AR	28 10:30 <b>Ethan Stone, Musical Guest, DR</b> 11:30 <b>Lunch Outing (\$)</b> 2:00 <b>Walmart Shopping Trip</b> 3:30 Card Club 4:00 <b>Evening Walk, AR</b>	29 <i>Dr. Appointment Day</i> 10:30 Morning Exercise, AR 11:45 <b>Tai Chi, AR</b> 2:00 Bingo, AR 3:30 Card Club 4:00 <b>Evening Walk, AR</b>	30 10:30 Morning Exercise, AR 11:00 Morning Game, AR 2:00 <b>Trip to Northgate Shopping Center</b> 4:00 Friday Social, AR	31 10:30 Scenic Drive Out 10:30 Morning Exercise, AR 2:00 Bingo, AR 3:45 <b>Saturday Social, AR</b>





## Staying Hydrated and Enjoying Watermelon on Watermelon Day

We are going to fight back against the “Dog Days of Summer” by celebrating Watermelon Day on Saturday, August 3rd. We will play watermelon games and indulge in watermelon treats today.

Mark Twain said about watermelon, “When one has tasted it, he knows what the angels eat.”

Watermelon originated in West Africa. It is cultivated for its fruit and it dates back to ancient Egypt because seeds from a watermelon were found in Pharaoh’s tomb. In the seventh century, watermelons were being cultivated in India and by the 10th century had reached China which today is the worlds largest watermelon producer at 79.2% of the world’s production.

Oklahoma State Senate passed a bill in 2007 declaring watermelon as the official state vegetable.

Watermelon fruit is 91% water, contains 6% sugars and is low in fat. It also contains 10% of the daily requirement of vitamin C and only 30 calories per serving. Watermelon pulp contains carotenoids, including lycopene. Carotenoids are important antioxidants and help to strengthen your immune system. The other vitamins and minerals found in watermelon are vitamin A, vitamin B1, B2, B3, B5, B6, choline, calcium, iron, magnesium, manganese, phosphorus, potassium, sodium and zinc.

So join us for some hydrating and healthy watermelon on Saturday, August 3rd.



*Chris teaching hydration*

## August Is Citrus Month

### Energizing Orange Sugar Scrub Recipe

#### **Ingredients:**

- 1 cup sugar
- 1/2 cup of Coconut Oil
- 1/2 tsp. Orange Essential Oil

#### **Instructions:**

1. Place the coconut oil in a microwave-safe bowl and heat until melted.
2. Add sugar and mix well.
3. Add the orange essential oil and mix well.
4. Pour into an air-tight container for storage.





## Out in the Country

Hi folks, Dick Bakke here. This month, I thought I would just write a little tale about my going to the country for work. Remember, don't believe every word you read.

My first job out of college in the 1950s was with a public accounting firm called Jordan and Jordan which would eventually become part of Arthur Young, a much larger Big Eight firm. It was tax season and I had just completed a return for a couple that lived in North Yarmouth, Maine. They had filed for an extension and I finished the return in late May or June. I was told by one of the partners that I had to deliver the return to their house and go over everything with them. Unfortunately, they did not have a phone.

Well, I had the address but didn't know anything about North Yarmouth. So with the Cumberland County Seat being Portland I went in to get some directions to my clients' home. The person assisting me, after giving me directions to my clients' home, asked why I was going to North Yarmouth. I told him why and he said I hope you realize that this address is in the boonies. He said it wasn't the end of the Earth but you could surely see it from there.

I was off to find Sligo Road in Yarmouth. The directions said to travel Sligo to the end, which is about 6.3 miles on a well-maintained tar road. At the end of Sligo Road, I came to a fork and the directions said to take a right on a not-so-well-maintained tar road for 4.2 miles. After I had traveled 4.2 miles, I realized I hadn't seen a house in the last couple of miles. Then it said to take a left — actually a left was all there was — and travel 3.7 miles on a gravel farm-to-market road. I then had to continue for 2-3/4 miles on a grassy gravel extension. I could see by the ruts and car tracks that cars had driven on this road. It was a little bumpy and when I had traveled the 2-3/4 miles I noticed on my right what looked like a parking area. That was the end of the directions. I guessed it was now up to me.

I saw a well-used path so I grabbed my briefcase and took off down the path to who-knows-where. After about 300 yards, I came upon a small stream. It was about 12 feet wide and looked pretty deep. Upon further examination, I saw two platforms about six feet high, one on each side of the stream. On each platform were several ropes tied to an overhead wire. I

assumed I had to swing across. Now picture this, I had on a full business suit including a vest, my briefcase and a fedora hat. At Jordan and Jordan you had to wear a fedora — back then it made you look professional. So swing I did with my briefcase hitched to my belt and almost losing my fedora. On the other side, I walked another path for about 100 yards and I came to a clearing with a very nice house. Now, I was told by the person at the county seat office to "Hello The House." In the country back then everyone had a shotgun or a regular rifle. You had to be careful when nearing a house in an isolated area.

So I immediately started "Helloing The House." I would walk about 10 yards and I would "Hello The House" again. Another 10 yards and "Hello The House." I did this about five times and I thought it a little funny that no one came out. I noticed on my last "Hello The House" a little notebook paper on the door. Very carefully, I walked up the stairs to the porch to see what was written on the note. Much to my surprise the note said, "Gone to the country for the weekend."

Remember, smile, it drives people crazy.

Dick B.

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Assisted Living Community

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Portland, Maine 04103



## 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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