

# The Highlands

Gracious Retirement Living

129 E. Main Street • Westborough, MA 01581 • Phone (508) 898-3000 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

FEBRUARY 2020

## THE HIGHLANDS STAFF

Managers .....NED & MARY GRADY  
Assistant Managers....KEITH & BARBARA WALKER  
Executive Chef ..... DAN ALLEN  
Sous Chef..... NELLIE FARBER  
Activity Coordinator..... BONNIE ABIMERHI  
Maintenance..... SIDNEY DEJESUS  
Bus Driver..... KEVIN FARRAR

## TRANSPORTATION

**Monday & Friday, 10 a.m. and 2 p.m.:**

Shopping, Banking and Errands — Local Area

**Tuesday, 10 a.m. to 2 p.m.:**

Medical Appointments — Worcester Area

**Wednesday, Time TBD:** Wednesday Outing Day

**Thursday, 10 a.m. to 2 p.m.:**

Medical Appointments — Framingham Area

**Friday, 8:45 a.m.:** St. Luke Parish

**HAWTHORN**  
SENIOR LIVING

## Home Run Jo

Here at The Highlands, we play beanbag baseball every Thursday afternoon. We have a good team which we randomly split into two teams each week to make the match up. In the past six months or so, we had a resident join us, and wow, were we in for a surprise! Jo is a petite lady and quite soft spoken, but we learned pretty quickly Jo has one amazing arm and a gift for

throwing home runs! At first, we thought it was beginner's luck that almost every time she was up she was throwing a home run. Then as time passed, we realized this was not beginner's luck but rather Jo seemed to have a little magic in her arm. Now every time Jo is up, we all wait with baited breath, especially when the bases are loaded! Almost always without fail, Jo does not disappoint. Just like that, and as smooth as butter, she lets the beanbag fly, and boom -- home run! The crowd roars with cheers and amazement! She has become quite a phenomenon around here and continues to bring her magic every Thursday afternoon. We are considering reaching out to The Red Sox to see if they want to offer her a contract!



*The Queen of Home Runs, Jo*



## New Happenings at The Highlands

Now that we are almost at the end of our fantastic expedition, I wanted to introduce two new programs that you will see on this calendar beginning in the middle of the month. One I have named "Story Slam" and the basis of this is as follows; once a month, I will give a theme, and if you are a great storyteller or just love telling stories, all of which must be true, you will have the opportunity to tell your story in front of a Highlands audience. All participants will be judged by a panel of Highlands residents, and a winner will be announced at the end of that session. At the end of the year, the 12 winners of Story Slam will go on to a Grand Slam, and one winner will be crowned the Grand Slam Champion of The Highlands! The rules are simple, each story must be true and five minutes in length. Our first theme will be "Adventure." Put on your thinking caps, and if you have a great adventure story that happened at some point in your life, then sign up on my desk and get ready for our first Story Slam on February 19th at 10:30 a.m. in activities. I can't wait to hear your stories.

My second plan for a great new program to create an opportunity to get to know your neighbors will be fittingly called "Getting to Know You."

Each month, eight residents will be randomly selected to have a private lunch in the small dining room off of the main dining room. You will receive a personal invitation, and all I ask is that if you choose not to join, be sure to let me know ahead of time so another person can be chosen to take your place. Your lunch will be the same lunch as the general dining room, but you will have the opportunity to dine with people who perhaps you haven't spoken with before or perhaps even met before! This is a way to make our community closer and even more like a family. The first invites will go out the second week of this month for our first Getting to Know You on February 21st. I hope you will all embrace these new ideas and make them a great success, all the while adding to the great community spirit here at The Highlands.

## Happy Leap Year!

### Why Do We Add Leap Years?

We need leap years to keep our modern-day Gregorian calendar in alignment with Earth's revolutions around the Sun. It takes Earth approximately 365.242189 days, or 365 days, 5 hours, 48 minutes, and 45 seconds, to circle once around the Sun. This is called a tropical year, and astronomers measure this from the March equinox. However, the Gregorian calendar has only 365 days in a year. If we didn't add a leap day on February 29th nearly every four years, we would lose almost six hours off our calendar every single year. After only 100 years, our calendar would be off by around 24 days!

### Exactly Which Years Are Leap Years and How Are They Determined?

We add a leap day on February 29th almost every four years. The leap day is an extra day, and we add it to the shortest month of the year, February.

In the Gregorian calendar, three criteria must be taken into account to identify leap years:

The year can be evenly divided by 4;

If the year can be evenly divided by 100, it is not a leap year;

If the year is also evenly divisible by 400, then it is a leap year.

According to these rules, the years 2000 and 2400 are leap years, while 1800, 1900, 2100, 2200, 2300 and 2500 are not leap years.

### Special Leap Year 2000

The year 2000 was somewhat unique as it was the first instance when the third criterion was used in most parts of the world since the start of the transition from the Julian calendar to the Gregorian in 1582.

### Who Invented Leap Years?

Roman general Julius Caesar introduced the first leap years over 2,000 years ago, but the Julian calendar had only one rule: Any year evenly divisible by four would be a leap year. This formula produced way too many leap years. Still, it was not corrected until the introduction of the Gregorian calendar more than 1,500 years later.





## Yoga, Find Your Zen!

Each Friday afternoon, we gather for a very relaxing 45 minute chair yoga practice. It is lead by a lovely yogi named Shuba, who happens to have the most calming and soothing voice. Shuba's class is a great way to get the wonderful health benefits of yoga. Staying seated means that even those more frail or those who aren't flexible can safely do the exercises.

Yoga is an excellent way to loosen and stretch painful muscles, reduce stress and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints and builds strength and balance. Some of our class participants have noted how they have seen improvement in flexibility and less painful joints. They also note how the class often leaves them in a nice state of mind, lighthearted and relaxed. Oftentimes, Shuba will employ a form of yoga called laughing yoga where breathing exercises lead to eventual fits of giggling and pure joyful laughter. Who doesn't want to be part of that? Who knew laughter is actually good for your health? Yet, it is scientifically shown to increase immune cells and infection fighting antibodies, therefore improving your resistance to disease. Laughing is always a favorite part of the practice. If you haven't tried yoga and are feeling skeptical for any reason, I encourage you to come and give it just one try. You will be instantly soothed by the very warm spirit and voice of Shuba and quite easily, I am sure, fall into a very relaxed state. On top of the joy of peace and laughter, you very well may walk away feeling less sore and stiff. Although not a guarantee, what is a guarantee is a general good and calm feeling washing over you. Hope to see you Fridays at 2:30 p.m.





FEBRUARY 2020

Birthdays

Irma Ingram, 6th  
Brett Louis, 8th  
Mary Ann Whitton, 13th  
Marge Vallier, 16th  
Richard Peltier, 16th  
Herb Rappaport, 16th  
Barbara Martin, 17th  
Lou Ballard, 23rd  
John Guiou, 27th

Locations

Activity Room, AR  
Billiards Room, BR  
Bistro, Bistro  
Chapel, CH  
Computer Center, CC  
Dining Room, DR  
Exercise Room, EX  
Front Lobby, Lobby  
Library, LB  
Movie Theater, MT  
Private Dining Room, PDR  
TV Room, TV

Community Wellness

Encompass Healthcare  
Home Care Provider  
413-732-8700  
Nursing, physical,  
occupational and  
speech therapy.

Houseworks  
617-928-1010  
In-home care,  
companionship, errands,  
post-hospital care.

Maenzo's Hair Design  
at The Highlands  
508-873-3386  
Open Tuesdays-Saturdays.  
Roller sets Tuesdays and  
Saturdays. Manicurist is  
available on Tuesdays.

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|--|---|---|--|--|--|--|
|    |    |    |   | <div>1</div> <div>10:00 Scrabble, BR<br/>2:00 Movie Matinee, MT<br/><b>2:00 Shades of Gray Entertains, AR</b><br/><b>7:00 Concert Night at the Highlands, MT</b></div>   |  |  |
| <div>2</div> <div>10:00 Walking and Talking, Lobby<br/>2:00 Movie Matinee, MT<br/><b>6:30 Super Bowl on the Big Screen, MT</b><br/><b>7:00 Movie Night, MT</b></div>   | <div>3</div> <div>9:30 Morning Stretch, AR<br/>2:00 Movie Matinee, MT<br/><b>2:00 Painting with Sheila, AR</b><br/><b>2:15 Mt. Kilimanjaro Trivia Race, DR</b><br/><b>4:00 Bingo, AR</b><br/>7:00 Movie Night, MT</div>                             | <div>4</div> <div>9:30 Morning Stretch, AR<br/>10:00 Rummikub, BR<br/><b>11:00 Short Story Reading and Discussion, AR</b><br/>2:00 Movie Matinee, MT<br/><b>3:00 Tanzanian Facts Over Teatime, Bistro</b><br/><b>4:00 Highlands Chorus, DR</b><br/>7:00 Movie Night, MT</div>   | <div>5</div> <div>9:30 Morning Stretch, AR<br/><b>9:30 Mt. Kilimanjaro Fast Facts and Exercise, AR</b><br/>10:00 Encompass Blood Pressure Clinic, Bistro<br/><b>11:30 Outing, Lobby</b><br/>2:00 Movie Matinee, MT<br/><i>Catholic Communion Service, CH</i><br/><b>2:30 Ron Falong Presents Tanzania, AR</b><br/><b>4:00 Bingo, AR</b><br/>7:00 Movie Night, MT</div> | <div>6</div> <div>9:30 Morning Stretch, AR<br/>10:00 Knitting Group, BR<br/>10:00 Scrabble, TV<br/><b>10:15 Debating Great Ideas, AR</b><br/><b>11:00 Ask the Librarian, LB</b><br/><b>11:15 Book Chat Book Club, LB</b><br/><i>1:45 Safari Silhouettes Painting, AR</i><br/>2:00 Movie Matinee, MT<br/><b>3:00 Beanbag Baseball, AR</b><br/><i>4:00 Happy Hour, AR</i><br/>7:00 Movie Night, MT</div> | <div>7</div> <div><b>8:45 Mass at St. Luke's, Lobby</b><br/>9:30 Morning Stretch, AR<br/><b>10:00 Chair Volleyball, AR</b><br/>10:00 Bridge, LB<br/><b>10:30 Valentine's Floral Arrangements, AR</b><br/><i>11:00 Bible Study, CH</i><br/>2:00 Rummikub, BR<br/>2:00 Movie Matinee, MT<br/><b>2:30 Chair Yoga, AR</b><br/><b>4:00 Bingo, AR</b><br/>7:00 Movie Night, MT</div> | <div>8</div> <div>10:00 Scrabble, BR<br/>2:00 Movie Matinee, MT<br/><b>2:00 Dave G the Accordionist Entertains, AR</b><br/><b>7:00 Concert Night at the Highlands, MT</b></div>  |
| <div>9</div> <div><b>9:30 Chapel of the Cross Morning Worship, CH</b><br/>10:00 Walking and Talking, Lobby<br/>2:00 Movie Matinee, MT<br/><b>7:00 Movie Night, MT</b><br/><b>7:00 Oscars on the Big Screen, MT</b></div> | <div>10</div> <div>9:30 Morning Stretch, AR<br/>2:00 Movie Matinee, MT<br/><b>2:00 Painting with Sheila, AR</b><br/><b>4:00 Bingo, AR</b><br/>7:00 Movie Night, MT</div>  | <div>11</div> <div>9:30 Morning Stretch, AR<br/><b>10:00 Health Talk with Encompass, AR</b><br/>10:00 Rummikub, BR<br/><b>11:00 Short Story Reading and Discussion, AR</b><br/>2:00 Movie Matinee, MT<br/><b>2:00 Sunnyside Swing Entertains, AR</b><br/><b>3:00 Tea &amp; Talk, Bistro</b><br/><b>4:00 Highlands Chorus, DR</b><br/>7:00 Movie Night, MT</div> | <div>12</div> <div>9:30 Morning Stretch, AR<br/><b>11:30 Outing, Lobby</b><br/>2:00 Movie Matinee, MT<br/><i>2:00 Catholic Communion Service, CH</i><br/><b>4:00 Bingo, AR</b><br/>7:00 Movie Night, MT</div>  | <div>13</div> <div>9:30 Morning Stretch, AR<br/>10:00 Knitting Group, BR<br/>10:00 Scrabble, TV<br/><b>10:15 Debating Great Ideas, AR</b><br/><b>11:00 Ask the Librarian, LB</b><br/>11:00 Resident Meeting with Chef Dan, AR<br/>2:00 Movie Matinee, MT<br/><b>3:00 Beanbag Baseball, AR</b><br/><i>4:00 Happy Hour, AR</i><br/>7:00 Movie Night, MT</div>  | <div>14</div> <div><b>VALENTINE'S DAY</b><br/><b>8:45 Mass at St. Luke's, Lobby</b><br/>9:30 Morning Stretch, AR<br/><b>10:00 Chair Volleyball, AR</b><br/>10:00 Bridge, LB<br/><i>11:00 Bible Study, CH</i><br/>2:00 Rummikub, BR<br/>2:00 Movie Matinee, MT<br/><b>3:30 Valentine's Day Social, AR</b><br/>7:00 Movie Night, MT</div>  | <div>15</div> <div>10:00 Scrabble, BR<br/>2:00 Movie Matinee, MT<br/><b>7:00 Concert Night at the Highlands, MT</b></div>  |
| <div>16</div> <div>10:00 Walking and Talking, Lobby<br/>2:00 Movie Matinee, MT<br/><b>7:00 Movie Night, MT</b></div>   | <div>17</div> <div><b>PRESIDENTS DAY</b><br/>9:30 Morning Stretch, AR<br/><b>2:00 Brain Teasers and Word Games, AR</b><br/>2:00 Movie Matinee, MT<br/><b>2:00 Painting with Sheila, AR</b><br/><b>4:00 Bingo, AR</b><br/>7:00 Movie Night, MT</div> | <div>18</div> <div>9:30 Morning Stretch, AR<br/>10:00 Rummikub, BR<br/><b>11:00 Short Story Reading and Discussion, AR</b><br/>2:00 Movie Matinee, MT<br/><b>2:00 Resident Meeting, AR</b><br/><b>3:00 Tea &amp; Talk, Bistro</b><br/><b>4:00 Highlands Chorus, DR</b><br/>7:00 Movie Night, MT</div>   | <div>19</div> <div>9:30 Morning Stretch, AR<br/><b>10:30 Story Slam, AR</b><br/><b>11:30 Outing, Lobby</b><br/><i>2:00 Catholic Communion Service, CH</i><br/>2:00 Movie Matinee, MT<br/><b>4:00 Bingo, AR</b><br/>7:00 Movie Night, MT</div>  | <div>20</div> <div>9:30 Morning Stretch, AR<br/>10:00 Knitting Group, BR<br/>10:00 Scrabble, TV<br/><b>10:15 Debating Great Ideas, AR</b><br/><b>11:00 Ask the Librarian, LB</b><br/><b>11:00 Carrot Cake in a Mug with Chef Dan, AR</b><br/>2:00 Movie Matinee, MT<br/><b>3:00 Beanbag Baseball, AR</b><br/><i>4:00 Happy Hour, AR</i><br/>7:00 Movie Night, MT</div>                                 | <div>21</div> <div><b>8:45 Mass at St. Luke's, Lobby</b><br/>9:30 Morning Stretch, AR<br/><b>10:00 Chair Volleyball, AR</b><br/>10:00 Bridge, LB<br/><i>11:00 Bible Study, CH</i><br/><b>12:30 Getting to Know You Lunch, PDR</b><br/>2:00 Rummikub, BR<br/>2:00 Movie Matinee, MT<br/><b>2:30 Chair Yoga, AR</b><br/><b>4:00 Bingo, AR</b><br/>7:00 Movie Night, MT</div>     | <div>22</div> <div>10:00 Scrabble, BR<br/><b>10:00 Irish Step Dancing Performance, AR</b><br/>2:00 Movie Matinee, MT<br/><b>2:00 Tony Funches Returns for Another Great Performance, AR</b><br/><b>7:00 Concert Night at the Highlands, MT</b></div> |
| <div>23</div> <div><b>9:30 Chapel of the Cross Morning Worship, CH</b><br/>10:00 Walking and Talking, Lobby<br/>2:00 Movie Matinee, MT<br/><b>7:00 Movie Night, MT</b></div>   | <div>24</div> <div>9:30 Morning Stretch, AR<br/>2:00 Movie Matinee, MT<br/><b>2:00 Painting with Sheila, AR</b><br/><b>2:00 Dan the Librarian Trivia Game Show, AR</b><br/><b>4:00 Bingo, AR</b><br/>7:00 Movie Night, MT</div>                     | <div>25</div> <div>9:30 Morning Stretch, AR<br/>10:00 Rummikub, BR<br/><b>11:00 Short Story Reading and Discussion, AR</b><br/>2:00 Movie Matinee, MT<br/><b>3:00 Tea &amp; Talk, Bistro</b><br/><b>4:00 Highlands Chorus, DR</b><br/>7:00 Movie Night, MT</div>  | <div>26</div> <div><b>ASH WEDNESDAY</b><br/>9:30 Morning Stretch, AR<br/><b>11:30 Outing, Lobby</b><br/>2:00 Movie Matinee, MT<br/><i>2:00 Catholic Communion Service, CH</i><br/><b>4:00 Bingo, AR</b><br/>7:00 Movie Night, MT</div>   | <div>27</div> <div>9:30 Morning Stretch, AR<br/>10:00 Knitting Group, BR<br/>10:00 Scrabble, TV<br/><b>10:15 Debating Great Ideas, AR</b><br/><b>11:00 Ask the Librarian, LB</b><br/>2:00 Movie Matinee, MT<br/><b>3:00 Beanbag Baseball, AR</b><br/><i>4:00 Happy Hour, AR</i><br/>7:00 Movie Night, MT</div>   | <div>28</div> <div><b>8:45 Mass at St. Luke's, Lobby</b><br/>9:30 Morning Stretch, AR<br/><b>10:00 Chair Volleyball, AR</b><br/>10:00 Bridge, LB<br/><i>11:00 Bible Study, CH</i><br/><b>2:00 Dan Hart Entertains, AR</b><br/>2:00 Movie Matinee, MT<br/>2:00 Rummikub, BR<br/><b>4:00 Bingo, AR</b><br/>7:00 Movie Night, MT</div>  | <div>29</div> <div>10:00 Scrabble, BR<br/>2:00 Movie Matinee, MT<br/><b>7:00 Concert Night at the Highlands, MT</b></div>  |





## The Beauty and Benefits of Floral Arrangements

People have been arranging flowers since the dawn of time. In fact, archeological evidence shows that the ancient Egyptians decorated tombs and churches with delicate floral bouquets; and written history shows that pretty much every culture on earth has taken part in the practice of flower arranging at some point in time. Perhaps we can assume that humanity's obsession with floral arrangements is a direct consequence of their beauty; flowers are bright, vibrant and delicate, so it seems reasonable to assume we are drawn to them for purely aesthetic reasons. Recent studies point to a deeper link though. Research carried out by Rutgers University suggests that flowers actually elicit a direct response from our brains, triggering cascades of happy chemicals and keeping stress at bay.

If you are looking for an excuse to fill your home with floral arrangements, read on for five proven benefits of doing so below:

### 1. Flowers boost your mood

A 10-month study conducted at Rutgers University has shown that viewing flowers instantly elevates your mood. During the study, participants were given flowers at random intervals and then asked to report their levels of satisfaction or well-being. Almost everyone involved in the study said that they felt happier after receiving flowers, and a substantial amount also reported feelings of elation, excitement and gratitude.

This suggests that seeing flowers could trigger the release of feel-good chemicals in our brain, and the effects are so great that scientists are now exploring the use of flowers as a genuine treatment for depression and anxiety.

### 2. Floral arrangements promote peaceful relaxation

There's a reason that chamomile and lavender essential oils are used to promote relaxation; many of the natural scents produced by flowers have a calming effect on the body, and breathing in the smell of a floral arrangement has been shown to trigger the release of feel-good chemicals.

The exact mechanism that delivers this effect isn't fully understood, but researchers think that being able to reconnect with nature and observe something detached from the stresses of our busy modern lives is enough to promote relaxation in its own right.



*Creating beauty and happiness at The Highlands*



### 3. Flowers aid memory and recall

Other scientific studies show that the scents produced by certain flowers could also aid in memory formation. People exposed to the scent of roses were shown to have a higher-than-average chance of recalling information that they were given moments before being exposed to the scent, and scientists are now exploring opportunities to use floral scents as long-term memory boosters.

This doesn't mean that filling your home with flowers will stop you from forgetting things, but it does mean that consistent exposure to some flowers could help your brain to build strong neural pathways and develop more memories.

### 4. Floral arrangements encourage socialization

A study published in Psychology Today showed that giving people a flower while traveling with them in an elevator encouraged positive social interactions and a greater chance of bonding behavior. These findings were tested by replicating the study with promotional pens and other gifts, but no other item was found to be as effective as a flower, suggesting that nature's blooms hold a special ability to encourage socialization. Whether this is because we find them comforting, uplifting or relaxing isn't really known yet, but you can still take advantage of their natural powers by placing flower arrangements in various rooms to encourage social behavior.

### 5. Flowers encourage creative thinking

An eight-month study conducted by Texas A&M University showed that employees performed better in a variety of creativity tests if they viewed flowers before starting. Again, this could be linked to the naturally-uplifting nature of flowers, but the point is that if you want to encourage creativity, a bunch of fresh flowers may be an effective solution.

If this article has left you curious as to how flowers will affect your mood and general well-being, join us for our Valentine's Floral Arrangement Class on February 7th, at 10:30 a.m, in Activities. Sign-up is on my desk.

## The Month at a Glance

### February

**1st at 2 p.m.:** Shades of Gray Entertains

**5th at 2:30 p.m.:** Ron Falong Presents: Tanzania

**8th at 2 p.m.:** Dave G. Entertains

**11th at 2 p.m.:** Sunnyside Swing Entertains

**14th at 3:30 p.m.:** Valentine's Day Social

**19th at 10:30 a.m.:** Story Slam

**21st at 12:30 p.m.:** Getting to Know You Lunch

**22nd at 10 a.m.:** Irish Step Dancing Performance

**22nd at 2 p.m.:** Tony Funches Entertains

**24th at 2 p.m.:** Dan's Trivia Show, Broadway and Movies

**28th at 2 p.m.:** Dan Hart Entertains

## Say Hello to Our New Resident Carolyn Caradonna







129 E. Main Street  
Westborough, MA 01581



## *Leave Your Winter Worries Behind*

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

*The Highlands*  
Gracious Retirement Living

**508-898-3000**