

Birchwoods at Canco

Assisted Living Community

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

APRIL 2020

BIRCHWOODS AT CANCO STAFF

AdministratorMICHELLE TUFTS
Assistant Administrator..... LISA NIXON
Director of Health Services.....COURTNEY CLARK
Resident Services Coordinator.BONNIE HARMON
Executive ChefTIM HUNT
Marketing.....MARIE SOUTH
Sous ChefJEREMY MCCULLOCK
Activity Coordinator LENORE HILTON
Activity AssistantSAMANTHA SEEBODE
Administrative Assistant PAM HINKLEY
Administrative Assistant CAROL PEDLEY
Maintenance Coordinator.....CHRIS SCHAFER

HAWTHORN
SENIOR LIVING

Easter Egg Hunt

On Saturday, April 11th, we will be having an Easter Egg hunt for our residents. Come join us at 11 a.m. for an Easter Egg Hunt and after the hunt for some refreshments. Weather permitting, we will have the hunt out by the Patio.

We will enjoy some cookies and punch after in the Activity Room. We look forward to seeing you all for this fun spring event!

Together, We Can End Alzheimer's



Birchwoods at Canco is an officially registered team for the 2020 Walk To End Alzheimer's. The Alzheimer's Association is hosting its annual walk in Portland, Maine. Birchwoods will be there in full support, walking on behalf of all the incredible people we have known who face Alzheimer's. In the months ahead, we will be recruiting team members for the Walk on September 26th, seeking volunteers, and collecting donations for the walk.

In the months ahead, we will also be planning a fundraiser to support the Alzheimer's Association. Please contact Activities to learn how to participate in the walk!



My Mother's Fateful Journey to America: The Great Escape

Author: Bob Summers

Co-authors: Suzanne LaPierre and Christine Adams

She was just a babe in her parents' arms. She was only nine months old and the year was 1896. Although this was not a journey she would remember, it would forever change the course of her life and the lives of everyone around her. Her name was Sidonia Lubell and she was born in Minsk in the year 1895. Little Sidonia was traveling to America with her sister, Frances, who was only two years old at the time, and her mother Helen Schiller and father Saul Lubell. After arriving in America, her other sisters Lilly and Mona, and brothers Mo and Phillip were born.



Sidonia and her family would arrive at the promised land so many immigrants dreamed of, called Ellis Island in New York City. They were going to start a new and better life in America with no plans of returning, like so many others who had made the journey before them. Sidonia and her family began their fateful journey to America in Minsk, Poland, and made their way to their final destination, arriving in New York City via Ellis Island. This was no small feat, as the family would have to travel roughly 4,425 miles to finally reach New York City from Minsk. The journey for Jewish immigrants from Russia was a slow journey, which could take one week or it could take up to a month to reach America. The interesting fact about Minsk is that Minsk has been part of both Poland and Russia in the past. While Minsk was part of Poland

before the war, Minsk became part of Russia as a result of World War II.

To provide a better life for their children, parents Helen Schiller and Saul Lubell knew they needed to gather up the courage to make the journey to America to give their daughters Sidonia Lubell and Frances Lubell a safe place to call home. All they wanted for their daughters was a safe place to grow up where they would have the chance to live a happy, fulfilling and interesting life with many opportunities. During the time period between 1881 and 1914, to escape the violence and hostility towards the

Jewish community in Russia, out of the two million Jewish immigrants from Russia, 1,749,000 choose to make America their new home.

After arriving in the U.S., Saul Lubell was initially employed by a slaughterhouse in New Jersey. Later, Saul and Helen opened a Kosher butcher shop in Brooklyn and prospered. They bought a brownstone in Brooklyn Heights, where Sidonia and her siblings grew up. Sidonia took art classes at a settlement house, and enjoyed painting in watercolor and oils throughout her life. Later in life, Saul and Helen bought a working farm near Colchester, Connecticut, where Helen raised hundreds of chickens and Saul tended about a dozen dairy cows. Grandchildren, including Bob (Sidonia's son) enjoyed spending summers on the farm.



Eating the Rainbow!

Fruits and vegetables offer astounding health benefits, but did you know that different color groups represent the different benefits they can provide?

Each color class offers its own unique set of phytochemicals, which not only gives them their beautiful color, but also their powerful nutrients. It's really so convenient that nature has color-coded everything for us!

When you focus on eating a variety of fruits and vegetables, you end up eating more of what's good for you and less of what's not (starchy, processed foods). Here are a couple great reasons to color up your plate and Eat the Rainbow:

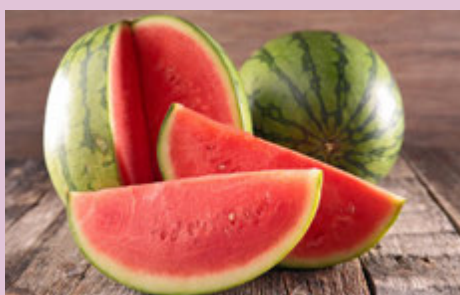
Maximize nutrition

Every shade in the produce section represents a variety of different health benefits. To summarize simply: the more variety of color, the more variety of health benefits your body will harvest. Try to include a mix of: red, green, blue/purple, yellow/orange and white (think cauliflower, onions and garlic).

Avoid boredom

Not only are you providing your body with a wide variety of nutrients and health benefits by eating the rainbow, but you are also saving yourself from boredom! We often fall into patterns and can find ourselves eating the same types of fruits and vegetables. And while any amount of veggie and fruit consumption is better than none at all, it is a lot more fun to shake things up! Eating more colorfully can be inspiring and help to get you excited to try new foods! This will also help you to learn how to prepare different fruits and vegetables in new ways and hopefully keep you motivated about healthy eating and healthy living in general. Veggies aren't just for salads and fruits don't have

to be eaten on their own. It is time to think outside the box and get creative in the kitchen!



What Can Each Color do for You?

Red Fruits and Vegetables:

Red fruits and vegetables protect our hearts. Red color in most fruits and vegetables contain antioxidants that reduce the risk of developing hypertension and high cholesterol. They also lower the risk of developing different types of cancer, as well as protecting against heart diseases and improve brain function.

Yellow and Orange Fruits and Vegetables:

Orange and yellow fruits and vegetables are packed with nutrients that are known to

protect your nervous system, promote eye health and prevent heart diseases. They also play an important role in maintaining skin health, boosting your immune system and helping build strong bones.

Green Fruits and Vegetables:

Green fruits and vegetables protect your eye health, lowering the risk of developing age-related macular degeneration. Green leafy vegetables also contain folic acid. The essential nutrients found in green vegetables and fruits protect you from cancer and high levels of bad cholesterol, regulate digestion and improve immune system functioning.

Blue and Purple Fruits and Vegetables:

Blue and purple fruits and vegetables help prevent heart disease, stroke and cancer. Blue and purple fruits and vegetables are very important for your memory and promote healthy aging. This food also protects urinary tract health and regulates healthy digestion.

APRIL 2020

Birthdays

Jane Shaw, 10th
Evelyn Thurston, 14th
Robert Summers, 15th
Janet Theriault, 27th

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!

“There are shortcuts to happiness, and dancing is one of them.”
—Vicki Baum

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div>1</div> <div>9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 9:30 Yoga, AR 2:30 Come Learn Abt. Residents Best April Fools’ Pranks, AR 3:30 Card Club, AR</div>	<div>2</div> <div>Dr. Appointment Day 9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 11:00 Beach Ball Game, AR 2:00 Bingo, AR 3:30 Card Club, AR</div>	<div>3</div> <div>9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 11:00 Arts and Crafts/ Spring Wreath Making, AR 2:00 Movie & Popcorn, AR 4:00 Friday Social, AR</div>	<div>4</div> <div>9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 11:00 Scenic Drive Out, Outing 2:00 Bingo, AR 4:00 Root Beer Floats, AR</div>
<div>5</div> <div>PALM SUNDAY 9:30 Brain Teasers, AR 10:30 Communion Service, Chapel 11:15 Morning Exercise, AR 2:00 Scrabble Game, AR 4:00 Arts and Crafts, AR</div>	<div>6</div> <div>9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 2:00 Movie & Popcorn, AR 4:00 Social Hour, AR</div>	<div>7</div> <div>Dr. Appointment Day 9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 2:00 Bingo, AR 3:30 Card Club, AR</div>	<div>8</div> <div>PASSOVER BEGINS AT SUNSET 9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 12:00 Walking Club, Outing 2:00 Arts and Crafts/ Decorating Eggs, AR 3:30 Card Club, AR</div>	<div>9</div> <div>Dr. Appointment Day 9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 12:00 Walking Club, Outing 2:00 Bingo, AR 3:30 Card Club, AR</div>	<div>10</div> <div>GOOD FRIDAY 9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 12:00 Walking Club, Outing 2:00 Movie & Popcorn, AR 4:00 Friday Social, AR </div>	<div>11</div> <div>9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 12:00 Walking Club, Outing 2:00 Bingo, AR 4:00 Root Beer Floats, AR</div>
<div>12</div> <div>EASTER 9:30 Brain Teasers, AR 10:30 Communion Service, Chapel 11:15 Morning Exercise, AR 12:00 Walking Club, Outing 2:00 Movie & Popcorn, AR 4:00 Grilled Cheese Social, AR</div>	<div>13</div> <div>9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 12:00 Walking Club, Outing 2:00 Flower Pot Decorating and Planting Flowers, AR 4:00 Scrabble Social, AR</div>	<div>14</div> <div>Dr. Appointment Day 9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 12:00 Walking Club, Outing 2:00 Bingo, AR 3:30 Card Club, AR </div>	<div>15</div> <div>9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:00 Corn Hole Game, AR 10:30 Yoga, FP 2:00 Walking Club, Outing 3:30 Card Club, Outing </div>	<div>16</div> <div>Dr. Appointment Day 9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 2:00 Bingo, AR 3:30 Card Club, AR</div>	<div>17</div> <div>9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 11:00 Game Day, AR 4:00 Friday Social, AR</div>	<div>18</div> <div>9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 2:00 Bingo, AR 4:00 Root Beer Floats, AR</div>
<div>19</div> <div>National Garlic Day 9:30 Brain Teasers, AR 10:30 Communion Service, Chapel 11:15 Morning Exercise, AR 2:00 Making Garlic Knots, AR 4:00 Social Social, AR</div>	<div>20</div> <div>9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 11:00 Patriots’ Day Fun, AR 2:00 Patriots’ Day Art, AR 4:00 Social Hour, AR</div>	<div>21</div> <div>Dr. Appointment Day 9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 11:00 Basketball Game, AR 2:00 Bingo, AR 3:30 Card Club, AR</div>	<div>22</div> <div>EARTH DAY 9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 11:00 Games Games Games, AR 2:00 Movie & Popcorn, AR 3:25 Card Club, AR</div>	<div>23</div> <div>Dr. Appointment Day 9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 11:45 Tai Chi, AR 2:00 Bingo, AR 3:30 Card Club, AR</div>	<div>24</div> <div>9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 11:00 Scenic Drive Out, Outing 2:00 Movie & Popcorn, AR 4:00 Friday Social, AR</div>	<div>25</div> <div>9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 10:30 Morning Exercise, AR 2:00 Bingo, AR 4:00 Root Beer Floats, AR</div>
<div>26</div> <div>9:30 Brain Teasers, AR 10:30 Communion Service, Chapel 11:15 Morning Exercise, AR 2:00 Baking Class, AR 4:00 Scrabble Game, AR</div>	<div>27</div> <div>9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 11:00 Singing Club ... Come Sing with Us, AR 2:00 Bingo, AR 4:00 Social Hour, AR </div>	<div>28</div> <div>Dr. Appointment Day 9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 2:00 Bingo, AR 3:30 Card Club, AR</div>	<div>29</div> <div>9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 11:00 Scenic Drive Out, Outing 2:00 Movie & Popcorn, AR 3:30 Card Club, AR</div>	<div>30</div> <div>Dr. Appointment Day 9:30 Brain Teasers, AR 9:30 Morning Spiritual Devotional, FP 10:30 Morning Exercise, AR 2:00 Bingo, AR 3:30 Card Club, AR</div>		



Hand Washing Tips

When and How to Wash Your Hands

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

Wash Your Hands Often to Stay Healthy

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal, animal feed or animal waste
- After handling pet food or pet treats
- After touching garbage

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective

ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community, from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Use Hand Sanitizer When You Can't Use Soap and Water

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. You can tell if the sanitizer contains at least 60



percent alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However:

Sanitizers do not get rid of all types of germs.

Hand sanitizers may not be as effective when hands are visibly dirty or greasy.

Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use.

How to use hand sanitizer:

Apply the gel product to the palm of one hand (read the label to learn the correct amount).

Rub your hands together.

Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.



April Word Search

Here is our April Word Search. Enjoy!

Birchwoods' Bingo Bash!

On Saturday, April 25th, from 2 to 4 p.m., we will be holding a Bingo bash open to the public to raise funds for our Walk to End Alzheimer's effort. The event will be filled with fun, luck, and great prizes! It's \$2 per card. We hope to see you all at this fundraiser!



Searching for April

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



T	B	D	A	E	P	O	D	O	T	A	L	Y	K	B
I	A	L	W	Y	R	A	K	N	A	A	A	L	A	L
R	L	R	L	E	D	Q	S	H	O	D	U	S	U	D
E	A	R	T	H	D	A	Y	S	S	M	E	R	P	B
A	C	S	C	X	M	S	H	L	O	B	A	G	U	D
E	A	X	B	N	U	O	O	G	A	V	B	I	C	S
E	G	W	T	D	Y	O	A	L	A	M	E	W	D	S
V	E	U	A	D	F	C	L	S	R	C	I	R	B	C
W	W	I	F	L	O	Z	G	R	B	S	E	X	A	T
G	S	I	I	N	M	C	I	E	O	D	A	O	Y	F
Y	A	R	E	P	H	C	D	W	R	A	M	F	W	D
W	P	Q	G	N	J	N	V	O	D	R	A	K	D	C
A	E	P	T	E	E	W	S	H	A	I	R	M	L	I
F	O	U	R	T	H	W	I	S	Y	E	Q	Y	Q	O
O	L	R	X	O	S	I	T	P	X	S	W	D	C	Z

APRIL FOOLS' DAY

ARBOR DAY

ARIES

BASEBALL

BULL (Taurus)

DAISY

DIAMOND

EARTH DAY

EASTER

FOURTH

PASSOVER

RAM (Aries)

SHOWERS

SWEET PEA

TAURUS

TAXES

Birchwoods at Canco
Assisted Living Community

86 Holiday Drive
Portland, Maine 04103



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

Birchwoods at Canco
Assisted Living Community

207-772-1080

