

# Winterberry Heights

## Assisted Living & Memory Care

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

MAY 2020

### WINTERBERRY HEIGHTS STAFF

Administrator.....PENNY PAULIKS  
Director of Health Services.....JIMMY DIXON, RN  
Resident Services Coordinator..SARAH CONNOLLY, LPN  
Memory Care Coordinator .....CANDICE WHITE  
Executive Chef..... TODD FULLERTON  
Activity Coordinator .....HEATHER LAPLANTE  
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

**HAWTHORN**  
SENIOR LIVING

### Celebration of Mothers

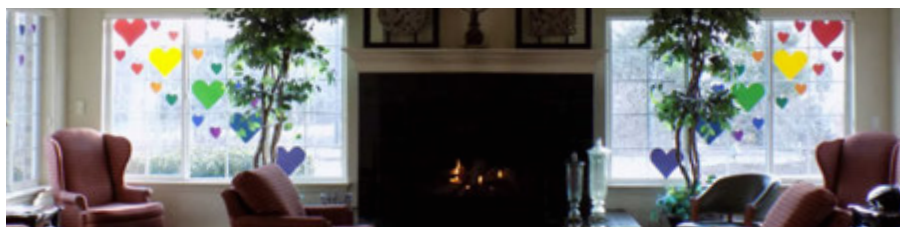
On Mother's Day, we celebrate our mothers, our grandmothers and great-grandmothers and even our great-great-grandmothers if we are so lucky. We

celebrate our sisters and our friends, we celebrate all women who have had a special hand in raising or being an influence in a child's life. It is our privilege to say thank you on this special occasion, and every day — not only on a holiday — for all you have done and the love you have shown. We love you!



### Hearts for Hope

Spreading some cheer and to support and show thanks to essential workers, colorful hearts brighten up the windows of our front entrance and Dining Room area. We will get through this together!







## Creative Communication

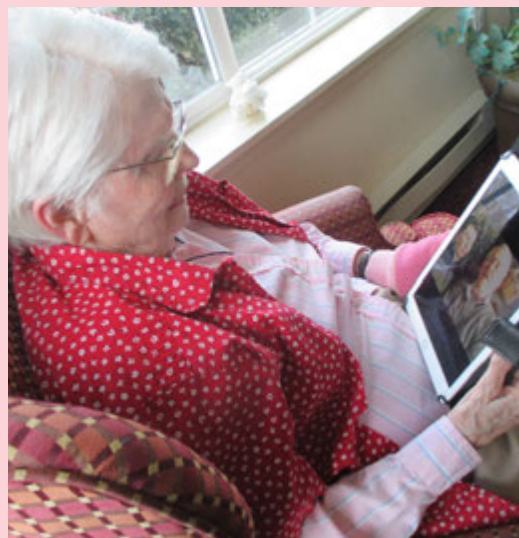
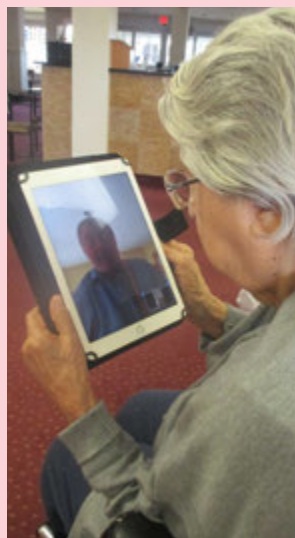
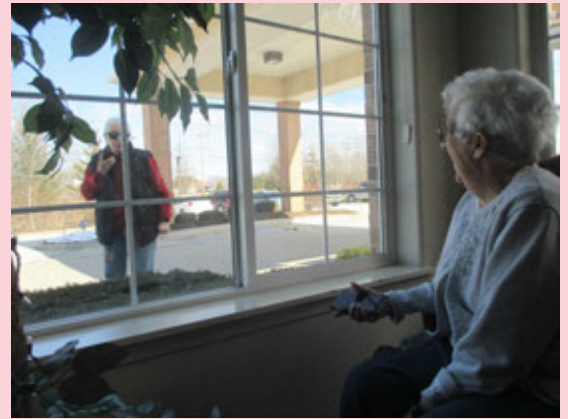
Social distancing is not something we are all too familiar with. Socializing and relationships are things we promote daily as part of a healthy lifestyle. In our Assisted Living and Memory Care programs we encourage activities and family interaction and involvement.

So to be thrown this new curve ball with social distancing and stay-at-home orders, feels like it goes against the grain as to the way we see normal living.

This means people are getting creative, innovative and learning about technology and making the most of an unusual situation.

We encourage families to send letters, cards and care packages, things that their loved one would enjoy. Families have stopped by for “window” visits, making signs and banners to say hello. Families are using social media and video conferencing to keep in touch.

If you haven't yet and would like to take part in video communication, please reach out to Heather in Activities!





## May Activities, Culinary and Themes: The Microwave Oven

We are about to take a step back in time with our education series and talk about the invention of the microwave! A happy little accident!



There's a microwave in 90 percent of American homes, heating everything from popcorn to leftovers in a hurry! The appliance is beloved for its speed and ease of use. But what you might not know about your microwave is that it was invented utterly by accident one fateful day 70 years ago, when a Raytheon engineer named Percy Spencer was testing a military-grade magnetron and suddenly realized his snack had melted.

In 1946, Percy Spencer, who was working for the Raytheon Corporation, was testing a new version of the magnetron when he noticed that the candy bar in his pocket had melted and he immediately thought that the magnetron was responsible. Being the great scientist that he was, he knew he had to test his theory. So, he placed some unpopped popcorn kernels near the magnetron and flipped the switch. Presto! The popcorn popped!

After several more tests, Spencer and his fellow Raytheon scientists were convinced that they had a new invention on their hands. Spencer eventually created a big box that they would place food in for heating. Thus, the microwave was born! Initially, microwave ovens were big. They looked like a cross between regular ovens and refrigerators, and stood at 5 feet tall.

Not many people purchased those first microwave ovens. Scientists kept experimenting and refining what they had. Finally, in the 1960s, the small countertop version that we know today was introduced and it has been a kitchen must-have ever since.

### Remembering the Microwave: Reminiscing Exercise

Now that you have read a brief history of the microwave, it is time to think of your own experiences and microwave memories! Below are a few questions to get started.

1. Can remember the first time you used a microwave?
2. What was the first meal you cooked using the microwave?

3. Did you ever eat TV Dinners? What did they think of them? Were they convenient? Did they taste good? Did you have a favorite TV Dinner?
4. Microwaves are great for heating up leftover meals. What are some of your favorite leftovers? Spaghetti and pizza are always great reheated!
5. Can you think of any other inventions that began with a happy accident, like the microwave? (Some examples are penicillin, Post-it notes, and Play-Doh!)

### Cake in a Mug:

The microwave definitely changed the way people can cook! From heating up leftovers, to baking a cake, the microwave does it all. Here is a simple and delicious recipe for chocolate cake in a mug. Enjoy!



### Ingredients:

- 3 tablespoons all-purpose flour
- 3 tablespoons sugar
- 2 tablespoons cocoa powder
- 1/4 teaspoon baking powder
- Pinch of salt, optional
- 3 tablespoons milk
- 3 tablespoons vegetable oil
- Splash vanilla extract, optional
- 3 tablespoons chocolate chips

### Baking Instructions:

1. Special equipment: a 12-ounce microwave-safe ceramic mug and a microwave oven
2. Put the flour, sugar, cocoa powder, baking powder and salt, if using, in a 12-ounce microwave-safe ceramic mug. Blend thoroughly with a fork. Add the milk, vegetable oil and vanilla, if using, and blend until smooth. Stir in the chocolate chips.
3. Microwave on high for 90 seconds. Do not overcook or the cake will be dry. Let cool for 2 to 3 minutes before eating.



## 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.

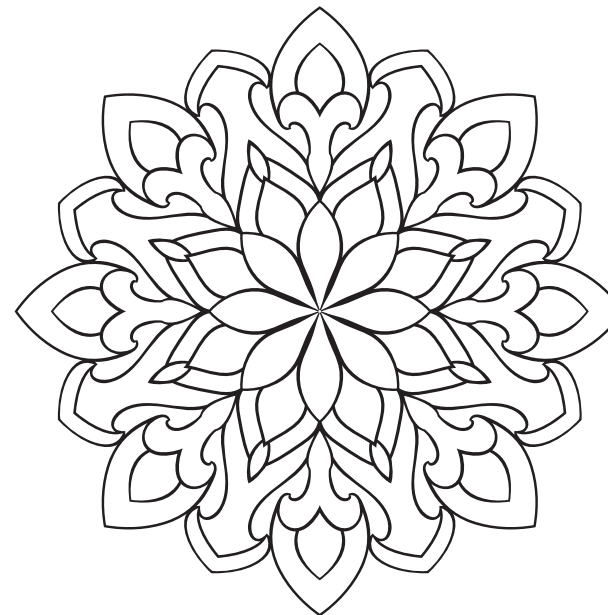


## Simple Ways To Practice Mindfulness

- 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.

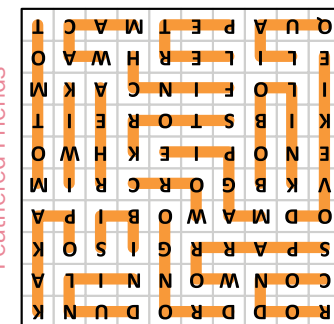
## Take a Closer Look

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

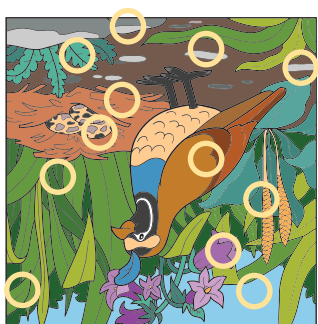
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look







## Winterberry Ice Cream Scooter

Our new afternoon delight — it's ice cream day each afternoon with our Maintenance Director Bruce and his scooter and a cooler full of ice cream choices!



## May Is National Barbecue Month

"Summertime is on its way and the grillin' is easy!"

Many people claim that some elements of cooking outdoors are even easier than cooking indoors and that they prefer cooking out over eating out to save money. Outdoor cooking is a very popular pastime that unites friends and family with great tasting food that's easy and affordable. Many adults agree that a barbecue is the best way to spend quality time with their friends or relatives. And ... did you know that more than a third of all adults associate barbecues with family tradition? As summer approaches, we are looking forward to the time when we get to come back together as a group and enjoy this happy tradition!

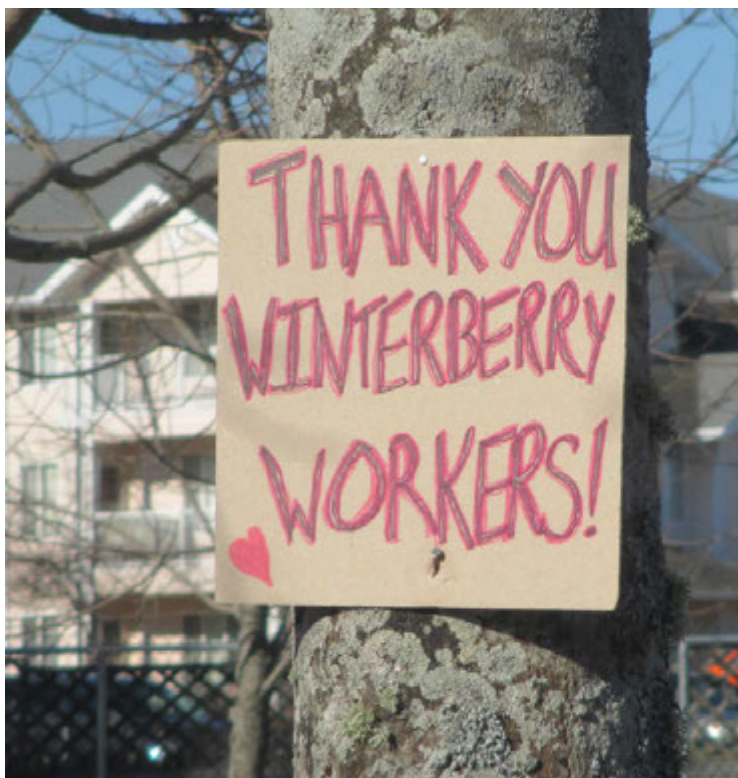






## Staff Appreciation

To each and every one of our staff members, whom we count on to get through each day, thick and thin, through good times and bad, we thank you! We will get through this together! Your hard work is appreciated!



## To My Mother

For all the times you gently  
picked me up,  
When I fell down,  
For all the times you tied  
my shoes  
And tucked me  
into bed,  
Or needed something  
But put me  
first instead.  
For everything  
we shared,  
The dreams,  
the laughter,

And the tears,  
I love you with a  
"Special Love"  
That deepens every year.

— Unknown



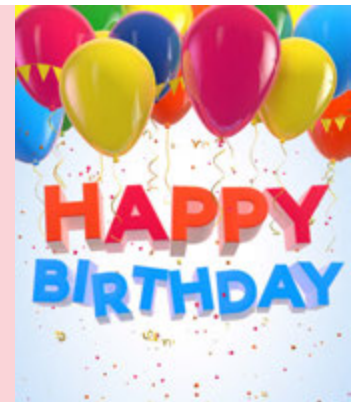
## May Birthdays

**Janet A.** — May 2

**Narda D.** — May 4

**Erlise H.** — May 16

**Florence K.** — May 18



## Memorial Day

In honor and remembrance.

May 25, 2020



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## **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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