

The Highlands

Gracious Retirement Living

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

JUNE 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

A Father Means ...

A Father means so many things...
An understanding heart,
A source of strength and support
right from the very start.

A constant readiness to help
In a kind and thoughtful way.
With encouragement
and forgiveness,
No matter what comes your way.

A special generosity and always
affection, too.

A father means so many things
when he's a man like you.

Author: Unknown



Be Sure to Wish These Neighbors a Happy Birthday

June 1: Marge Koshgarian

June 4: Craig Mitchell

June 12: Alan Karb

June 13: Tom Ballard

June 17: Jack Crane

June 19: Annette Gill

June 23:

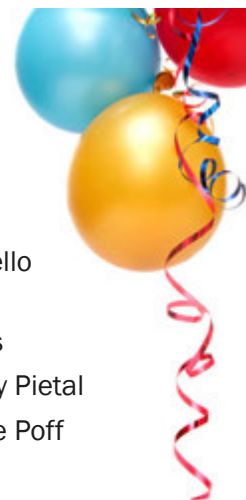
Helen Mazzarello

June 23:

Margaret Vallis

June 24: Henry Pietal

June 26: Diane Poff





Six Feet Apart, But Close to the Heart

Once again this month, when words often fall short, I find no better way to speak of the goodness and love that abounds here than through the pictures I capture. We display a sign out front that states "Heroes Work Here," and never has a sentiment rung more true. Chef Nellie and the kitchen staff never fail to present beautiful and delicious meals and snacks and always with a smile. Our housekeeping staff can be heard in the hallways laughing and chatting and always keeping things upbeat with all our residents, never missing an opportunity to lend an ear or a shoulder, even 6 feet apart, to lean on. Our management team has been truly awe-inspiring in their ability to graciously manage different protocols, numerous deliveries and requests, all their administrative duties, and all the while maintaining a warm smile and never failing to make all feel safe and nurtured. Through all of these times that is what has struck me most — smiles abound, love is abundant and though 6 feet apart, here at The Highlands, we remain close in heart.



Fruity Friday snack cart



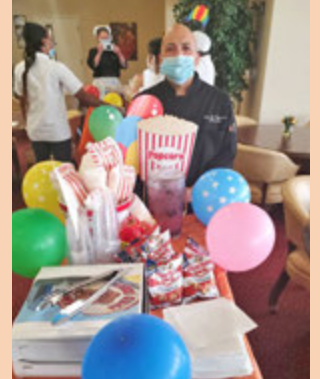
And yet another clown. Guess who?



Who is this fun clown?



Margaret enjoys chalk messages of cheer from local students.



The carnival came to town! "Get your fried dough!"



Shirley and Bernie are off and running with the raised beds, displaying our first blooms.



Chef cuts loose with the kitchen staff.



Some Highlands Heroes



One of Chef Nellie's many beautiful creations



Sandra, Kathy and Isabel spreading cheer with Italian sodas

Stay Hydrated

Now that June is upon us and warmer weather is here it is more important than ever to stay hydrated. Here are a few simple tips to keep in mind.

1. Remember that there are many sources of fluids.

You don't have to drink only plain water to get hydrated. Coffee, tea, fruit juice, sweetened beverages, fruits and vegetables all contain water.

You can also try eating more foods with high water content to increase hydration without drinking fluids.

2. Keep water close by at all times.

Making it easy to reach will both encourage and remind you to drink more fluids. Try keeping a lightweight pitcher or bottle of water and a cup near your favorite seat to make it quick and convenient to take a drink.

3. Experiment with beverages at different temperatures.

You may prefer hot drinks to cold, or the other way around. Experiment to find out which type you like better. Try different things like warming up juices, sipping decaf iced coffee with cream, or adding plain soda water to make tea or juice bubbly.

4. Try something savory.

For those of you who like savory foods, you may enjoy drinking warm soup broth instead of a sweet or neutral tasting beverage. For convenience, the broth could come from a can, box or powder. And if you are watching your sodium intake, be sure to drink low sodium broth.

5. Have and make Popsicles.

Homemade Popsicles made from fruit juice or a mix of juice and water are a great treat and a great way to get more fluids. Popsicle molds are easy to obtain and will give you the option of making your favorite flavors. Just pour and freeze. An especially appealing option for summer.

However you choose to hydrate, the key point here is to stay hydrated, especially in the warm months ahead.

Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan’s last name isn’t Hall.
2. Calvin, whose last name isn’t Reynolds, didn’t catch the smallest fish.
3. The man who caught the 8-pound fish didn’t catch the walleye.
4. Mr. White didn’t catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris
Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

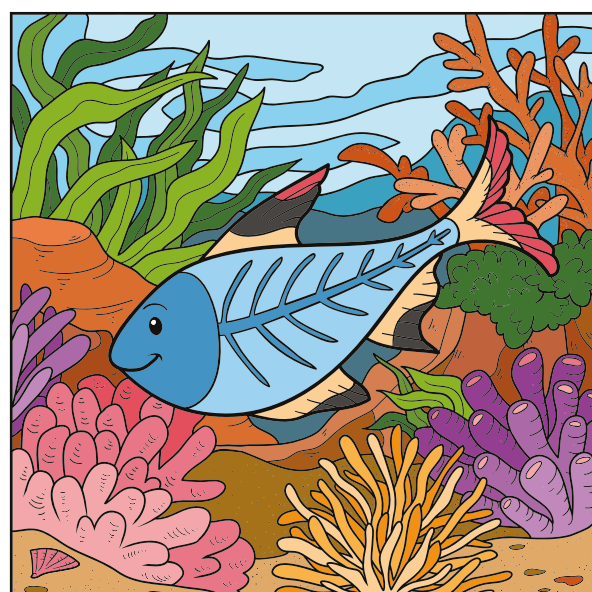
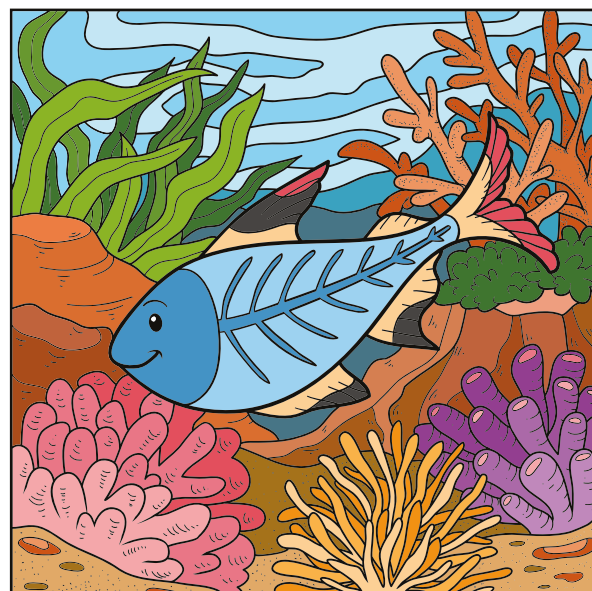
Summertime Snicker

Q: What holds the sun up in the sky?

A: Sunbeams!

Double Take

Fish around and find 10 differences in these two pictures.



Sudoku

The object of the game is to fill all the black squares with the correct numbers. Each row, column and 3x3 subsection must include all digits 1 through 9 in any order.

	2		1					5
	6	7	2				1	
				5	9			7
		2			1			
3	1			2			7	4
			9			3		
6			4	9				
	4				2	1	8	
2					7		3	

TV Dads

Match the father figure character to the TV show he appeared in.

Fictional Father

1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

TV Show

- A. “Father Knows Best”
- B. “Home Improvement”
- C. “Good Times”
- D. “Family Matters”
- E. “My Three Sons”
- F. “Happy Days”
- G. “The Courtship of Eddie’s Father”

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

DAD

- ___ Took action
- ___ A cube with dots

TIE

GOLF

- ___ Wide chasm
- ___ Sea-loving bird
- ___ Bovine patriarch

BALL

FISH

- ___ A tightly closed hand
- ___ Tiny water droplets
- ___ Chewing gum flavor
- ___ Two cups
- ___ Sewing accessories

FINS

Puzzle Solutions

Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

TV Dads

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

Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

9	3	4	7	1	5	8	6	2
6	8	1	2	9	3	5	7	4
2	5	7	8	6	4	1	3	9
1	2	3	5	4	6	9	7	8
4	7	5	9	2	8	6	1	3
8	6	9	1	3	7	2	5	4
7	4	2	6	5	9	3	8	1
3	1	6	4	8	2	7	9	5
5	9	8	3	7	1	4	2	6





Welcome Pat Ritchie, BSN, RN, From Home Care Solutions

Please welcome Home Care Solutions/Health Care Staffing and their clinician Patricia Ritchie, BSN, RN. Home Care Solutions/Health Care Staffing is a locally owned home care company by Kim Sieurin, BSN, RN, for the past 22 years.

They are located in Westborough and vested in the local community, providing the health and personal care necessary to be safe and well while living at home. They enable seniors to enjoy an independent life in familiar surroundings, but give their families the peace of mind of knowing their loved one is being well cared for.

Pat Ritchie, also known as “Nurse Patty” has worked at Care Solutions for the past 12 years. As an Aging Life Specialist, Pat prides herself in her ability to coordinate both skilled and private services. Pat has a lot of experience working in the community and working with elders. In her spare time, she volunteers with Abby’s House and local nonprofit agencies that deal with housing and community support. We at Home Care Solutions/Health Care Staffing have a compassionate caring team of professionals — nurses, physical and occupational therapists, speech language pathologists, social workers and dedicated home health aides. Our ability to coordinate both skilled services (covered under insurance) and private care makes us the right choice for you, your loved one or family.

Please give Home Care Solutions/Health Care Staffing a call at 508-366-1766. Pat will be glad to schedule a home visit to tell you a little more about our services and answer any of your questions.

Pat also graciously puts together all the many beautiful baskets that are raffled off in the Atrium each week. For those of you who have won a basket, you can certainly attest to the joy they bring. Many thanks and a warm welcome to Pat and Home Care Solutions.



Nurse Patty

Say Hello to New Residents: John and Barbara Acocelli and Elaine Foisey



Barbara



John

June Anniversaries

John & Catherine Guiou, 6/27/1952

Bernie & Shirley Rotti, 6/29/1957

Maenzo's Hair Design at The Highlands

508-873-3386

Open Tuesday-Saturday



Elaine



A Bee“You”tiful Mother’s Day

Mother’s Day was a simply splendid here at The Highlands. Although we were not able to physically be with family and friends in the traditional way, love and camaraderie was in the air and everywhere that you looked. The day was filled with laughter and cheer and words of love and care, though spoken through windows and masks, were in abundance. Chef Nellie and Sous Chef Eric created a memorable meal so fittingly appropriate for the many Bee”You”tiful moms of The Highlands. And to top it all off, five beautiful baskets all with different themes, such as “A Day at the Beach,” were raffled off and for five lucky Highland’s moms, the day was even brighter.



Gifts for all



Splendid Mother’s Day meal!



Nancy gets a Mother’s Day surprise.



The lovely raffle baskets



Elaine being greeted by her granddaughter Sophie on Mother’s Day

Some Fun and Interesting June Dates

June 1: Happy Birthday, Andy Griffith. Did you know Andy Griffith was a Tony award-winning gospel singer?

June 3: The Greatest Show on Earth Day ... P.T. Barnum’s circus began on this day in 1835!

June 4: National Hug your Cat Day ... the purr-fect day for a furry friend hug

June 7: National Garden Week begins. Take a walk out and visit our beautiful raised beds.

June 8: Upsy-Daisy Day. Today is a day to get up gratefully and gleefully!

June 14: Notable Quotable Day ... reflect on your favorite quote today.

June 19: Hershey’s Holiday ... enjoy some chocolate today.

June 23: Pink Day. You guessed it — wear something pink today!

June 27: Sunglasses Day ... wear your coolest “shades” today!

June 30: “Gone With the Wind” first published in 1936. Who was your favorite character?



129 E. Main Street
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When the world
is staying apart,
we are coming
together.



508-898-3000

