



The Highlands

Gracious Retirement Living

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

MAY 2020

THE HIGHLANDS STAFF

Assistant Managers.....JOHN & JOANNA BYERLY
Executive Chef NELLIE FARBER
Sous Chef ERIC THOMPSON
Activity Coordinator..... BONNIE ABIMERHI
Maintenance MIKE BUTLER
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

Some Special Days in May!

May 3rd, Sun Day: In response to the 1973 oil embargo, U.S. President Jimmy Carter declared May 3rd “Sun Day,” in honor of the economic importance of solar power. The sun “can’t be embargoed by any foreign nation,” as stated by actor Robert Redford in regard to the observance day creation at the United Nations.

May 4th, Intergalactic Star Wars Day (May the Fourth Be With You Day): May 4th is the day to celebrate Star Wars and everything the epic space odyssey has given its fans, like light sabers, Wookies, the Millenium Falcon, and so much more. The day stems from the famous movie expression, “May the force be with you.”

May 12th, Limerick Day: May 12th is the day to celebrate one of the most kid-friendly forms of poetry ever, the limerick. It was popularized by Edward Lear in his first “Book of Nonsense” in 1846. Many of these poems are comical, or in Lear’s case, they were considered “nonsensical literature.” Regardless, children love hearing these five-lined wonders and crafting them, too.

May 17th, World information Society Day: World Telecommunications Day was renamed in 2005 as World Information Society Day to recognize the prominence of the internet in everyday life. Sit back and think how much technology has become a huge part of our lives.

May 23rd, World Turtle Day: Every year since 2000, May 23rd is World Turtle Day, to bring awareness to turtles and tortoise species that need human help to stay alive and prosper. To celebrate the day, wear green.



Do April Showers Truly Bring Us May Flowers?

When the month of April rolls around, we often notice it's raining outside. There's one phrase we often hear. It begins with "April showers." Can you finish it? If you said, "... bring May flowers," then you're right on track!

Historians believe this phrase may date back to a 1610 poem, which contained the lines "Sweet April showers, do spring May flowers." A longer phrase, "March winds and April showers bring forth May flowers," has also been traced back to 1886.

The reference to April showers likely originated in the United Kingdom or Ireland, where the month of April tends to be especially rainy because of the position of the jet stream. The cooler climate in these areas also tends to push back the appearance of many flower species to late April and early May.

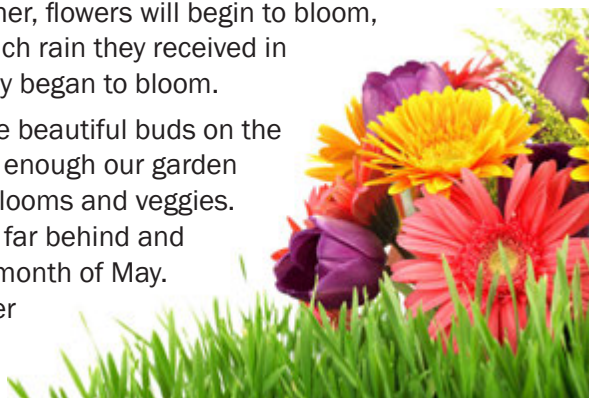
But do April showers really bring May flowers? That old adage doesn't necessarily ring true, though, especially in warmer climates. Rather than being rooted in botany, the phrase may be a simple way to avoid the blahs of rainy weather by focusing instead on the beauty of better weather ahead.

The exact effect of rainfall likely depends upon what type of flower you're talking about. Perennials, which die off in the fall and bloom again each subsequent spring, are usually the flowers you think about when you think of spring flowers bursting forth. Some perennials, especially in warmer areas, might come forth in March or April. The previous month's rainfall will usually have little impact on when these flowers spring back to life. Since their bulbs have been in the ground all along, their growth and health depends upon the overall trend of rainfall over the course of many months. During the course of blooming, too much rainfall could actually be harmful, as some flowers are more prone to disease with too much rain.

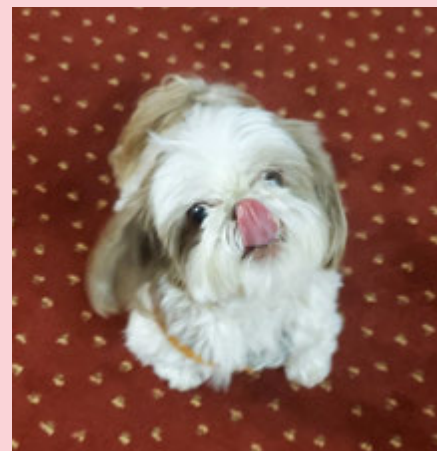
Annuals, the flowers you have to replant each year, are different than perennials in that they can't be planted each year until after the threat of frost passes. Once planted, what matters is the amount of rainfall in the months after they're planted — not the month before. They need enough rain in the months after they're planted to sustain their growth and health.

So what really brings forth May flowers? Scientists note there's one factor that's much more important than rainfall in determining when a particular flower will bloom: temperature. When the average temperature begins to approach spring-like weather, flowers will begin to bloom, regardless of exactly how much rain they received in April or the month before they began to bloom.

Here at The Highlands, all the beautiful buds on the trees have popped and soon enough our garden beds will be abundant with blooms and veggies. Thankfully, April showers are far behind and here we are in the beautiful month of May. The long, lazy days of summer and warm temperatures are just ahead.



Kisses from Bogie



Kisses from Bogie

Happy Mother's Day to All Our Amazing Mothers

God took the fragrance of a flower ...
The majesty of a tree ...
The gentleness of morning dew ...
The calm of a quiet sea ...
The beauty of the twilight hour ...
The soul of a starry night ...
The laughter of a rippling brook ...
The grace of a bird in flight ...
Then God fashioned from these things
A creation like no other,
And when his masterpiece was through
He called it simply, Mother.





Do You Have a “Most Popular” Name?

When most people think of the 1930s, their first thoughts go towards the Great Depression. While the economic collapse had an impact, it was also a time of innovation and invention. The baby names from the '30s reflect the changes going on in the world. Robert and Mary were the most popular names from the 1930s. They were also the most popular in the prior decade of the 1920s. In the 1930s, boy names stayed in the traditional realm when it came to the top ten. The list includes James, John, William, Richard, Charles, Donald, George, Thomas and Joseph. While classic girl's names like Margaret, Betty and Joan were in the top ten 1930s girl names, less traditional monikers were also on the list. Names like Shirley, Patricia, Barbara and Nancy made their mark.

The Political Times

The 1930s saw two men holding the office of President of the United States: Herbert Hoover and Franklin D. Roosevelt. The name Herbert came in at No. 53, likely from solid Republicans who favored Mr. Hoover. For Democrats, Franklin became a favorite, attaining the respectable rank of No. 70. There may be a few hidden fans of Mr. Roosevelt who named their sons, Frank (No. 16). One oddity to note: there was no President of the United States born during the 1930s.

The Rise of International Film Stardom

The 1930s saw the beginning of the Golden Age of Hollywood. While the Depression affected studios in the early years of the decade, they were turning profits by the mid-1930s. Hollywood stars definitely influenced 1930s baby names. Gary (No. 45) Cooper made iconic films throughout the decade, including “A Farewell to Arms,” “Mr. Deeds Goes to Town,” and “The Lives of a Bengal Lancer.” Edward (No. 12) G. Robinson rose to fame playing a gangster in “Little Caesar” (1931). He continued the rise with films like “Barbary Coast” (1935) and “Kid Galahad” (1937). Fred (No. 34) Astaire and Virginia (No. 15) McNath, better known as Ginger Rogers, danced their way across films like “Swing Time” and “Top Hat.” Katharine Hepburn was a top leading lady. While her name's spelling wasn't in the top 100, other variants like Catherine (No. 39) and Katherine (No. 97) were. Loretta (No. 81) Young made over 50 films in the 1930s, though most people remember her starring in the Loretta Young Show during the 1950s.

Science and invention saw great strides during the 1930s. As international travel became easier, scientific and engineering thoughts and theories spread quickly worldwide. Clarence (No. 46) Birdseye patented the frozen food process in 1930. His method ushered in a new era of long-term food preservation, a key in modern food processing and delivery. Clyde (No. 89) Tombaugh discovered Pluto, once thought to be the ninth planet. Today, it's reclassified as a dwarf planet. Roy (No. 39) J. Plunkett discovered the chemical substance best known as Teflon purely by accident in 1938. It's commonly used to coat non-stick pans, though it has hundreds of applications in multiple industries including medical, plumbing, printing and air filters.

These were the ten Most Popular Girls Names From the 1930s:

- | | | | | |
|---------|-----------|------------|------------|---------|
| • Mary | • Barbara | • Patricia | • Joan | • Nancy |
| • Betty | • Shirley | • Dorothy | • Margaret | • Helen |

Ten Most Popular Boys Names From the 1930s:

- | | | | | |
|----------|-----------|-----------|----------|----------|
| • Robert | • John | • Richard | • Donald | • Thomas |
| • James | • William | • Charles | • George | • Joseph |

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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.

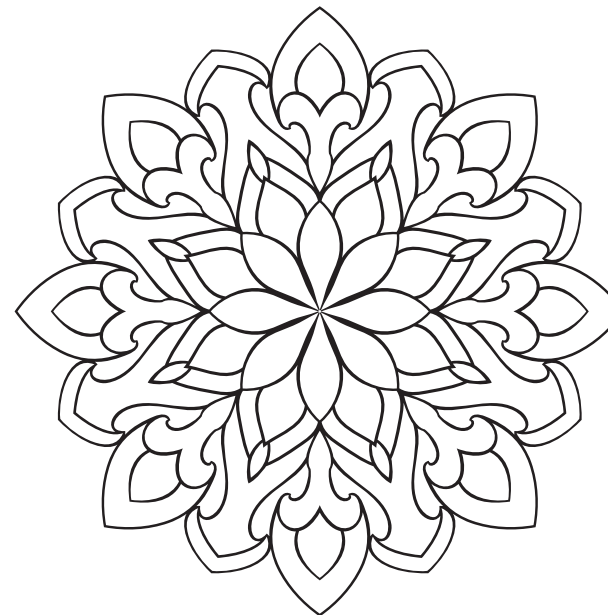


Simple Ways To Practice Mindfulness

- 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.

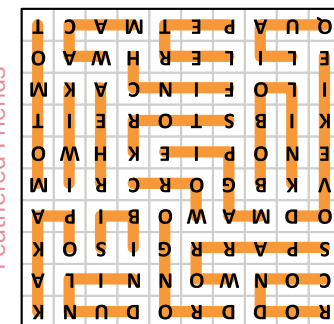
Take a Closer Look

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

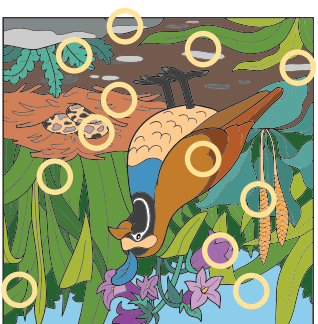
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Happy Birthday to These Wonderful Residents

May 3rd, Marilyn Hartke

May 5th, Aline Lynch

May 5th, Herb Terakawa

May 9th, Judy McKuzes

May 10th, Jerry Hall

May 13th, Marion Pitkin

May 14th, Jean David

May 15th, Nancy Adams

May 18th, Nancy Ingham

May 21st, Bernie Hoelle

May 21st, Shirley
Stevens

May 23rd, Ruth Devoe

May 29th, Tom Vergo

May 31st, Luree Jacquith



The Family That Plays Together ... Works Together!

We could not be more fortunate than we are to have the wonderful staff we have here at The Highlands. What strikes me most is how very much it feels like family, how seamlessly staff interact and mesh so harmoniously with our residents, and vice versa. I am always in awe of our fabulous housekeepers, Sandra, Kathy, Isabel and Travis, and how they always give so completely and unselfishly of themselves. They go the extra mile in all that they do, and shower all with goodness and much love. Our kitchen staff accommodate so many and put forth so many great meals and snacks. Karen, who is part of the kitchen staff, brings so much fun to all, never failing to dance around during entertainment and get everyone into fits of laughing. She is yet another Highland's "gem." And last, but certainly not least, let me say that we have the best management team! Sadly for us, our current managers, Pam and Jody, are only here for the interim, filling in for a short time. We may just implement a plan to hold them hostage! They always have a smile and keep everything upbeat. And John and Joanna, they are our resident rock stars in more ways than one, performing for our residents when not on duty and being awesome assistant managers! We are truly blessed with an incredible group of people who keep The Highlands simply amazing, holding one big happy family together!



*Travis delivering
Chinese takeout.*



Irresistible Joanna



*Sous Chef Eric gets in
the Easter groove.*



Salomie and her ever-ready smile



Isabel and Sandra, always smiling



Highlands Strong

It is said that a picture is worth a thousand words. In this time where words often fall short, I felt there is no better way to show that though further apart in distance, we are standing together, Highlands strong!





129 E. Main Street
Westborough, MA 01581



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.



508-898-3000

