

# Heatherwood

## Gracious Retirement Living

1624 Main Street • Tewksbury, MA 01876 • Phone (978) 851-2063 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

MAY 2020

### HEATHERWOOD STAFF

Managers.....CHRISTY & BRIAN EATON  
Assistant Managers ..... DANIEL MCGARR &  
HAILY PINARD  
Executive Chef.....GERALDO CABRAL  
Sous Chef ..... JULIAN DUARTE  
Activity Coordinator ..... JARYD PALMER  
Bus Driver .....DAVID LANGFORD

### TRANSPORTATION

**Monday & Friday, 10 a.m.-noon & 2-4 p.m.:**

Local Errands and Shopping

**Tuesday & Thursday, 9 a.m.-3 p.m.:**

Medical Appointments

**Wednesday, 8:45-9:45 a.m.:**

St. Williams Catholic Mass

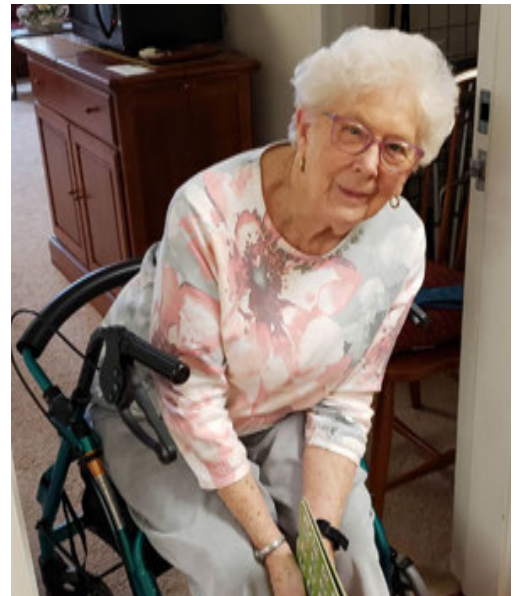
**Wednesday, 11:30 a.m.:**

Lunch Bunch/Special Outings

**HAWTHORN**  
SENIOR LIVING

### Senior Spotlight: Cynthia M.

Cynthia Mulno (Olsen) has been a resident here at Heatherwood for the past four and a half years. Born in Tewksbury to two hard-working parents (Albert and Edith), Cynthia and her brother would get themselves ready for school in the morning. Cynthia's favorite subject in school was History.



*Cynthia playing hallway Bingo!*

After high school graduation, Cynthia worked as a nurses aide at Lowell General Hospital, before graduating nursing school in 1953. Cynthia and her husband, Harry, resided in Tewksbury and had five beautiful children: Harry, Philip, Leanne, Paul and Glen. Cynthia lives life with great enthusiasm and shared a great quote with me: "Family is important, stay strong to overcome tragedy. Have faith in God to help you get through any problems."

Fun facts about Cynthia:

She got her driver's license at age 33.

She loves country music.



## Honoring Women in the Military

Nearly 3 million women have served in and with the U.S. military. The Women in Military Service for America Memorial honors the contributions of servicewomen past, present and future.

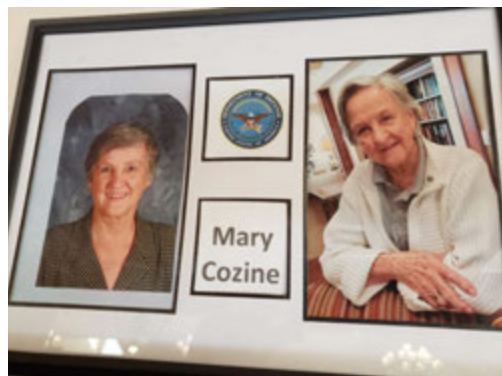
Dedicated in 1997, the memorial is located at the entrance to Arlington National Cemetery, outside the nation's capital. The 30,000-square-foot monument and museum is devoted to telling the stories of women who have helped defend the nation since the American Revolution.

Photos, uniforms and other artifacts are exhibited, documenting the many jobs women have held for the country's defense, from nurse to fighter pilot. A hall of honor recognizes those who gave the ultimate sacrifice, were held prisoners of war, or received awards for service and valor.

The heart of the memorial is an interactive, computerized register that has the goal of including every woman who has served. Currently, the database has the names, photos and histories of about 270,000 women, and visitors can look up their grandmother, mother or friend. Female veterans or family and friends of women veterans are encouraged to register at the memorial's website, [WomensMemorial.org](http://WomensMemorial.org).

The memorial also honors women who have served in organizations that support the U.S. armed forces, including the Red Cross, USO and U.S. Public Health Service Cadet Nurse Corps.

We want to thank all of the Heatherwood residents who have served including three women: Mary Cozine, Cecile Chagnon and Robin Vranicar.



## The Anniversary of V-E Day

On May 7, 1945, Germany surrendered to the Allies, ending World War II in Europe. The following day, May 8th, was declared Victory in Europe Day, and this year marks the 75th anniversary of the momentous occasion.

After six years of conflict, unconditional surrender documents were signed in Reims, France, at the headquarters of U.S. Army General Dwight D. Eisenhower, the commander of the Allied forces in Europe. As news of Germany's formal surrender spread, celebrations broke out in cities around the world. Massive crowds gathered in the streets for parties, parades, dancing and singing.

V-E Day also fell on the birthday of U.S. President Harry S. Truman, who had taken office only a few weeks earlier, after the death of President Franklin D. Roosevelt. In a statement, Truman dedicated the day to Roosevelt, who had led the country through most of the war.

Truman also reminded Americans that despite the victory, "much remains to be done," since the war with Japan continued. It would be another three months, in August 1945, before the battle in the Pacific theater would end.







## May Birthdays!

Some of you may have noticed that the May newsletter did not include the monthly activity calendar which includes all May birthdays. We want to make sure to give a Happy Birthday shout-out to the following residents!

Ron Sawyer, May 2nd

Esther Land, May 5th

Bernie Barbieri, May 11th

Toni Brenker, May 11th

Marty Martellini, May 13th

Patricia Gaudet, May 14th

Lois Donovan, May 16th

Charles Keddie, May 18th

Rose Golden, May 18th

Al Melisi, May 18th

Albert Terilli, May 26th

Priscilla Lefebvre, May 28th

Marie Gleason, May 29th

Ginny McCarthy, May 30th

Our Activity Coordinator, Jaryd, also shares a May birthday with Charles, Rose and Al on May 18th! Happy Birthday to all our May residents!



## Thank You, Mom

I just want to thank you  
For your warm smiles  
Your encouragement  
Your words of wisdom  
That still guide me today  
Thanks for everything.

Happy Mother's Day

—C. Harding

Happy Mother's Day to all of  
our resident moms!



## Putting Around

Windmills, pirate ships, dinosaurs and waterfalls are often par for the course when you're playing a round of miniature golf. Early courses for the game didn't have the whimsical designs seen today. They were simply scaled-down golf courses for players to focus on their putting stroke. The first of these was created in 1867 at golf's birthplace, Scotland, for the St. Andrews Ladies' Putting Club. In the U.S., compact, putting-only courses with artificial greens became popular in the early 1900s, including more than 150 built on New York City rooftops.

The trend got a new twist in the late 1920s, when businessman Garnet Carter built a mini golf course outside his hotel on Lookout Mountain, near Chattanooga, Tennessee. With its fairyland theme, quirky features such as gnome statues, and obstacles that included hollow logs, it was a hit with guests. Mini golf mania swept the nation, and by 1930, there were 25,000 courses in the U.S.

After a decline due to the Depression, mini golf teed off again in the 1950s. Today, it's an amusement for players of all ages, and the variety of silly course setups and hazards adds an element of surprise.

For those who like more serious competition, there are U.S. and international mini golf organizations that hold annual championship tournaments.

Look for an upcoming trip to Merrimack Valley Pavilion (MVP) here in Tewksbury for a round of mini golf!



## Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- |                     |                               |
|---------------------|-------------------------------|
| 1. Winifred Banks   | A. "Mamma Mia!"               |
| 2. Lena Younger     | B. "The Grapes of Wrath"      |
| 3. Mary Bailey      | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan   | D. "Mary Poppins"             |
| 5. Leigh Anne Tuohy | E. "Imitation of Life"        |
| 6. Ma Joad          | F. "The Blind Side"           |
| 7. Lora Meredith    | G. "A Raisin in the Sun"      |
| 8. Katie Nolan      | H. "It's a Wonderful Life"    |

## Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

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

BOBOLINK  
CONDOR  
~~CROW~~  
DOVEKIE  
DRONGO  
DUNLIN  
FINCH  
IBIS  
KAKAPO

KIWI  
MACAW  
MAGPIE  
MOTMOT  
PETREL  
QUAIL  
RHEA  
SPARROW  
STORK

## Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

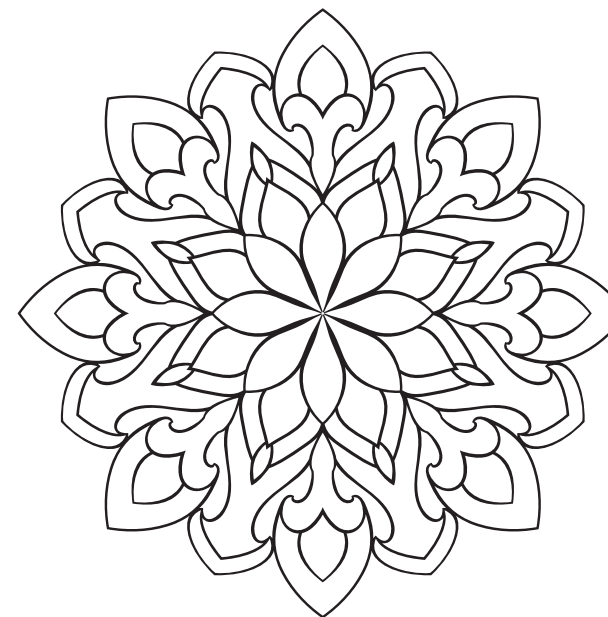


## Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

## Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



## A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

## Puzzle Solutions

### Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

### Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

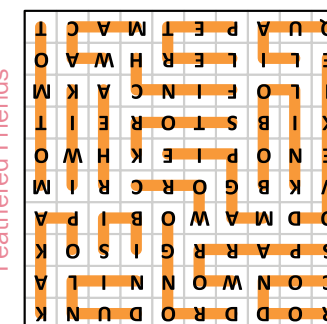
## Take a Closer Look

See if you can identify 12 differences in these two illustrations.

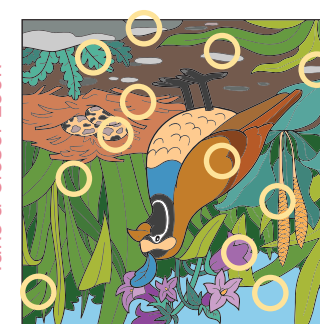
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look







## Life Purpose After Retirement



Julie had been a middle school teacher for 35 years and, while she loved her work, she was happily anticipating retirement. A few months into it, she found herself at loose ends, with no real motivation or focus. Something was missing. And that something, she realized, was a sense of purpose. She enjoyed the freedom of retirement, but needed a reason to eagerly get out of bed in the morning. She needed something that felt meaningful and fulfilling in her life.

Retirement is something many people look forward to, only to find it isn't what they thought it would be. It's great to no longer be driven by the alarm clock and schedules. It's wonderful to pursue fun activities you didn't have time for before. But most people aren't truly happy in retirement without a purpose. Life expectancies are much longer than they used to be, and a fulfilled life involves more than just filling up time.

Purpose implies making a contribution to the larger whole in some way. It involves using your talents, skills and passions to create an impact in a way you find enjoyable. Not having a sense of purpose can erode self-esteem and affect your own well-being and health.

Whether you found your true calling in your work, put it on hold, or simply never connected with it, retirement actually offers new possibilities to explore.

You may want to give back to the community by volunteering or teaching part-time to share the knowledge you have with regard to your former business, hobbies or life lessons. You can also be a mentor or writer to accomplish those goals.

This is also a time when the pace of life has slowed to allow time to ponder the larger, deeper questions of life.

Some people connect back with their spiritual beliefs through their church community, while others may explore new ideas and restructure their spiritual path. Self-growth is an important part of your purpose and can lead to many new avenues in your life.

The idea is to continue to fully engage with life. Now you are free to do it on your own terms.

Here are some questions to ponder to help you get in touch with your purpose:

What did I enjoy in my younger years that I've put on the back burner?

What talents and skills do I enjoy using?

What am I passionate about? (What lights me up, makes time disappear?)

What causes or social issues do I care about?

When do I feel most creative and alive?

What motivates me?

What are my top values?

What would I regret never having done when I get to the end of my life?

Take your time to contemplate these questions. Write down your thoughts. Then leave them and come back to them later. You may have more to add and new insights may reveal themselves over time.

Then, when you have a direction, what actions will you need to take to manifest this purpose in your life? Do you need help to get started? Do you need to contact an organization in order to join forces? How will you engage with this purpose?

What is one step you can take to get started on your new path of purpose?





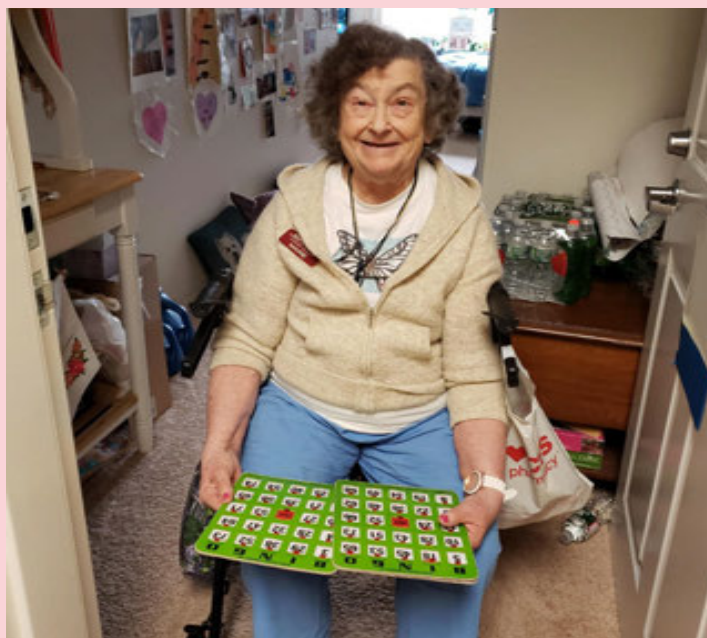


## Hallway Bingo!

As we have all needed to social distance and stay within our rooms, many of us are getting stir crazy! Why not create a way we can still play one of our favorite games, Bingo? Hallway Bingo was started during one of the first couple of weeks during this stay-at-home order. The resident building was split into six different sections, with each section playing at a different time of the day. As your MC, Jaryd wheeled around his speaker and Bingo set-up, and gained more players as the day went on. More than 30 total residents played in our adapted game of Bingo. We can't wait to Bingo back in the Activity Room!



Emily



Marie



Annie



Charlotte



1624 Main Street  
Tewksbury, MA 01876



## **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.

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