

# 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

OCTOBER 2019

### BIRCHWOODS AT CANCO STAFF

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

**HAWTHORN**  
SENIOR LIVING

### Book Club is Back

We are excited to announce that our Book Club is being revived. Many residents have missed the monthly group, and we are working on getting it started for October. We hope our first book will be impossible to put down. Please let us know if you have any ideas for the first book for the group to read!

We are also starting a puzzle group that will be working together on a variety of puzzles throughout the month. All are welcomed to come to the Activity Room and work on the puzzles.





## Meet Bessie Haskell

Bessie Haskell moved to Birchwood at Canco a few months ago. As a new resident, Bessie joined the Tuesday, Thursday and Saturday afternoon Bingo group, and she has won many games and a few cover alls. Bessie enjoys having her meals in the Dining Room, and has quickly become part of the Birchwood family.

Bessie was born in Westbrook, Maine. At nine months old, she moved to Waterville, where she spent her school years, graduating from Waterville High School. Bessie moved back to Westbrook after high school. Bessie was married for 56 years, and raised two children, a boy and a girl. Bessie says raising her family was one of her greatest accomplishments. Another one was teaching Sunday School for 25 years; she received an award for her years of service. Bessie has been blessed with two grandchildren and two great-grandchildren.



*Bessie Haskell*

Bessie's favorite color is red and her favorite dish is anything with chicken. Please feel free to say hi to Bessie and she will smile and say hello back.

## Welcome Cecilia Martinez, Resident Service Coordinator

We are pleased to welcome Cecilia Martinez to the team here at Birchwoods at Canco. Cecilia was born in El Salvador. She has lived in Portland for the past 25 years. Cecilia has been a nurse for ten years, and she has two children. Cecilia enjoys dancing and walks in her spare time. She also looks forward to traveling more in the future.

## Pumpkin Bread

We hope you all enjoy this recipe from our own Chef Tracy!

- 1 15-ounce can of pumpkin puree
- 4 large eggs
- 2/3 cup hot water
- 3 cups white sugar
- 2 1/2 cups white all-purpose flour
- 1 cup whole wheat flour
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1 teaspoon ground ginger

Whisk together pie pumpkin puree, eggs, canola oil, white sugar and set aside.

Next, whisk flour, baking soda, salt, cinnamon, cloves and ground ginger. Whisk the dry and wet ingredients together. Divide evenly into three pans. Bake for 50 minutes at 350 degrees.



*Cooking with pumpkins*





## Portland Wheelers

We had a great season with the Portland Wheelers. Every week, from May until mid-October, the Wheelers have come and taken our residents on bike rides. The Wheelers estimate that each ride is around five miles. They take six to nine residents a week. That means they average 30-45 miles a week, 120-180 miles a month. We were even in the local newspaper. Our residents have enjoyed every ride, and are looking forward to next spring and another five months of riding with The Portland Wheelers. The Birchwoods Community can't thank you enough, Wheelers, for all the happiness you bring to our residents.



## Harvest Festival

Fall is upon us. It is the time of year when we bid summer goodbye and we welcome changing leaves, cooler air and yummy fall foods. Please join us for our annual Harvest Festival on Saturday, October 12th (rain date October 19th).

We will have twenty vendors with food, crafts and much, much more. There will be a K-9 demonstration, music by DJ Entertainment Plus and a pumpkin carving contest between the Portland Fire Department and the Portland Police Department. We are looking forward to a wonderful fall day!





OCTOBER 2019

Birthdays

Helen Howland, 4th  
Marion McPherson, 5th  
Ray Whittemore, 12th  
Betty Pomroy, 13th  
Robert Ashton, 14th  
Ray Oranksy, 16th  
Phil Cook, 19th  
Alice Spach, 20th  
Judy Lombard, 24th

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!

“Exploring the unknown requires tolerating uncertainty.”  
—Brian Greene

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <i>Dr. Appointment Day</i> 10:30 Morning Exercise, AR 11:15 Arts and Crafts, AR 2:00 Bingo, AR 3:30 Card Club, AR 3:30 Larry Allen Piano Player, DR	2 9:00 Portland Wheelers, Outing 10:30 Morning Exercise, AR 11:30 Puzzle Day, AR <b>2:00 Walmart Shopping Trip</b> 3:30 Card Club, AR	3 <i>Dr. Appointment Day</i> 10:30 Gentle Stretching, AR 11:45 Tai Chi 2:00 Bingo, AR 3:30 Card Club, AR	4 10:30 Morning Exercise, AR 11:00 Morning Game, AR <b>2:00 Trip to Northgate Shopping Center</b> 3:30 Musical Guest Mike Schools, AR	5 10:30 Scenic Drive Out 2:00 Bingo, AR 4:00 Root Beer Floats
6 10:00 Morning Exercise, AR 10:30 Communion Service, Chapel 11:15 Corn Hole Game, AR 2:00 Nail Spa, AR	7 10:30 Morning Exercise, AR 11:15 Arts and Crafts 2:00 Poetry, FP 4:00 Evening Walk, AR	8 <b>YOM KIPPUR BEGINS AT SUNSET</b> <i>Dr. Appointment Day</i> 9:45 Musical Guest Mike McCarthy, DR <b>11:30 Brain Teasers, AR</b> 2:00 Bingo, AR 3:30 Card Club, AR	9 10:00 Prayer Service Lou Haskell, Chapel 11:30 Puzzle Day, AR <b>2:00 Walmart Shopping Trip</b> 4:00 Evening Walk, AR	10 <i>Dr. Appointment Day</i> 10:30 Word Puzzle Challenge, AR 11:45 Tai Chi with Jane!, AR 2:00 Bingo, AR 3:30 Card Club, AR	11 11:00 Morning Game, AR <b>2:00 Trip to Northgate Shopping Center</b> 4:00 Friday Social, AR 6:30 Musical Guest Billy Lake, FP	12 10:30 Scenic Drive Out 2:00 Bingo, AR 4:00 Root Beer Floats, AR
13 10:30 Communion Service, Chapel 10:30 Morning Exercise, AR 11:30 Games 2:00 Nail Spa, AR	14 <b>COLUMBUS DAY</b> <b>10:30 David Stone, Live Piano, DR</b> <b>1:30 National Dessert Day Baking Desserts, AR</b> <b>4:00 Evening Walk, TV</b>	15 <i>Dr. Appointment Day</i> 10:15 Group Painting Project, AR 10:30 Morning Exercise, AR 2:00 Bingo, AR 3:30 Card Club, AR	16 10:30 Yoga, FP 11:00 Birchwood Resident Meeting, AR <b>2:00 Walmart Shopping Trip</b> 3:30 ARGLP, FP	17 <i>Dr. Appointment Day</i> 10:30 Chair Massage, AR 11:15 Brain Teasers, AR 2:00 Bingo, AR 3:30 Card Club, AR	18 10:25 Gentle Stretching, AR 11:00 Morning Game, AR <b>2:00 Trip to Northgate Shopping Center</b> 4:00 Friday Social, AR	19 <b>10:00 Morning Exercise, AR</b> 10:30 Scenic Drive Out 2:00 Bingo, AR 4:00 Root Beer Floats, AR
20 10:30 Communion Service, Chapel 10:30 Morning Exercise, AR 11:30 Arts and Crafts 2:00 Nail Spa	21 10:30 Gentle Stretching, AR 11:15 Decorating Our Apartment Doors <b>4:00 Evening Walk, TV</b>	22 <i>Dr. Appointment Day</i> 10:30 Morning Exercise, AR <b>11:30 Brain Teasers, AR</b> 2:00 Bingo, AR 3:30 Card Club, AR	23 <b>10:30 Yoga, FP</b> 11:30 Puzzle Day, AR <b>11:30 Out to the Movies (\$), Outing</b> <b>3:30 Evening Walk, AR</b>	24 <i>Dr. Appointment Day</i> 10:30 Lighthouse Jubilees, DR 11:45 Tai Chi with Jane!, AR 2:00 Bingo, AR 3:30 Card Club, AR	25 10:00 Red Gallagher Musical Guest, DR <b>2:00 Trip to Northgate Shopping Center</b> 4:00 Friday Social, AR	26 10:30 Scenic Drive Out 2:00 Bingo, AR <b>4:00 Root Beer Floats, AR</b>
27 10:30 Communion Service, Chapel 10:30 Peter the Banjoist, AR 2:00 Nail Spa 4:00 Football Tailgate, AR	28 <b>10:30 David Stone, Live Piano, DR</b> <b>1:30 National Dessert Day Baking Desserts, AR</b> <b>4:00 Evening Walk, TV</b>	29 <i>Dr. Appointment Day</i> 10:15 Decorating Our Apartment Doors 10:30 Drumming, AR 2:00 Bingo, AR 3:30 Card Club, AR	30 <b>10:30 Yoga, FP</b> 11:30 Puzzle Day, AR <b>2:00 Walmart Shopping Trip</b> <b>3:30 Evening Walk, AR</b>	31 <b>HALLOWEEN</b> <i>Dr. Appointment Day</i> 10:30 Chair Massage, AR 11:30 Voting on the Door Decorating Contest 2:00 Bingo, AR 3:30 Card Club, AR 4:00 Trick or Treat Visitors, LB		



## Purple Power

The color purple is a sure sign that a food is rich in antioxidants, particularly anthocyanins. These have been linked to health benefits such as reduced inflammation, lower blood pressure and better memory function. Here are some popular purple vegetables to add to your plate.



**Eggplant** — The star ingredient in eggplant Parmesan, ratatouille and baba ghanoush, this veggie is a good source of fiber, manganese and several B vitamins. Its glossy purple skin provides the most nutrients.

**Cabbage** — Purple cabbage, also called red cabbage, provides dishes with crunch and packs a powerful nutritional punch. The cruciferous pick contains more than 30 different anthocyanins, plus high levels of vitamins A, C and K.



**Cauliflower** — Purple cauliflower is said to have a sweeter, nuttier taste than its white counterpart, but both kinds are low in calories and have significant

amounts of fiber, folate, and vitamins B-6, C and K.

Purple varieties of carrots, potatoes, asparagus, artichokes and kale, as well as red onions, are other vegetable sources of anthocyanins.

## Happy Halloween

It is time to get our creative juices flowing. This Halloween season, we will be having a door decorating contest. We will be decorating our apartment doors, and the staff will vote on the decorated doors. There will be first, second and third place prizes. We will also have children coming to trick or treat from 4 to 6 p.m. on October 31st.



*Halloween*



*Trick or treating*

## Activities for Breast Cancer Awareness Month

Every October, people come together to support the fight against breast cancer, and there are numerous ways to get involved.



**Put on some pink** — The color pink is a global symbol of breast cancer awareness. Sporting a pink ribbon and other accessories is a simple way to spark conversation about the disease. Some workplaces, schools and other groups designate a Pink Out Day, when participants make a donation and dress in pink to raise money and awareness.

**Walk for a cure** — Communities often host a 5K race or walk-a-thon in honor of Breast Cancer Awareness Month. These fundraising events allow people to join together and show widespread support to those battling breast cancer.

**Go shopping** — Many national brands and local businesses run promotions during October, when proceeds from the sales of specific items are donated to breast cancer organizations. Whether buying clothing, beauty products or baked goods, shopping can help fund the cause.

**Give back** — If you want to contribute money, choose charities that focus on patient support and/or research initiatives. To donate items such as blankets, hats and cards of encouragement, check with local hospitals and treatment centers to see if they accept donations for their breast cancer patients.





## A Few Tips To Enjoy the Fall

For most of us, fall's arrival brings an increased number of commitments and activities, some done out of passion and excitement, and others out of sheer obligation. When our days are full and we're on the go, it helps to build in occasional breaks to offer ourselves a chance to reboot.

**Unplug from Electronics:** Along with the gifts that come from cell phones, laptops and TVs, it's all too easy to get in the habit of having a screen in front of us for much of the day. We often think of limiting screen time for children, but it's a good idea to apply such wisdom to our own use of electronics as well, turning them off from time to time, if for no other reason than to remember that we can, and to try out other ways of spending time each day.

**Give Thanks:** Take a moment to reflect on what you feel thankful for, either in this day or in the bigger picture of your life. Sometimes we can get so bogged down with our plans and activities, and by the stresses of the daily grind, that we forget to remember what's most precious and essential in our lives. Bringing such things to the forefront of our mind can help uplift our spirit, recharge our energy and realign us with our priorities.

**Go for a Walk:** Whether it's outside in the beauty of nature or just around the parking lot at our workplace, taking either a quick, brisk walk or a slow, more contemplative stroll can help us get our energy going and allow us to show up more fully in the day.

**Write in a Journal:** When we sense the presence of thoughts and feelings swirling around within, distracting us from being fully present in the moment, it's worth taking a little time to jot down our thoughts. Often, this can help us gain clarity about what's going on inside of ourselves and what might need attention in our lives.

**Take Several Deep Breaths:** Possibly the simplest break of all is to take several deep breaths, allowing the belly to expand on the in-breath and letting our breath elongate on the exhalation as a way of relaxing more fully. The more we practice breathing deeply, the better able we are to get in the habit of breathing in this way throughout our day, even when we're engaged in activity.

**Look Again at an Everyday Object:** Take a few moments to look at the objects around you with fresh eyes, imagining you've never seen these items before or that you're an artist about to paint a picture or snap a photograph in an interesting way. Taking a fresh approach to viewing such objects can help us see and think about other aspects of our life in new ways as well.

**Write a Letter to a Friend:** Reconnect with the art of writing a letter or note to a friend or relative, someone you think would appreciate hearing from you and receiving some real mail amidst the pile of bills and solicitations awaiting them in their mailbox. Encourage yourself to be creative in how you approach your letter, not only in its content, but also in the colors you use, an image you add, or a tiny object you insert as a surprise.

**Take in Some Humor:** When life feels boring or heavy, one of the greatest antidotes we can find is laughter. Start collecting things that make you smile, whether it's cartoons, quotes that come your way, humorous books or funny clips from the internet. Keep your stash handy for moments when you need a laugh.

**Create Your Own Coffee Break:** There's something to be said for the classic coffee break, whether we choose coffee, tea or a refreshing glass of water. The key is to take a few minutes to sip our beverage without engaging in other tasks from our to-do list, truly pausing from activity to enjoy a few minutes of just being.

**Engage in a Small Act of Kindness:** There are moments when it feels like a gift to move our focus outside of ourselves. A great way to do this is to think of some small act of kindness you can do for someone you know, or even someone you don't know. Sometimes, making someone else's day can make ours feel more rewarding and meaningful.

Karen Horneffer-Ginter, Ph.D. has been practicing psychology and teaching yoga and contemplative practices for over 16 years. Her book is "Full Cup, Thirsty Spirit: Nourishing the Soul When Life's Just Too Much."

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Assisted Living Community

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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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