

# Winterberry Heights

## Assisted Living & Memory Care

932 Ohio Street • Bangor, Maine 04401 • Phone (207) 942-6002 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### NOVEMBER 2019

#### WINTERBERRY HEIGHTS STAFF

Administrator.....PENNY PAULIKS  
Assistant Administrator..... ALISA BRAGG  
Director of Health Services.....REBECCA NILES R.N.  
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

### Thanksgiving Dinner

**Thursday, November 28, 2019**

**12:30 p.m., \$5**

As always, we invite families to join their loved ones for a delicious traditional Thanksgiving dinner prepared by our culinary staff. We ask if you plan to join us, please let us know in advance so we can plan accordingly. Also, if residents plan to go out with family this day, please try to let the front desk know in advance so we may make arrangements to pack any medications that might be needed while away. Thank you; we are blessed to have you as part of our community!



**HAWTHORN**  
SENIOR LIVING

### Welcome New Residents

**Dale R.**                      **Harvey D.**  
**Frances S.**                **Wayne M.**  
**Charles C.**                **Charles N.**  
**Leona C.**





## Thank You, Veterans

Residents who have served:



*Charles Hill, U.S.  
Air Force*



*Reginald Collins,  
U.S. Air Force*



*Betty Quill, U.S. Navy*



*Joe Quill, U.S. Navy*



*Roland Nadeau,  
U.S. Army*



*Albert Specyal,  
U.S. Army*



*Dan Gill, U.S. Navy*



*Camille Franck,  
U.S. National Guard  
and U.S. Army*



*Donald Sanborn,  
U.S. Navy*



*Carroll Brochu,  
U.S. Army*

## Our Memory Care Community



*Ialda enjoying the fall foliage ride.*



*Frances getting the daily news.*



*Richard Hammons,  
U.S. Army*



*Charles Clapper,  
U.S. Army*



*Mitchel Korzenko,  
U.S. Army*



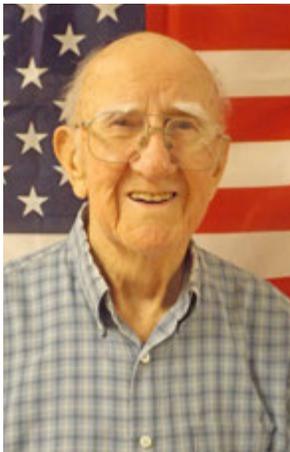
*Dale Richmond,  
U.S. Navy*



*Harvey Dow, U.S. Navy*



*John Benoit, U.S.  
Marine Corps*



*Charles Nason,  
U.S. Army*



*Phil Newbury, U.S.  
Maine Air Guard*



*David Cole, U.S. Army*



*Demar Poland,  
U.S. Air Force*



*Pals Dottie and Dianne*



*Ready for the bus ride!*



*Pat getting some sunshine!*



## 5 Facts on Pie

- Pie has been around since the ancient Egyptians. The first pies were made by early Romans who may have learned about it through the Greeks. These pies were sometimes made in “reeds” which were used for the sole purpose of holding the filling and not for eating with the filling.
- The Romans must have spread the word about pies around Europe, as the Oxford English Dictionary notes that the word pie was a popular word in the 14th century. The first pie recipe was published by the Romans and was for a rye-crust goat cheese and honey pie.
- The early pies were predominately meat pies. Pies (pies) originally appeared in England as early as the 12th century. The crust of the pie was referred to as “coffyn.” There was actually more crust than filling. Often these pies were made using fowl, and the legs were left to hang over the side of the dish and used as handles. Fruit pies or tarts (pasties) were probably first made in the 1500s. English tradition credits the making of the first cherry pie to Queen Elizabeth I.
- Pie came to America with the first English settlers. The early colonists cooked their pies in long narrow pans calling them “coffyns” like the crust in England. As in the Roman times, the early American pie crusts often were not eaten, but simply designed to hold the filling during baking. It was during the American Revolution that the term crust was used instead of coffyn.
- Over the years, pie has evolved to become what it is today, “the most traditional American dessert.” Pie has become so much a part of American culture throughout the years that we now commonly use the term “as American as apple pie.”



## Fire Safety This Holiday Season

As we celebrate the joys of the holiday seasons, please try to keep in mind we must also think about safety. At Winterberry Heights, live Christmas trees are not allowed due to the risk of fire. This also includes wreaths, swags or any other decorations made from real branches or leaves. Candles or open flames of any kind are not allowed. All decorations hung from resident doors must be made of flame retardant material and tested and tagged by our maintenance director. Please see management if you have any questions. Thank You for your cooperation.



## Family Night!

Our next Family Night Supper will be held on Wednesday, November 13th, at 5:30 p.m.! Please RSVP by Sunday, November 10th, to Heather L., Activity Coordinator, by signing up at the Front Desk or e-mail [219-actcoord@hawthornret.com](mailto:219-actcoord@hawthornret.com) so we can plan seating/food accordingly. Hope to see you soon!

## Toys For Tots Collection

This year, we are collecting new, unwrapped toys for the Toys for Tots program. The goal is to provide toys to children in need during this holiday season. Our donation box will be located in our front lobby for your donations. We hope to help make some children smile. Thank you!





## A Trip to Treworgy's Farm



*Ronnie and Niles*



*Ruth*



*Ronnie*



*Blanche and Pollie*



*Dave and Louise*

*Winterberry Heights*  
Assisted Living & Memory Care

932 Ohio Street  
Bangor, ME 04401



# *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.

**207-942-6002**

*Winterberry Heights*  
Assisted Living & Memory Care

# NOVEMBER 2019

## Birthdays

Lillian Meagher, 5th  
 Verda LeClair, 5th  
 Reginald Collins, 7th  
 Frances Parish, 12th  
 Frances Bos, 18th  
 Bernice Ireland, 25th  
 Josephine Bartley, 26th

## Anniversaries

Mr. and Mrs. Nelson,  
 11/26/1958

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>DAYLIGHT SAVING TIME ENDS</b> 3 9:00 <b>Catholic Mass in the Chapel</b> 10:00 Strength and Balance 11:00 Word Search 12:25 Dinner Table Fitness 2:00 <b>Holy Communion Service in the Chapel</b> 2:30 <b>Make Dog Treats for the Humane Society</b> 3:00 <b>Winterberry Church Service with Pastor Steve</b> 6:45 Mandala Art Coloring	9:00 News Hour 4 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Checkers 12:25 Dinner Table Fitness 2:00 <b>Manicures</b> 3:00 Make Dream Catchers 6:45 Monday Night Movie	<b>ELECTION DAY</b> 5 9:00 News Hour 10:00 Strength and Balance 11:00 <b>Senior Zumba</b> 12:25 Dinner Table Fitness 1:30 <b>Heather's General Store</b> 2:00 <b>Pray the Rosary in the Chapel</b> 3:00 <b>Painting Class with Janice</b>  6:45 Puzzles	9:00 Shopping: Hannaford 6 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:00 <b>Trip to the Bangor Humane Society</b> 4:00 <b>Penny's Chorus Practice</b> 6:45 Billiards	9:00 News Hour 7 10:00 Strength and Balance 11:00 <b>Gingerbread Committee</b> 12:25 Dinner Table Fitness 2:00 Scrabble 3:30 Healthy Happy Hour 6:45 Famous November Birthdays Word Search 	9:00 News Hour 8 10:00 Strength and Balance 11:00 Jeopardy 12:25 Dinner Table Fitness 2:00 Movie Matinee "Gone with the Wind" 3:00 Mixed Up Words 6:45 Relax and Chat with Friends	9:00 News Hour 9 10:00 Strength and Balance 11:00 Domino Toppling 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Trivia 6:45 Scrabble
9:00 <b>Catholic Mass in the Chapel</b> 10 10:00 Strength and Balance 11:00 <b>Scenic Bus Ride</b> 12:25 Dinner Table Fitness 2:00 <b>Holy Communion Service in the Chapel</b> 3:00 <b>Winterberry Church Service with Pastor Steve</b> 6:45 Old-Time TV Shows	<b>VETERANS DAY</b> 11 9:00 News Hour 9:00 <b>Veterans Leave to Ride the Bus in Veterans Parade</b> 10:00 Strength and Balance 12:30 <b>Veterans Lunch and Celebration</b> 2:00 <b>Piano Music with Clayton Rogers</b> 3:00 <b>Heather's Ice Cream Soda Shop</b> 6:45 Monday Night Movie	9:00 News Hour 12 10:00 Strength and Balance 12:25 Dinner Table Fitness 1:30 <b>Heather's General Store</b> 2:00 <b>Pray the Rosary in the Chapel</b> 3:00 <b>Music with Nostalgia Music Group</b>  6:45 Crosswords	9:00 Shopping: Hannaford 13 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:00 Arm Chair Travels 5:30 <b>Family Night Supper!</b>	9:00 News Hour 14 10:00 Strength and Balance 10:30 Scrabble 11:00 <b>Gingerbread Committee</b> 12:25 Dinner Table Fitness 2:00 <b>Resident Meeting</b> 2:30 Scrabble 3:30 <b>Music with Fred and Deb</b> 6:45 Billiards	9:00 News Hour 15 10:00 Strength and Balance 11:00 Finish the Phrase 12:25 Dinner Table Fitness 2:00 Brain Drain Game 3:30 <b>Music with Dave Mussey</b> 6:45 Knitting by the Fireplace	9:00 News Hour 16 10:00 Strength and Balance 11:00 Nuts About Nuts 12:25 Dinner Table Fitness 2:00 Bingo 3:30 <b>Music with Chris Heard</b> 6:45 Bridge
9:00 <b>Catholic Mass in the Chapel</b> 17 10:00 Strength and Balance 10:30 Cooking Homemade Bread 12:25 Dinner Table Fitness 2:00 <b>Holy Communion Service in the Chapel</b> 3:00 <b>Winterberry Church Service with Pastor Steve</b> 6:45 Word Mining	9:00 News Hour 18 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Crosswords 12:25 Dinner Table Fitness 2:00 <b>Manicures</b> 3:00 <b>Shopping at Books a Million</b>  6:45 Monday Night Movie	9:00 News Hour 19 10:00 Strength and Balance 11:00 <b>Senior Zumba</b> 12:25 Dinner Table Fitness 1:30 <b>Heather's General Store</b> 2:00 <b>Pray the Rosary in the Chapel</b> 3:00 <b>Music with Ken Griffiths</b> 6:45 Puzzles	9:00 Shopping: Hannaford 20 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:15 <b>Out to Lunch Bunch</b> 12:25 Dinner Table Fitness 3:00 <b>Music with Stephanie Erb</b> 4:00 <b>Penny's Chorus Practice</b> 6:45 Billiards	9:00 News Hour 21 10:00 Strength and Balance 11:00 <b>Gingerbread Committee</b> 12:25 Dinner Table Fitness 2:00 Scrabble 3:30 <b>Thanksgiving Craft</b> 6:45 Cribbage	9:00 News Hour 22 10:00 Strength and Balance 11:00 Pictionary 12:25 Dinner Table Fitness 2:00 Word Scrambles 3:00 Beachball Volleyball 6:45 Relax and Chat with Friends	9:00 News Hour 23 10:00 Strength and Balance 11:00 <b>International Hat Day Celebration</b> 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Art by Monet 6:45 Scrabble
9:00 <b>Catholic Mass in the Chapel</b> 24 10:00 Strength and Balance 11:00 Sudoku Puzzles 12:25 Dinner Table Fitness 2:00 <b>Holy Communion Service in the Chapel</b> 3:00 <b>Winterberry Church Service with Pastor Steve</b> 6:45 Old-Time TV Shows	9:00 News Hour 25 10:00 Strength and Balance 10:30 Shopping: Walmart 11:00 Puzzles 12:25 Dinner Table Fitness 2:00 Swatterball 3:00 <b>Shopping at Hobby Lobby</b>  6:45 Monday Night Movie	9:00 News Hour 26 10:00 Strength and Balance 11:00 <b>Senior Zumba</b> 12:25 Dinner Table Fitness 1:30 <b>Heather's General Store</b> 2:00 <b>Pray the Rosary in the Chapel</b> 3:00 <b>November Birthday Celebration</b>  6:45 Crosswords 	9:00 Shopping: Hannaford 27 9:00 News Hour 10:00 Strength and Balance 11:00 Bingo 12:25 Dinner Table Fitness 2:00 <b>Let's Make Pie!</b> 3:30 Left, Right, Center Game 6:45 Billiards	<b>THANKSGIVING DAY</b> 28 9:00 <b>Macy's Thanksgiving Parade Social</b> 12:30 <b>Thanksgiving Dinner</b> 3:00 Thanksgiving Social 4:30 Football: Bills vs. Cowboys 8:20 Football: Saints vs. Falcons	9:00 News Hour 29 10:00 Strength and Balance 11:00 Odd News 12:25 Dinner Table Fitness 2:00 Chair Dancing 3:00 <b>Singalong</b> 6:45 Knitting by the Fireplace	9:00 News Hour 30 10:00 Strength and Balance 11:00 Ring Toss 12:25 Dinner Table Fitness 2:00 Bingo 3:30 Notable Quotes 6:45 Cribbage

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## Birthdays

Verda LeClair, 5th

“May your thoughts turn to gratitude this holiday season and carry on throughout the next year.”

—James A. Murphy

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>DAYLIGHT SAVING TIME ENDS</b> 3	4	<b>ELECTION DAY</b> 5	6	7	8	9
10:00 Move to the Music <b>11:00 Hymn Singalong</b> 2:30 Snack Social 3:30 Puzzles 6:00 Movie	10:00 Fun with Fitness 10:30 Art Hour 2:30 Snack Social 4:00 Current Events 6:00 Movie	10:00 Beachball Fitness <b>11:00 Senior Zumba</b> 2:30 Snack Social 4:00 Horse Racing Game 6:00 Movie	9:00 Drumming Exercise <b>10:15 Scenic Bus Ride</b> 2:30 Snack Social 4:00 Play Basketball 6:00 Movie	10:00 Weights and Stretches 11:00 Write Dear Santa Letters 1:30 Hand and Nail Care 2:30 Snack Social 4:00 Oceans of Lotions 6:00 Movie	10:00 Chair Fitness 11:00 Make Cards to Send to Troops 2:30 Snack Social 4:00 Make Dog Treats 6:00 Movie	10:00 Fun with Fitness <b>11:00 Guitar Music with Duane Nickerson</b> 2:30 Snack Social <b>3:00 Piano Music with Masanobu Ikemiya</b> 4:00 Bingo! 6:00 Movie
10	<b>VETERANS DAY</b> 11	12	13	14	15	16
10:00 Move to the Music <b>11:00 Hymn Singalong</b> 2:30 Snack Social 3:30 Word Search Puzzles 6:00 Movie	10:00 Fun with Fitness 10:30 Art Hour <b>2:00 Piano Music with Clayton Rogers</b> 2:30 Snack Social 4:00 Current Events 6:00 Movie	10:00 Beachball Fitness <b>11:00 Senior Zumba</b> 2:30 Snack Social <b>3:00 Music with Nostalgia Music Group</b> 6:00 Movie	9:00 Drumming Exercise <b>10:15 Scenic Bus Ride</b> 2:30 Snack Social 4:00 Make Kindness Card 6:00 Movie	10:00 Weights and Stretches 10:30 Cooking Corner (Pumpkin Cookies) 1:30 Hand and Nail Care 2:30 Snack Social <b>3:30 Music with Fred and Deb</b> 6:00 Movie	10:00 Chair Fitness 11:00 Write a Short Story <b>3:30 Music with Dave Mussey</b> 4:00 Puzzles 6:00 Movie	10:00 Fun with Fitness 2:30 Snack Social <b>3:30 Music with Chris Heard</b> 4:00 Bingo! 6:00 Movie
17	18	19	20	21	22	23
10:00 Move to the Music <b>11:00 Hymn Singalong</b> 2:30 Snack Social 3:30 Puzzles 6:00 Movie	10:00 Fun with Fitness 10:30 Art Hour 2:30 Snack Social 4:00 Current Events 6:00 Movie	10:00 Beachball Fitness <b>11:00 Senior Zumba</b> 2:30 Snack Social <b>3:00 Music with Ken Griffiths</b> 6:00 Movie	9:00 Drumming Exercise <b>10:15 Scenic Bus Ride</b> 2:30 Snack Social <b>3:00 Music with Stephanie Erb</b> 6:00 Movie	10:00 Weights and Stretches 11:00 How Many Ways to Say Hello 1:30 Hand and Nail Care 2:30 Snack Social 6:00 Movie	10:00 Chair Fitness 11:00 Swatterball 2:30 Snack Social 4:00 Make Scent Sachets 6:00 Movie	10:00 Fun with Fitness 2:30 Snack Social 4:00 Bingo! 6:00 Movie
24	25	26	27	<b>THANKSGIVING DAY</b> 28	29	30
10:00 Move to the Music <b>11:00 Hymn Singalong</b> 2:30 Snack Social 3:30 Word Search Puzzles 6:00 Movie	10:00 Fun with Fitness 10:30 Art Hour <b>2:00 Piano Music with Clayton Rogers</b> 2:30 Snack Social 4:00 Current Events 6:00 Movie	10:00 Beachball Fitness <b>11:00 Senior Zumba</b> 2:30 Snack Social 6:00 Movie	9:00 Drumming Exercise <b>10:15 Scenic Bus Ride</b> 2:30 Snack Social 6:00 Movie	10:00 Weights and Stretches 10:30 Thanksgiving Festivities 1:30 Hand and Nail Care 2:30 Snack Social 6:00 Movie	10:00 Chair Fitness 11:00 Scavenger Hunt 2:30 Snack Social 4:00 Memory Game 6:00 Movie	10:00 Fun with Fitness 11:00 “Twain or Not” 2:30 Snack Social 4:00 Bingo! 6:00 Movie