

Winterberry Heights

Assisted Living & Memory Care

932 Ohio Street • Bangor, Maine 04401 • Phone (207) 942-6002 • www.seniorlivinginstyle.com

JULY 2020

WINTERBERRY HEIGHTS STAFF

Administrator.....PENNY PAULIKS
Assistant Administrator.....CANDICE WHITE
Director of Health Services.....RANDY DAY, RN
Resident Services Coordinator SARAH CONNOLLY, LPN
Executive Chef.....TODD FULLERTON
Community Sales.....LISA SPAULDING
Activity Coordinator.....HEATHER LAPLANTE
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

Thank You, Staff, For All You Do!



Welcome!

June 11, 2020

Dear Friends and Family of
Winterberry Heights,

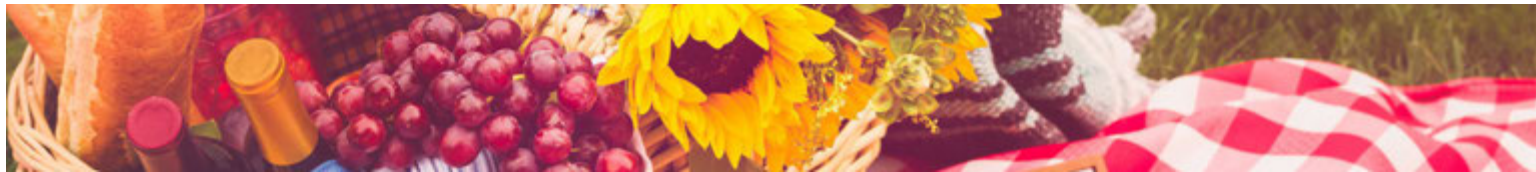
I would like to share with you the news that Lisa Spaulding has joined our team in Community Sales. Lisa comes to us with over 20 years of sales experience. Lisa has enjoyed getting to know and love the residents, as well as meeting new people. Lisa lives locally with her son, Maksim, and their dog, Sadie. She enjoys gardening and trips to Bar Harbor and Portland.

Please help us welcome Lisa to our Winterberry Family!



Lisa Spaulding

Penny Pauliks
Administrator



Memorial Day Celebration

On Memorial Day, we celebrated with a BBQ lunch featuring patriotic dessert, a visit from T-Rex in his holiday attire, and our red, white and blue snack cart with yummy afternoon treats.



Bird Watching at Winterberry

We have all enjoyed watching nature at work. A robin built her nest on the pillar at the front entrance, so everyone has been watching nature's events unfold.



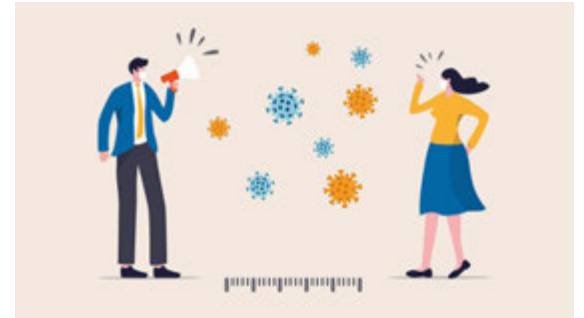


Social Distancing and Activities

Social Distancing is an essential way to slow down the spread of Covid-19, and it is important that you follow the Social Distancing protocols set in place within the community. Below are just a couple of things to keep in mind as we continue to navigate through these protocols.

- 1. 6 feet apart!** This is the recommended safe distance we must keep at all times. Because Covid-19 is spread person to person, we must be mindful of how close we are to one another.
- 2. Small Groups:** The CDC recommends limiting the number of people in groups to help stop the spread of the virus. Every state may differ slightly as to how many people are allowed in a group. Activities can be held as long as the group is smaller than the individual state requirement.

As we move forward with activities and socializing in the world of social distancing, things will look different and will be set up differently to be sure we are following the guidelines appropriately. Guidelines and protocols may change as we move through this time; just remember we are in this together!



Hobbies

Often when you look in on Barbara, she is busy doing her sewing. Recently, she spent time mending the flags that hang outside Winterberry Heights. Her mother taught her to sew when she was young, and then when she had kids of her own, she made their clothes and anything else that needed to be done. She enjoys making gifts for family and friends. Barbara states she makes about 300 pot holders, starting in January and working all year, creating various patterns and colors.



Welcome New Residents

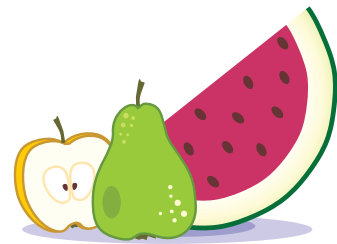
Arthur L.
Jeannie M.
Gloria P.

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	PEAR
APRICOT	PINEAPPLE
BANANA	PLUM
BLUEBERRY	RASPBERRY
CHERRY	WATERMELON
GRAPEFRUIT	
LEMON	
MANGO	
ORANGE	
PEACH	

A colorful illustration of three fruits: a slice of watermelon with red flesh and black seeds, a green pear, and a peach with a yellow-orange hue and a brown stem.

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.

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

9	3	5	8	7	1	6	9	5	1	2	4	3	8	6	7	9	4	5	2	3	1	6	8	5	4	2	1	9
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11/01/2015

Fruits and Berries

Fruits and Berries

Secret Superheroes

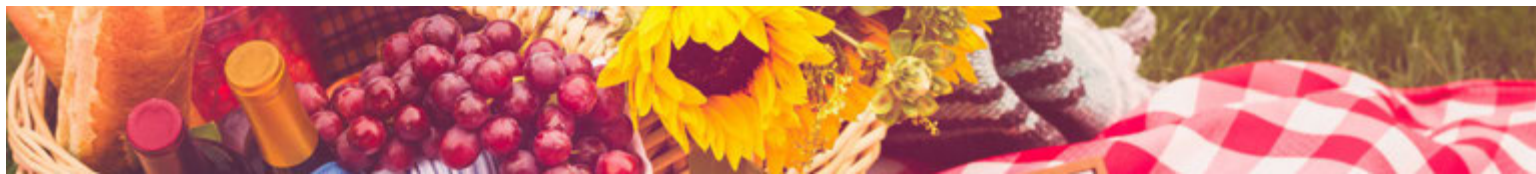
Match these
superheroes to their
alter egos.

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



July Activities, Culinary and Themes — Popsicles

During the month of July, we are celebrating this delicious cool treat!

10 Cool Facts about Popsicles!

Popsicles have a pretty interesting history! Believe it or not, they were invented by a kid! Below are 10 cool facts about this summertime favorite.

1. It was originally 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 product. Some stories claim he chose the new name because his kids were always asking him to make them "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 aisles of most American grocery stores, but in the British Isles you might hear ice lollies, and in Australia and New Zealand, they're known 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 sweet way to keep hydrated!

During these summer months, it is especially important to keep hydrated. Your body depends on water to survive. Every cell, tissue and organ in your body needs water to work properly. For example, your body uses water to maintain its temperature, remove waste and lubricate your joints. For seniors, it is especially important to keep from becoming dehydrated. As we age, it becomes harder for our bodies to retain water. Seniors have on average 10-percent less fluid in their bodies compared to younger adults. The most important way to prevent dehydration is to make sure everyone is drinking enough liquids. While it is hard to beat a chilled glass of H₂O to chase away a fierce thirst, it's also fun to shake things up and think outside the faucet! Homemade popsicles made with fresh fruits is a great option!



National Donut Day

The first Friday in June is National Donut Day, and on this day, everyone enjoyed a delicious donut with breakfast!





Summertime Fun — Cooking On A Campfire

We look forward to summer activities. One of camping's greatest traditions is cooking food on a stick. From hot dogs to marshmallows, here are five foods that taste great on a stick!



1. **Hot Dogs!** You can't mention food on a stick without hot dogs. There are so many variations to this classic!
2. **Meat and Veggies!** Just like shish kabobs at home, this is perpetually customizable. Try steak and potatoes, or chicken and peppers; the possibilities are endless.
3. **Mini Sandwiches!** All you have to do is skewer a cut slice of bread, followed by all of the fixings. Finish off with another slice and ta-da — a delicious, roasted sandwich on a stick.
4. **Bacon!** Bacon doesn't need to be flat to cook. Weave each slice through the skewer and place over the fire. Watch as everyone's mouths water as the bacon begins to cook.
5. **The forever favorite, marshmallows!** Eat them alone or use their gooey texture to make s'mores!

Birthday Celebrations!

Celebrations are still being held, even though very differently than we are used to! Florence and Priscilla both recently celebrated birthdays, and social distancing celebrations were had!



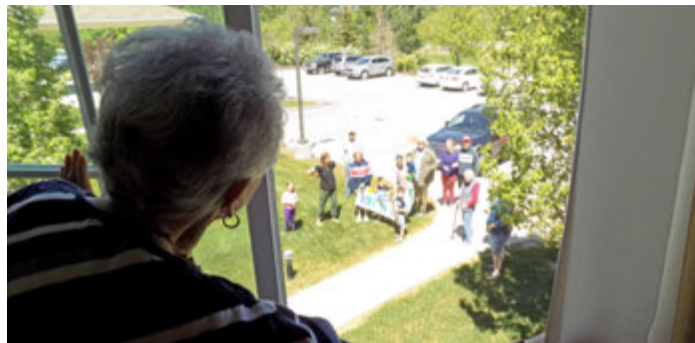
With staff and family



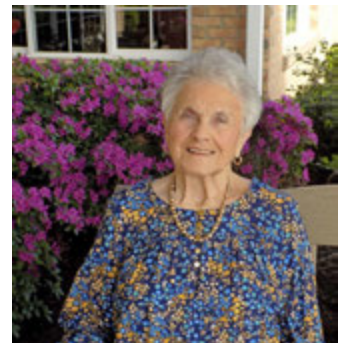
Singing Happy Birthday



Florence



Hello, family!



Priscilla

July Birthdays

Niles N., 7/4

Betty N., 7/14

Richard H., 7/26

Dale B., 7/6

Jean T., 7/22

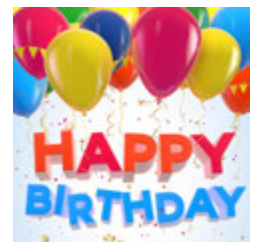
Joan S., 7/29

Barbara F., 7/9

Linda A., 7/24

Joseph W., 7/13

Phil N., 7/26



Happy Anniversary!

Mr. and Mrs. Utter, 7/17/76

Mr. and Mrs. Benoit, 7/30/55



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

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