



Birchwoods at Canco

Assisted Living Community

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

SEPTEMBER 2019

BIRCHWOODS AT CANCO STAFF

AdministratorMICHELLE TUFTS
Assistant Administrator.....AMANDA ALLEN
Director of Health Services.....COURTNEY CLARK
Resident Services Coordinator.....AMY JAMESON
Executive ChefTIM HUNT
Marketing.....ANGELA FALL
Sous ChefTRACY FARNSWORTH
Activity AssistantLENORE HILTON
Administrative AssistantsPAM HINKLEY &
MELISSA FODROCY
Maintenance Coordinator.....CHRIS SCHAFER



HAWTHORN
SENIOR LIVING

An Abundance of Apples

Eaten as a snack or in a homemade dessert, apples are a favorite fruit, especially in autumn. You're sure to fall for one of these common varieties:

Gala — Small and sweet, Gala apples are ideal for snacking, and that makes them the top pick among consumers and the most-grown apple in America. Galas can be creamy yellow to red, and are often striped.

Red Delicious — Until recent years, the Red Delicious was the country's most popular apple. This variety is known for its crimson skin and mild flavor.

Granny Smith — Bright green and tart, Granny Smith apples are prized for their versatility. They're often featured in pies and baked goods.

Fuji — Developed in Japan and named after Mount Fuji, this very sweet apple is firm and crisp. Its skin is similar to the Gala.

Honeycrisp — The name of this apple says it all — it's sweet, juicy and crispy, perfect for eating raw. Honeycrisps are also good baked or cooked in both sweet and savory recipes.

Braeburn — Bite into a Braeburn, and you'll taste the subtle spices of cinnamon and nutmeg in addition to the classic apple flavor. This variety's colors range from yellow to orange to deep red.



Microwave Applesauce

Homemade Microwave Applesauce

Ingredients:

3 pounds apples (Approx. 6 medium apples, peeled, cored, quartered and chopped into smaller chunks.)

1/2 cup water

2 Tbs. fresh lemon juice optional

1/4 cup white sugar or sugar substitute

1/2 tsp. ground cinnamon or to taste

1/4 tsp. salt

Instructions:

1. Place the peeled, cored, quartered and chopped apples in a large bowl. Add water, lemon juice, sugar, ground cinnamon and salt. Stir well. Cover with a platter guard or plate or couple of paper towels and heat for six minutes, stirring after three minutes. Add another three minutes until the apples are soft and mashable with a fork or can be stirred smooth.
2. Let cool and store covered in your refrigerator to be used within three days.

Enjoy!



Grandparents Day Social For Families and Friends

On Sunday, September 8th, we will have a Grandparents Day Family and Friends Social in the Activity Room from 2 to 4:30 p.m. Please invite your family and friends to join us for a light snack and a celebration of all grandparents.

Meet Winifred (Winnie to Us) Woodbury

Winnie Woodbury moved to Birchwoods at Canco approximately two months ago. As a new resident, Winnie found her comfort level here by joining in any activity or outing we invited her to. She started making her way to the dining room for meals and soon found a table of wonderful women who welcomed her in.

She is now a part of the Birchwoods family like the rest of us and we are blessed to know her.

Ms. Woodbury grew up in the Portland area and attended Portland schools growing up. She graduated from Deering High with the Class of 1957. She raised her daughter in Portland and she followed in Mom's footsteps by graduating from Deering High. Winnie worked for several years as a secretary at Blue Cross Blue Shield, then left that work to become a CNA and care for the elderly. In this, her daughter followed as well as she is a Med Tech at St. Joseph Manor.

Winnie has been blessed with two grandsons, the oldest just graduated with his RN in nursing from New York and the youngest is going to graduate from high school this year.

Please feel free to say to Winnie when you see her and she will joyfully return your greeting.



Winnie Woodbury



Eat an Apple a Day, Keep The Doctor Away?

An apple is a sweet, edible fruit produced by the apple tree (*Malus domestica*). All parts of the fruit are edible except for the seeds. A typical apple serving weighs 242 grams and provides 126 calories with moderate dietary fiber. Apples are low in fat and contain vitamins B1, B2, B3, B5, B6, vitamin C, E, K. An apple also has the minerals Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, and Zinc.

The tree originated in Central Asia where its ancestor is still found there today. Apples have been grown for thousands of years in Asia and Europe and were brought to America by European colonists in the 17th century. There are more than 7,500 known cultivars of apples, resulting in a range of desired characteristics. Different cultivars are bred for cider, taste longevity, texture as well as for its use in cooking, eating raw and juice production.

The apple tree may have been one of the earliest trees that humans cultivated and growers have been trying to improve on it for thousands of years. Alexander The Great is credited with finding dwarfed apple trees in Kazakhstan in 328 BCE. The first apple orchard on the North American continent was planted in Boston by Reverend William Blaxton in 1625. The only native apple to North America is the crab apple which was once referred to as "Common Apples."

In ancient Greece the apple was considered sacred to Aphrodite the Goddess of Love. To throw an apple at someone was to declare one's love and to catch it was symbolic of accepting that love. Please use your words instead of fruit throwing.

Plato is credited with this:

"I throw the apple at you, and if you are willing to love me, take it and share your girlhood with me; and if your thoughts are what we prayed they are not, even then take it, and consider how short-lived is beauty.



For storage at home of your apples, they can be held approximately two weeks when kept at the coolest part of the refrigerator. Some varieties of apples like the Granny Smith and Fuji have more than three times the storage life of others. World production of apples in 2017 was 83.1 million tons.

The proverb, "An apple a day keeps the doctor away," addressing the health effects of the fruit, has been traced to 19th century Wales. The original phrase was, "Eat an apple on going to bed, and you'll keep the doctor from earning his bread." In the 19th century and early 20th, the phrase evolved to "an apple a day, no doctor to pay." The phrase used commonly now was first recorded in 1922.

So now that we know the history behind the fruit, please join us for eating an apple on Apple Day, Saturday, September 21st and join us for picking apples at an orchard on Sunday, September 15th.

SEPTEMBER 2019

Birthdays

Ann Tripp, 1st
Stan Christianson, 4th
Estelle Doherty, 8th
Dominic DiMatteo, 13th
Philip Hodsdon, 24th
Marcia Stone, 30th

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!

“To acquire knowledge, one must study; but to acquire wisdom, one must observe.”
—Marilyn vos Savant

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Communion Service, Chapel</div> <div>10:30 Morning Exercise, AR</div> <div>2:00 Scenic Drive Out</div> <div>4:00 Sunday Ice Cream Social, AR</div> <div>1</div> <div></div>	<div>LABOR DAY</div> <div>2</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 David Stone, Live Piano, DR</div> <div>2:00 Scenic Drive Out, Outing</div> <div>4:00 Bible Study, TV</div>	<div>3</div> <div><i>Dr. Appointment Day</i></div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Yoga, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Card Club, AR</div>	<div>4</div> <div>8:45 Portland Wheelers, Outing</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>11:00 Arts and Crafts, AR</div> <div>2:00 Walmart Shopping Trip</div> <div>3:25 Circle Time, AR</div> <div></div>	<div>5</div> <div><i>Dr. Appointment Day</i></div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Prayer Circle, Chapel</div> <div>3:30 Card Club, AR</div> <div>3:30 Prayer Circle, Chapel</div>	<div>6</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>10:30 Lighthouse Jubilees, DR</div> <div>11:00 Morning Game, AR</div> <div>12:30 Puzzle Day, DR</div> <div>2:00 Trip to Northgate Shopping Center</div> <div>4:00 Friday Social, AR</div>	<div>7</div> <div>10:00 Nail Spa with Lenore, AR</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>10:30 Scenic Drive Out</div> <div>2:00 Bingo, AR</div> <div>3:45 Saturday Watermelon Day, AR</div>
<div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Communion Service, Chapel</div> <div>10:30 Morning Exercise, AR</div> <div>2:00 Scenic Drive Out</div> <div>2:00 Grandparents Day Celebration, AR</div> <div>4:00 Sunday Ice Cream Social, AR</div> <div>8</div> <div></div>	<div>9</div> <div>8:50 Portland Wheelers, Outing</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>10:30 David Stone, Live Piano, DR</div> <div>2:00 Scenic Drive Out, Outing</div> <div>4:00 Bible Study, TV</div>	<div>10</div> <div><i>Dr. Appointment Day</i></div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>10:30 Yoga, AR</div> <div>11:00 Arts and Crafts, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Card Club, AR</div>	<div>11</div> <div>PATRIOT DAY</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>11:00 Arts and Crafts, AR</div> <div>11:30 Lunch Outing (\$)</div> <div>2:00 Walmart Shopping Trip</div> <div>3:25 Circle Time, AR</div>	<div>12</div> <div><i>Dr. Appointment Day</i></div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>11:45 Tai Chi with Jane!, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Prayer Circle, Chapel</div> <div>3:30 Card Club, AR</div> <div>3:30 Prayer Circle, Chapel</div>	<div>13</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>11:00 Morning Game, AR</div> <div>12:30 Puzzle Day, DR</div> <div>2:00 Trip to Northgate Shopping Center</div> <div>4:00 Friday Social, AR</div> <div></div>	<div>14</div> <div>10:00 Nail Spa with Lenore, AR</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>10:30 Scenic Drive Out</div> <div>2:00 Bingo, AR</div> <div>3:45 Saturday Watermelon Day, AR</div>
<div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Communion Service, Chapel</div> <div>10:30 Morning Exercise, AR</div> <div>11:00 Apple Orchard, Outing</div> <div>2:00 Scenic Drive Out</div> <div>4:00 Sunday Ice Cream Social, AR</div> <div>15</div>	<div>16</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>10:30 David Stone, Live Piano, DR</div> <div>2:00 Scenic Drive Out, Outing</div> <div>4:00 Bible Study, TV</div>	<div>17</div> <div><i>Dr. Appointment Day</i></div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>10:30 Yoga, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Card Club, AR</div> <div>5:30 Lawrence Kelley, Singer, DR</div>	<div>18</div> <div>8:45 Portland Wheelers, LB</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>11:00 Arts and Crafts, AR</div> <div>2:00 Walmart Shopping Trip</div> <div>3:25 Circle Time, AR</div> <div>3:30 Animal Refuge League, AR</div>	<div>19</div> <div><i>Dr. Appointment Day</i></div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>11:00 Residents Council Meeting, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Prayer Circle, Chapel</div> <div>3:30 Card Club, AR</div> <div>3:30 Prayer Circle, Chapel</div>	<div>20</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>11:00 Morning Game, AR</div> <div>12:30 Puzzle Day, DR</div> <div>2:00 Trip to Northgate Shopping Center</div> <div>4:00 Friday Social, AR</div>	<div>21</div> <div>9:00 Eat An Apple Day, AR</div> <div>10:00 Nail Spa with Lenore, AR</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>10:30 Scenic Drive Out</div> <div>2:00 Bingo, AR</div> <div>3:45 Saturday Watermelon Day, AR</div>
<div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Communion Service, Chapel</div> <div>10:30 Morning Exercise, AR</div> <div>2:00 Scenic Drive Out</div> <div>4:00 Sunday Ice Cream Social, AR</div> <div>22</div>	<div>23</div> <div>AUTUMN BEGINS</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>10:30 David Stone, Live Piano, DR</div> <div>2:00 Scenic Drive Out, Outing</div> <div>4:00 Bible Study, TV</div>	<div>24</div> <div><i>Dr. Appointment Day</i></div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>10:30 Yoga, AR</div> <div>11:00 Arts and Crafts, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Card Club, AR</div> <div></div>	<div>25</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>11:00 Arts and Crafts, AR</div> <div>11:30 Lunch Outing (\$)</div> <div>2:00 Walmart Shopping Trip</div> <div>2:00 Billy Lake, AR</div> <div>3:25 Circle Time, AR</div>	<div>26</div> <div><i>Dr. Appointment Day</i></div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>11:45 Tai Chi with Jane!, AR</div> <div>2:00 Bingo, AR</div> <div>3:30 Prayer Circle, Chapel</div> <div>3:30 Card Club, AR</div> <div>3:30 Prayer Circle, Chapel</div>	<div>27</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>11:00 Morning Game, AR</div> <div>12:30 Puzzle Day, DR</div> <div>2:00 Trip to Northgate Shopping Center</div> <div>4:00 Friday Social, AR</div>	<div>28</div> <div>10:00 Nail Spa with Lenore, AR</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>10:30 Scenic Drive Out</div> <div>2:00 Bingo, AR</div> <div>3:45 Saturday Watermelon Day, AR</div>
<div>ROSH HASHANAH BEGINS AT SUNSET</div> <div>29</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Communion Service, Chapel</div> <div>10:30 Morning Exercise, AR</div> <div>2:00 Scenic Drive Out</div> <div>4:00 Sunday Ice Cream Social, AR</div>	<div>30</div> <div>10:00 Word Puzzle Challenge, AR</div> <div>10:30 Morning Exercise, AR</div> <div>10:30 David Stone, Live Piano, DR</div> <div>2:00 Scenic Drive Out, Outing</div> <div>4:00 Bible Study, TV</div> <div></div>					



Welcome Tracy Farnsworth

We would like to welcome Tracy Farnsworth to the Birchwoods Family. She comes to us as the new Sous Chef. She descends from a grandmother who was a baker and who was and still is with her in spirit, every day. Tracy began cooking at the young age of 14 as the weekend chef in a local nursing home in her town in Connecticut. She moved to Maine in 1979 with her children and kept right on cooking at Annabelle's Seawall in Manset. She opened a wholesale bakery in her home kitchen in 1997 and served local restaurants and B&B's

in Bar Harbor until 2003. She went to work for Mount Desert Island Hospital where she cooked for 13 years until a knee replacement sidelined her from cooking for a while.

Being the go-getter that Tracy is, she went into the home care industry and got her CRMA and CNA licenses. She worked nights and went to school during the day to complete her programs. Missing cooking brought her back out of retirement and into the Birchwoods kitchen.

Tracy is certified through the American Culinary Federation

in nutrition, food safety and kitchen management. She has served as the Executive Chef at Mount Desert Islands Assisted Living Facility while employed by the hospital. Her goal at Birchwoods at Canco is to make a difference in seniors' lives.

Tracy now has three grown children and four grandchildren locally. Her son is in the Coast Guard active duty, her daughters are a stay-at-home mom of four and the youngest works for Maine Medical Center. We give a warm welcome to Tracy and thank her for the delicious food she prepares for our residents.

Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are a variety of ways to connect with them and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls, or sending "just because" cards by mail. With technology such as email, text messaging, video calls and social media websites, it's even easier to stay in touch.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences. Your loved ones will treasure reading about those memories now and for years to come. Creating these keepsakes can be a fun hobby and help you feel closer to your family, even when you're apart.

You've probably heard the saying, "They may forget what you said, but they will never forget how you made

them feel." What grandchildren will value most from you is love and support. Showing interest in their lives, offering a listening ear, and saying, "I love you" are all simple yet shining ways of being a great grandparent.





The Queen of Fall Flowers

Chrysanthemums provide a splash of color in fall flowerbeds and centerpieces. Celebrate this seasonal favorite with a bouquet of floral facts:

- Native to China, the flower was grown as early as 1400 B.C. and used as an herbal remedy.
- The first chrysanthemums had small yellow blooms, inspiring their name, which comes from the Greek words meaning “gold flower.”
- Today, mums are available in nearly any color. Common hues include yellow, orange, red, purple and white.
- There are 40 wild species of chrysanthemum, with thousands of cultivated varieties.
- The flower is a symbol of joy, love, loyalty and longevity.
- Chrysanthemums are treasured in Chinese and Japanese culture. Both countries hold annual festivals honoring the flower, and feature it in their artwork and literature.
- The chrysanthemum is one of the top-selling potted plants in the U.S. and is often called the “queen of fall flowers.”
- Mums are air-purifying houseplants. The blooms also contain a substance that can repel certain insects.
- The chrysanthemum is the traditional flower for a 13th wedding anniversary, as well as the birth flower for November.



Painting With Bob Ross

With his soothing voice and ability to turn a blank canvas into a beautiful painting in just 30 minutes, Bob Ross mesmerized millions of fans who tuned in to his TV show, “The Joy of Painting.”

Ross took up oil painting while serving in the U.S. Air Force. The Florida native was stationed in Alaska when he saw snow and mountains for the first time, and both served as inspiration for his paintings. He practiced the “wet-on-wet” technique, in which oil paints are applied on top of one another without waiting for each layer to dry.

After 20 years in the military, Ross returned to civilian life and held painting workshops in shopping malls, then launched his show on public television in 1983. Wearing jeans and a button-down shirt and sporting his signature curly hairstyle, Ross guided viewers through his quick process of painting a landscape, making it look effortless. Audiences were drawn to his soft-spoken voice and words of encouragement, which included gems such as, “We don’t make mistakes. We just have happy accidents.”

Ross hosted “The Joy of Painting” for 11 years. He also taught classes and created a line of art supplies and how-to videos. Today, certified Bob Ross instructors carry on his legacy by teaching classes to budding artists.

Birchwoods at Canco
Assisted Living Community

86 Holiday Drive
Portland, Maine 04103



Fall in love... with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

207-772-1080

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