

# Heatherwood

Gracious Retirement Living

1624 Main Street • Tewksbury, MA 01876 • Phone (978) 851-2063 • www.seniorlivinginstyle.com

## AUGUST 2019

### HEATHERWOOD STAFF

Managers.....CHRISTY & BRIAN EATON  
Assistant Managers...DUNCAN & SUE PELTASON  
Executive Chef.....GERALDO CABRAL  
Sous Chef .....JULIAN DUARTE  
Activity Coordinator ..... DIANE ATKINS  
Bus Driver .....DAVID LANGFORD

### TRANSPORTATION

**Monday & Friday, 10 a.m.-noon & 2-4 p.m.:**

Local Errands and Shopping

**Tuesday & Thursday, 9 a.m.-3 p.m.:**

Medical Appointments

**Wednesday, 8:45-9:45 a.m.:**

St. Williams Catholic Mass

**Wednesday, 11:30 a.m.:**

Lunch Bunch/Special Outings

HAWTHORN  
SENIOR LIVING

## Honey Tasting and Trivia

How sweet it is. At our tasting we learned several facts about honey. One fact we learned was the color and flavor of honeys differ depending on the nectar source (the blossoms) visited by the honeybees. In fact, there are more than 300 unique types of honey available in the United States, each originating from a different floral source. Honey color ranges from nearly colorless to dark brown, and its flavor varies from delectably mild to distinctively bold, depending on where the honey bees buzzed. As a general rule, light-colored honey is milder in taste and dark-colored honey is stronger. We sampled orange, wildflower and pure honey. Everyone liked the darker wildflower honey the best.



*Anita and Laurel enjoy some honey.*



*Ed Stoddard knows his honey.*



*Betty, Pauline and Cynthia enjoy the taste testing.*





## Heatherwood Holds a Fabulous Countryfest!

Heehaw! On June 15th, Father's Day weekend, Heatherwood held a Countryfest. The band called Counterfeit Cash was a smash hit! Patsy Cline and Hank Williams Jr. joined Johnny Cash in an afternoon of music and fun! We enjoyed all the cookout favorites. Along with the music we had a target shooting contest. Residents aimed at cans in a field with a paintball gun. The top three shooters got to aim for the big prize and shoot the bunny (a.k.a. our Manager Brian)! Paula Harris showed us how it is done taking home top prize which was a gift card donated from Humble Homecare.



*Johnny Cash poses with Betty, Wilma and Joan.*



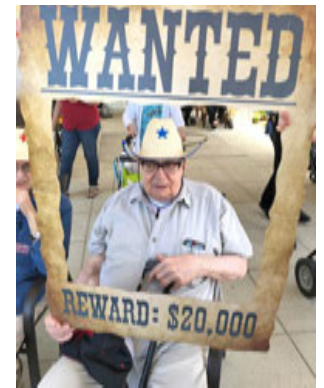
*Christy shows Dora where to aim!*



*Mary and Phyllis are wanted!*



*The rabbit is showing all the shooters where to hit!*



*John is getting into the country spirit.*

## Mystery Resident? Can You Guess Who?

Can you guess this mystery resident?

Here are some helpful hints.

- She was born in West Medford, Massachusetts and raised in Arlington, Massachusetts.
- She graduated in 1948.
- She went to Camp Menotomy in Meredith, New Hampshire.
- She is not a Bingo player!
- She is an avid nature lover.



*Mystery resident as a toddler*



*She was a Life Saver at Camp Menotomy.*



*She graduated in 1948.*



## Resident Spotlight: Esther Land

Esther was born in a small village near Vilna, Poland on May 5, 1926. She recalls having had a happy childhood until 1939 when the German invasion began in Europe. Although she was displaced from her family at a young age, Esther's strength of mind and courage helped her to survive the war, and in particular, two traumatic years imprisoned in the concentration camps of Kaiserwald and Stuthoff. Shortly after World War II ended, Esther was introduced to Ancel Land through mutual friends. After a short courtship they married on December 15, 1945. In 1949, Esther, Ancel, and their infant daughter Martha immigrated to the United States from Germany and quickly settled in Wilmington, Massachusetts to be close to Ancel's aunt, his only surviving relative after the war. Their move to America, "the land of milk and honey," was a dream come true for them.

For the next 43 years Esther and Ancel lived in Wilmington raising three children together, Martha, Gerald, and Robin. During this time Esther also sought, found and ultimately reunited with her two younger brothers and father. As soon as she was able, she helped her father to resettle in Israel and facilitated the immigration to America of her two brothers. After Esther and Ancel's children graduated from college, married and/or left home to pursue careers, they decided to retire from their jobs, and make both Wilmington, Massachusetts and Delray Beach, Florida their home. Along with their move came frequent trips to New York, Massachusetts and California to spend time with their children and six grandchildren for whom they clearly had an unshakable love. In 1992, after 46 years of marriage Ancel unexpectedly passed away. He was much loved and is still missed by all that knew him. Esther resided in Florida for over 17 years before moving back to Massachusetts. She became a resident at Heatherwood in May 2015 to be close to her daughter while recovering from a bad fall. But the ever-resilient Esther wouldn't let a broken back hold her down and it wasn't long before she was seen power walking along Main Street — much to the dismay of her family! Esther still likes to walk as much as possible but her current passion is simply spending as much time as she can with her great-granddaughter, Maya.



*Esther and her daughters  
Martha and Robin*

## Why Our Bodies Need Water

It's important to stay hydrated during warm weather, as well as throughout the year. Water is essential for many of the body's organs and functions.

**Heart:** Staying hydrated promotes proper circulation by allowing the heart to more easily pump blood, which carries oxygen throughout the body. Drinking water is one way to maintain a healthy weight and regulate blood pressure, reducing stress on the heart.

**Brain:** Multiple studies show that even mild dehydration can impair memory and concentration. Drinking enough water can improve cognition, focus and mood, and help prevent fatigue and headaches.

**Digestion:** Water helps break down food so that the body can absorb nutrients, making it crucial to a healthy digestive system.

**Kidneys:** Your kidneys have the important job of cleansing toxins from your body, but they need water to work properly. Frequent dehydration also increases the risk of kidney stones.

**Muscles and joints:** Water lubricates the joints, so staying hydrated can reduce pain and stiffness. The same goes for your muscles, especially during and after exercise.





# AUGUST 2019

## Birthdays








Irma Ruggles, 16th  
 Mary Shepard, 18th  
 George Cress, 22nd  
 Joan Staton, 22nd  
 Bob Hudson, 25th  
 Rocco Ciancio, 26th  
 Joan Weichel, 28th

## Locations

Activity Room, AR  
 Atrium, AT  
 Billiards Room, BR  
 Bistro, BI  
 Chapel, CH  
 Dining Room, DR  
 Exercise Room, EX  
 Fire Pit, FPIT  
 Fireplace, FP  
 Front Lobby, Lobby  
 Library, LIB  
 Movie Theater, MT  
 Patio, Patio  
 TV Room, TV

“Summer means happy times and good sunshine.”

—Brian Wilson

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:30 Exercise Video, EX <b>1</b> 9:30 Balance & Strength, AR <b>10:00 Eucharistic Prayer Service, CH</b> <b>10:00 Knitting Group, LIB</b> <b>11:00 Wii Bowling League, AR</b> 2:00 Movie Matinee, MT <b>2:00 Cribbage, BR</b> <b>2:30 Craft Corner</b> <b>4:00 Bingo, AR</b>	9:30 Exercise Video, EX <b>2</b> 9:30 Balance & Strength, AR <b>10:00 Knitting Group, LIB</b> 11:15 Activity Meeting, AR <b>2:00 Mah-jongg, TV</b> <b>2:00 Cribbage, BR</b> 2:00 Movie Matinee, MT 2:30 Make Your Own Ice Cream Sandwich, AR <b>4:00 Bingo, AR</b>	9:30 Walking Club, AT <b>3</b> <b>10:00 Knitting Group, LIB</b> <b>2:00 Poker, AR</b> <b>2:00 Chair Volleyball, EX</b> 2:00 Movie Matinee, MT <b>4:00 Bingo, AR</b>
				9:30 Walking Club, AT <b>4</b> 2:00 Card Games, BR <b>2:00 Poker, AR</b> 2:00 Movie Matinee, MT 2:00 Church Service, CH <b>2:00 Uno Game, BI</b> <b>4:00 Bingo, AR</b>	9:30 Exercise Video, EX <b>5</b> 9:30 Balance & Strength, AR <b>10:00 Knitting Group, LIB</b> 10:00 Adult Coloring with Marie, AR <b>10:00 Blood Pressure Checks</b> <b>10:30 Chair Yoga, EX</b> <b>2:00 Chair Volleyball, AR</b> 2:00 Movie Matinee, MT 2:30 LCR Game, AR <b>4:00 Bingo, AR</b>	9:30 Exercise Video, EX <b>6</b> 9:30 Balance & Strength, AR <b>10:00 Knitting Group, LIB</b> <b>11:00 Wii Bowling League, AR</b> 2:00 Movie Matinee, MT <b>2:00 Cribbage, BR</b> 2:15 Rummikub, TV 2:15 American Artist Andy Warhol, AR 3:00 Crosswords, AR <b>4:00 Bingo, AR</b> 6:30 Karaoke with Chris & Alex, FPIT
9:30 Walking Club, AT <b>11</b> <b>11:00 Precious Moments, CH</b> 2:00 Card Games, BR <b>2:00 Poker, AR</b> 2:00 Movie Matinee, MT 2:00 Church Service, CH <b>2:00 Uno Game, BI</b> <b>4:00 Bingo, AR</b>	9:30 Exercise Video, EX <b>12</b> 9:30 Balance & Strength, AR <b>10:00 Red Carpet Meeting, CH</b> <b>10:00 Knitting Group, LIB</b> 10:00 Adult Coloring with Marie, AR <b>10:00 Blood Pressure Checks</b> <b>10:30 Chair Yoga, EX</b> <b>11:00 Precious Moments, CH</b> <b>2:00 Chair Volleyball, AR</b> 2:00 Movie Matinee, MT 2:30 LCR Game <b>4:00 Bingo, AR</b>	9:30 Exercise Video, EX <b>13</b> 9:30 Balance & Strength, AR <b>10:00 Knitting Group, LIB</b> <b>11:00 Wii Bowling League, AR</b> 11:00 Resident Meeting 2:00 Movie Matinee, MT <b>2:00 Cribbage, BR</b> 2:15 Rummikub, TV 3:00 Crosswords, AR <b>4:00 Bingo, AR</b>	8:45 <b>Catholic Mass at St. William's, Lobby</b> <b>14</b> 9:30 Exercise Video, EX 9:30 Balance & Strength, AR <b>10:00 Knitting Group, LIB</b> 10:00 Adult Coloring with Marie, AR <b>11:00 Lunch Bunch</b> 2:00 Movie Matinee, MT <b>2:00 Chair Volleyball, EX</b> <b>4:00 Bingo, AR</b>	9:30 Exercise Video, EX <b>15</b> 9:30 Balance & Strength, AR <b>10:00 Eucharistic Prayer Service, CH</b> <b>10:00 Knitting Group, LIB</b> 10:00 Rogers Hearing, BI <b>11:00 Wii Bowling League, AR</b> 2:00 Movie Matinee, MT <b>2:00 Cribbage, BR</b> <b>2:30 Cooking Class Madeleine Cookies, AR</b> <b>4:00 Bingo, AR</b>	9:30 Exercise Video, EX <b>16</b> 9:30 Balance & Strength, AR <b>10:00 Knitting Group, LIB</b> <b>2:00 Mah-jongg, TV</b> <b>2:00 Cribbage, BR</b> 2:00 Movie Matinee, MT <b>2:00 Art with Gail, AR</b> 	9:30 Walking Club, AT <b>17</b> <b>10:00 Knitting Group, LIB</b> <b>2:00 Poker, AR</b> <b>2:00 Chair Volleyball, EX</b> 2:00 Movie Matinee, MT <b>4:00 Bingo, AR</b>
9:30 Walking Club, AT <b>18</b> 2:00 Card Games, BR <b>2:00 Poker, AR</b> 2:00 Movie Matinee, MT 2:00 Church Service, CH <b>2:00 Uno Game, BI</b> <b>4:00 Bingo, AR</b> 	9:30 Exercise Video, EX <b>19</b> 9:30 Balance & Strength, AR <b>10:00 Knitting Group, LIB</b> 10:00 Adult Coloring with Marie, AR <b>10:00 Blood Pressure Checks</b> <b>10:30 Chair Yoga, EX</b> <b>2:00 Chair Volleyball, AR</b> 2:00 Movie Matinee, MT <b>2:30 Entertainer Tim Barrett, AT</b> <b>4:00 Bingo, AR</b>	9:30 Exercise Video, EX <b>20</b> 9:30 Balance & Strength, AR <b>10:00 Knitting Group, LIB</b> <b>11:00 Wii Bowling League, AR</b> 2:00 Movie Matinee, MT <b>2:00 Cribbage, BR</b> 2:15 Rummikub, TV 2:30 Making Homemade Lemonade, AR 3:00 Crosswords, AR <b>4:00 Bingo, AR</b>	8:45 <b>Catholic Mass at St. William's, Lobby</b> <b>21</b> 9:30 Exercise Video, EX 9:30 Balance & Strength, AR <b>10:00 Knitting Group, LIB</b> 10:00 Adult Coloring with Marie, AR <b>11:00 Trip to the Sunflower Farm</b> 2:00 Movie Matinee, MT <b>2:00 Chair Volleyball, EX</b> <b>4:00 Bingo, AR</b>	9:30 Exercise Video, EX <b>22</b> 9:30 Balance & Strength, AR <b>10:00 Faith Group with Carol, CH</b> <b>10:00 Knitting Group, LIB</b> <b>11:00 Wii Bowling League, AR</b> 2:00 Movie Matinee, MT <b>2:00 Cribbage, BR</b> 2:30 All About Aromatherapy, AR  <b>4:00 Bingo, AR</b>	9:30 Exercise Video, EX <b>23</b> 9:30 Balance & Strength, AR <b>10:00 Knitting Group, LIB</b> <b>2:00 Mah-jongg, TV</b> <b>2:00 Cribbage, BR</b> 2:00 Movie Matinee, MT 2:30 Shake Out the Truth Game, AR <b>4:00 Bingo, AR</b>	9:30 Walking Club, AT <b>24</b> <b>10:00 Knitting Group, LIB</b> <b>2:00 Poker, AR</b> <b>2:00 Chair Volleyball, EX</b> 2:00 Movie Matinee, MT <b>4:00 Bingo, AR</b>
9:30 Walking Club, AT <b>25</b> <b>11:00 Precious Moments, CH</b> 2:00 Card Games, BR <b>2:00 Poker, AR</b> 2:00 Movie Matinee, MT 2:00 Church Service, CH <b>2:00 Uno Game, BI</b> <b>4:00 Bingo, AR</b> 	9:30 Exercise Video, EX <b>26</b> 9:30 Balance & Strength, AR <b>10:00 Knitting Group, LIB</b> 10:00 Adult Coloring with Marie, AR <b>10:00 Blood Pressure Checks</b> <b>10:30 Chair Yoga, EX</b> <b>11:00 Precious Moments, CH</b> <b>2:00 Chair Volleyball, AR</b> 2:00 Movie Matinee, MT <b>3:00 Meet &amp; Greet, AR</b> <b>4:00 Bingo, AR</b> 	9:30 Exercise Video, EX <b>27</b> 9:30 Balance & Strength, AR <b>10:00 Knitting Group, LIB</b> <b>11:00 Wii Bowling League, AR</b> <b>2:00 Cribbage, BR</b> 2:00 Movie Matinee, MT 2:15 Rummikub, TV 3:00 Crosswords, AR <b>4:00 Bingo, AR</b>	8:45 <b>Catholic Mass at St. William's, Lobby</b> <b>28</b> 9:30 Exercise Video, EX 9:30 Balance & Strength, AR 10:00 Adult Coloring with Marie, AR <b>10:00 Knitting Group, LIB</b> <b>10:00 Mystery Ride, Lobby</b> 2:00 Movie Matinee, MT <b>2:00 Chair Volleyball, EX</b> 2:00 Ice Cream Trip  <b>4:00 Bingo, AR</b>	9:30 Exercise Video, EX <b>29</b> 9:30 Balance & Strength, AR <b>10:00 Knitting Group, LIB</b> <b>11:00 Wii Bowling League, AR</b> 2:00 Movie Matinee, MT <b>2:00 Cribbage, BR</b> 2:30 Making Orange Sugar Scrub, AR <b>4:00 Bingo, AR</b>	9:30 Exercise Video, EX <b>30</b> 9:30 Balance & Strength, AR <b>10:00 Knitting Group, LIB</b> <b>2:00 Mah-jongg, TV</b> <b>2:00 Cribbage, BR</b> 2:00 Movie Matinee, MT <b>4:00 Bingo, AR</b>	9:30 Walking Club, AT <b>31</b> <b>10:00 Knitting Group, LIB</b> <b>2:00 Poker, AR</b> <b>2:00 Chair Volleyball, EX</b> 2:00 Movie Matinee, MT <b>4:00 Bingo, AR</b>



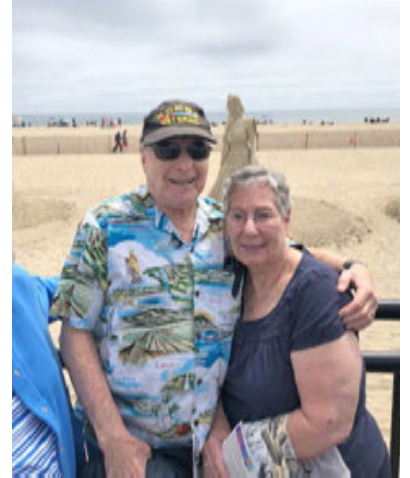


## Heatherwood Goes to Hampton Beach!

Every summer for the last 19 years, Hampton Beach has hosted a sandcastle competition. We joined hundreds of spectators on a beautiful June afternoon to admire the creative talents of the sand sculpting competitors. They come from all across the United States and Canada to compete. The winner takes home a \$3,000 prize. After our stroll down the boardwalk, we then went to Brown's Lobster Pound, a local favorite restaurant for a fresh seafood lunch. With our bellies full, we headed home to Heatherwood. What a great outing we had! If you have never been on an outing with us, consider giving it a try — it's always a fun adventure!



*Lily and Jack enjoying the day at Hampton*



*Paula and Marvin are all smiles on this beautiful day.*



*Colleen and Charles enjoy the great weather.*



*Beautiful day*



*Esther and Robin are all smiles. We love when family joins us on our outings!*

## Riddle of the Month!

Why did the banana wear sunscreen at the beach?



**Answer:**  
Because he didn't want to peel!

## Upcoming EVENTS

Karaoke Night with Chris and Alex

Jewelry Making

Sunflower Farm

Day in Maine





## Cooking Group

Our cooking group got together and made some delicious lemon squares! Thank you to Shirley Donovan for sharing her recipe. If you have a recipe you would like to share, let Diane in Activities know. Come join us next month for more tasty treats!



*The cooking group waits patiently for the lemon squares.*



*Norma helps out in the kitchen.*



*Betty adds some lemon to the mix!*

## Meet and Greet a Success!

On Wednesday, July 17th, Joelle and her administrator Joanne held a Meet and Greet in our activity room. Red and white wine along with cheese and crackers was served. We enjoyed meeting some new friends. Joelle will be sponsoring Meet and Greets on a monthly basis. Come join us for all the fun!



*Betty, Joan and Joan enjoy the afternoon.*



*Richard, Pat and Rosemary enjoy the wine and music.*



*Good friends Nancy and Bernie*

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## 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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