

Birchwoods at Canco

Assisted Living Community

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

JULY 2020

BIRCHWOODS AT CANCO STAFF

Administrator.....MICHELLE TUFTS
Assistant Administrator..... LISA NIXON
Director of Health Services.....COURTNEY CLARK
Resident Services Coordinator.BONNIE HARMON
Executive Chef.....TIM 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

July Birthdays

July 13th — Cynthia Allen

July 17th — Barbara LaVopa

July 25th — Sallie Crittendon

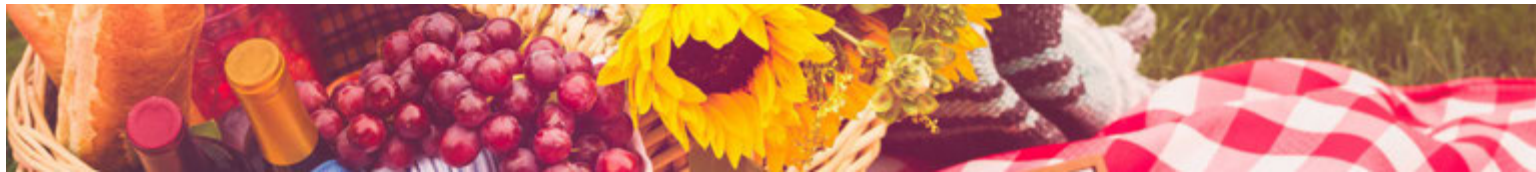
July 28th — Claire Moulton

July 30th — BJ Meade

People born in July are represented by one of two zodiac signs: Cancer (July 1st-22nd) and Leo (July 23rd-August 22nd). Cancer is a water sign; these people are characteristically known for being intuitive, nurturing, sensitive, and occasionally crabby (no pun intended). Leo is a fire sign; these individuals are often characterized as natural leaders, adventurous, confident, with a lean toward attention seeking and general stubbornness. The gemstone associated with July birthdays is the Ruby, known as the “king of gems” (it is the most valuable), which represents love, health, and wisdom. July’s birth flower is the waterlily, most often said to stand for purity and majesty.

Fun fact: People born in July are more frequently left-handed than those born in other months. Do you know who of our July birthdays is a southpaw?





Blueberry Mug Cake

Happy National Blueberry Month!

If you are looking for an easy, sweet treat you can make on your own using one of Maine's favorite fruits, this is for you. This blueberry mug cake is perfect for breakfast, snack, or even dessert. Try it out!

1. Mix 2 tablespoons butter (melted), 2.5 tablespoons sugar, 2 tablespoons milk, and 1/2 teaspoon vanilla extract in a small bowl.
2. Add 1/4 cup of flour and 1/2 teaspoon baking powder; mix until combined.
3. Fold in 7-10 blueberries.
4. Pour into two microwave safe tea cups or one large mug, filling about halfway as this rises quite a bit.
5. Microwave for 1 minute, adding 15 seconds if needed.
6. Serve dusted with powdered sugar. Enjoy!

If you try this out, we want to see. Take a photo and give it to your Activity Director or Assistant.



Sundae Sunday

In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday in July as National Ice Cream Day. We decided the best way to prepare for our Sundae Sunday Celebration was to give you facts about our favorite frozen treat!

- Americans consume more than 23 gallons of ice cream each year on average.
- Our favorite add-on items to our scoops are pecans, strawberries, and candy/chocolate pieces.
- The first ice cream cone was produced in 1896 in New York City by Italo Marchiony.

Americans' top five favorite ice cream flavors are: Vanilla, chocolate, cookies and cream, mint chocolate chip, and chocolate chip cookie dough.

Maine's most popular flavors are the classic vanilla and chocolate, followed closely by coffee and mint chocolate chip.

We want to know what your favorite flavor is — vote today at the Front Desk! We'll tally the votes before National Ice Cream Day and celebrate with our residents' favorites!





Melon Pops

Having a Popsicle is one way to stay hydrated. Here is a recipe for homemade melon pops that activities will be making throughout the summer months for our residents to enjoy.

Ingredients:

- 3-pound honeydew, cantaloupe or watermelon
- 2 tablespoons sugar
- Popsicle molds (you can buy these on Amazon or at your local dollar store)
- Popsicle Sticks

Instructions:

1. Using a blender, blend the melon and sugar until smooth.
2. Divide the mixture among the Popsicle molds, then insert Popsicle sticks.
3. Place in your freezer and leave overnight.



National Blueberry Month

July is National Blueberry Month so here's a little trivia:

"Blueberries for Sal" is a Maine famous children's picture book. It was written by Robert McCloskey in 1948 and awarded the Caldecott Honor in 1949.

Maine is the top producer of wild blueberries in the world but only produces 10 percent of all blueberries in North America.

Wild blueberries have the highest antioxidant capacity per serving, compared with over 20 other fruits. Within the deep-blue pigments of these berries, there are potent antioxidants that help prevent cell damage, protect against inflammation, and reduce age-related health risks.

Pantone named their 2020 color of the year "classic blue."

Firmenich named their 2020 flavor of the year "classic blueberry."

Indigenous people used to smoke their blueberries to preserve them through the winter.

There are over 50 varieties of blueberries in the world; only five of those are grown in the US.: Low-bush, Northern high-bush, Southern high-bush, rabbit-eye, and half-high.

There is a blueberry council in the U.S. — The U.S. Highbush Blueberry Council. Their website has information on nutrition as well as a bushel of recipes.

The weight of the heaviest blueberry, to date, is 11.28g (.4 oz). It was 1.35 inches in diameter, about the size of a quarter. It was measured in Lima, Peru in 2018 by the Guinness Book of World Records.



Fruits and Berries

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	A	S	P	B	A	P	R	C	R
M	Y	R	R	E	P	L	I	H	A
A	O	E	P	A	P	U	C	E	E
N	G	A	C	H	P	M	O	R	P
O	E	U	L	B	L	E	T	R	Y
R	B	E	R	R	Y	P	I	N	E
A	E	B	A	N	E	L	P	P	A
N	G	A	N	A	N	O	L	E	M
T	I	U	R	F	W	A	T	E	R
G	R	A	P	E	N	O	M	E	L

APPLE

APRICOT

BANANA

BLUEBERRY

CHERRY

GRAPEFRUIT

LEMON

MANGO

ORANGE

PEACH

PEAR

PINEAPPLE

PLUM

RASPBERRY

WATERMELON



Sundae Edition

Q: Why did the news reporter go to the ice cream parlor?

A: She wanted to get the scoop!

Logic Problem:
And the Winner Is ...

Five people ran a footrace: Mitch, Kyle, Joy, Leslie and Gwen. Based on the following clues, can you figure out what order the runners finished?

- Mitch was neither first nor last.
- Joy beat Mitch, and Mitch beat Gwen.
- Kyle was neither first nor last.
- Kyle beat Leslie, and Gwen beat Kyle.

Sudoku

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

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

..... Matchstick Math

In every row replace just one matchstick to make the equation correct.

$X - IV + I = V$

$I + X = VI - V$

$V + V - X = X$

$X + X = X - X$

$V = I + I - V$

Puzzle Solutions

Logic Problem: And the Winner Is ...

1st: Joy; 2nd: Mitch; 3rd: Gwen; 4th: Kyle; 5th: Leslie

Matchstick Math

$X - V + I = VI$; $I + X - VI = V$; $V - V + X = X$; $X + X - X = X$; $V - I + I = V$

Secret Superheroes

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

Sudoku

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

Fruits and Berries

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

Secret
Superheroes

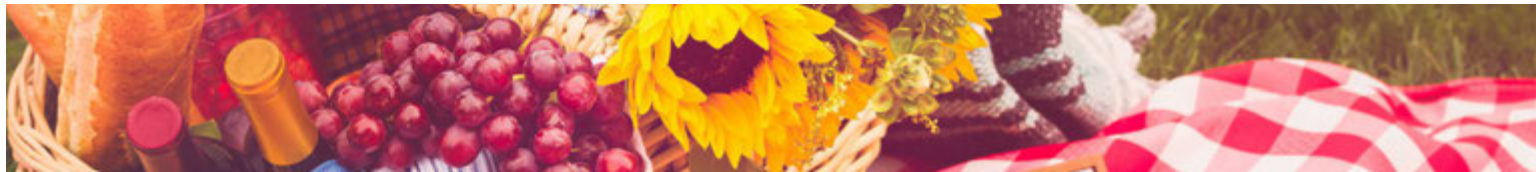
Match these superheroes to their alter egos.

Superhero

1. Captain America
2. Superman
3. Wonder Woman
4. The Green Hornet
5. Daredevil
6. Supergirl

Name

- A. Britt Reid
B. Diana Prince
C. Steve Rogers
D. Clark Kent
E. Linda Danvers
F. Matt Murdock



All About Popsicles

July is usually a hot month in Maine and Popsicles are a great way to cool down. Here are some fun facts about Popsicles.

10 cool facts about Popsicles:

1. The Popsicle was invented by an 11-year-old boy named Frank Epperson in 1905. Epperson accidentally left a cup of homemade soda on the porch overnight. When he woke up the next morning, the soda was frozen around the stirring stick. He realized it was a neat treat and called it the Epsicle.
2. In 1923, Epperson renamed his treat the Popsicle and patented his project. Some stories claim he chose the name because his kids were always asking him to make "Pop's Sicles." Other stories claim it was to let consumers know that the treat was made from soda pop.
3. Popsicles were originally marketed as frozen drinks on a stick.
4. The dual Popsicle featuring two sticks and one Popsicle that could be split in half was introduced during the Great Depression as a way to split the treat across two children for the same cost.
5. More than two billion Popsicles are sold each year.
6. Since "Popsicle" is a registered brand name, generic brands and international versions are forced to brand their product by another name.
You'll find ice pops in the isles of most American grocery stores, but in the British Isles you might hear ice lollies, and in Australia and New Zealand they're know as icy poles.
7. Popsicles are famous for their awful jokes! The often pun-filled cheesy jokes on Popsicle sticks have become an Internet sensation with websites dedicated to sharing these groaners.
8. The number one Popsicle flavor is cherry!
9. Popsicles were chosen as a symbol of American Life by the Eighth Air Force Unit in World War II.
10. Originally, there were seven flavors of Popsicles available. Today, you will find a wide variety of flavors — everything from avocado to chili chocolate!



A 'Beautiful' Tribute

Expressing national pride "from sea to shining sea," the stirring anthem "America the Beautiful" turns 125 this month.

The song's lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts' Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, "the sea-like expanse of fertile country ... under those ample skies."

Inspired, she finished her poem during the trip, but didn't publish it until two years later. The first version appeared in a weekly Massachusetts newspaper, The Congregationalist, on July 4th, 1895.

For a while, "America the Beautiful" was sung to the melodies of various folk tunes, including "Auld Lang Syne." But it was a hymn titled "Materna," composed in 1882 by Samuel A. Ward, that became the most common music for Bates' lyrics and is still used today.

"America the Beautiful" has become a patriotic standard and is often played at national celebrations and sporting events.

Check the Activity Room daily to see upcoming events, movies and outings!

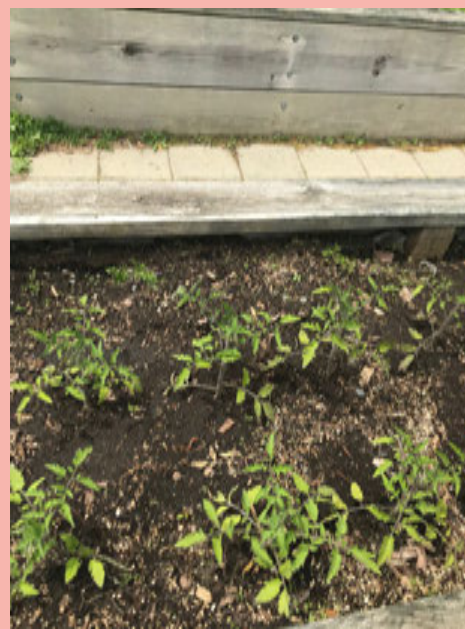
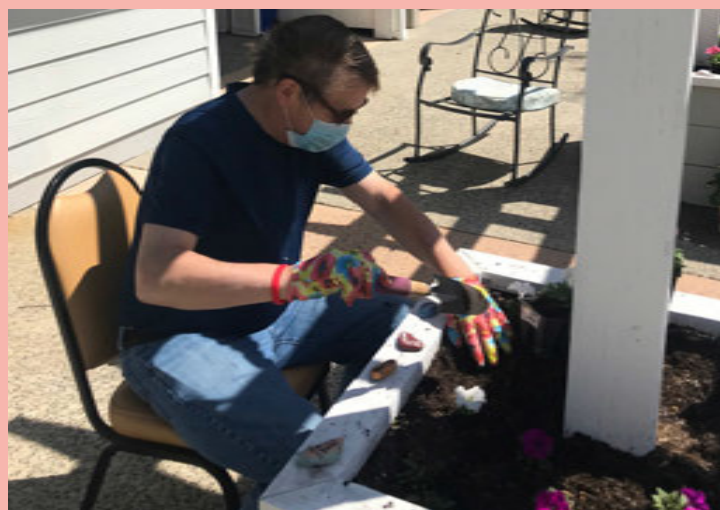


Meet Bonnie

Bonnie grew up in Connecticut until the age of 14, then moved to Maine with her family. Bonnie attended Thornton Academy in Saco, then went on to get her Medical Assistant degree. From there, she earned her Licensed Practical Nurse in South Portland, Maine. Bonnie worked at a skilled nursing and rehabilitation center in Kennebunk since 2010. She also has experience in Geriatric Long Term Care. Bonnie has two boys, ages 17 and 21, who live here in Maine. Bonnie enjoys working and learning from the geriatric population and is eager to learn her new role at Birchwoods as the Resident Service Coordinator, as well as building relationships with all the residents of the community. Please make sure to say hello to Bonnie when you see her. We are so glad to welcome Bonnie to our Birchwood Community!

Watch Our Garden Grow

We were really excited to start our Garden Club, but a virus changed how the Club would look. We were able to plant our gardens a little later and with only two residents at a time able to work on it, but the garden is looking beautiful. We have tomatoes and cucumbers planted. We have blueberries and strawberries, some eggplant and many, many different herbs. Our flower beds are just looking so beautiful and full!! We will spend the summer keeping the garden watered and we can't wait for the veggies and herbs to be ready to enjoy!



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When the world
is staying apart,
we are coming
together.

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