

The Highlands

Gracious Retirement Living

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

AUGUST 2020

THE HIGHLANDS STAFF

Managers KY & STEPHANIE MCELHANEY
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

Mom-isms

Do you remember all those things you used to say to your children? Some were words of wisdom. Some were educational. Some were warnings. And some of them your kids probably use now on their own kids. They are fondly called “mom-isms.”

Well, here is a list of some well-known favorites.

- Don't look a gift horse in the mouth.
- Yes, I am the the boss of you.
- Because I said so.
- Just wait till your father gets home.
- No dessert till you clean off your plate.
- I brought you into this world and I can take you OUT!
- When you grow up and get a place of your own, I am coming over there putting my dirty shoes on your couch (or walk on it), color on your walls and try to flush a roll of toilet paper down your toilet! And, leave every light on in the house!
- I love you, but not the things you do.
- Close the door, were you born in a barn?
- You be nice to your little brother. One of these days he is going to be bigger than you are.
- Money doesn't grow on trees.
- Just remember, you will pay double for your raising.
- If you are not in that room shut off the lights! I am not the electric company!
- Keep making that face and someday your face is gonna stay that way!
- Perhaps the best one:
- Make sure you put on clean underwear every day in case you have an accident! I always thought that you put on clean underwear AFTER you had an accident!

I Think I
Just Heard
My Mom
Coming Out
Of
My Mouth!



Highland's Happenings

Here we are in the midst of summer and happy to report we have been able to get back into the swing of things, slow and steady. Although still maintaining social distance and masks having become part of our wardrobe, we are living large here at The Highlands. Father's Day fell late in June and was celebrated in high style with a "Fishing You a Happy Father's Day" theme. Bait buckets filled with delectable gummy worms and fish were enjoyed by all, along with great smelling soap on a rope. The icing on the cake was a delicious grilled steak dinner made lovingly by our Chef Nellie. We were finally able to set out on some bus adventures and one of our first was to a good old New England Clam Shack, where we dined outside on the likes of "lobstah" rolls and fried clams. The Fourth brought us a great floral arranging class led by resident Shirley and all came away with a little red, white and blue arrangement resembling a burst of vibrant fireworks. Sheila has reimplemented her art classes and the knitting ladies are knitting together again. Bible study is happening again on Fridays, at 11 a.m., led by Tom. Our local librarian, Dan, visits us outside each week and brings books and DVDs. Perhaps the biggest treat of all is meals have become a "family" affair again where all can meet and greet each other in the Dining Room! Oh Happy Day! Yes, life is starting to resemble life as we knew it once again. The joyful sounds of friendship and laughter fill our halls, and hearts are full of gratitude for the long, lazy days of summer.



Social Distancing Tea Time



Out and about again ... our first summer outing



*Charlotte enjoying Strawberry Shortcake
... it's summer for sure!*



Fourth of July Flower Arranging Class



A Passion for Writing

Here at the Highlands, we have a resident author, Bob Marcus, a gentleman very well versed on the Civil War ... so much so that he has written a 600 page book based upon it. Recently, we shared a conversation at my desk and we spoke of our shared love of writing. He told me he has always had a passion for it and also instilled it in his daughters. I asked Bob to share how he felt this passion developed in him and he shared the following. Bob's father wrote stories and articles for national magazines. During Bob's high school years, he recalls one of his English teachers told him to keep writing; he was told he had a "gift for it." Bob went on to join the Navy where he wrote a few short stories. Because of his interest in the Civil War, he was very much influenced by John J. Pullien and his book, "Twentieth Maine" and Michael Shaara's "The Killer Angels," which later became the movie, "Gettysburg." Bob shared that he met author John Pullien in Maine one summer and proudly showed me a copy of a signed copy of Pullien's book. Based upon information gleaned from these books, Bob went on to write his own book called, "The Strickland Journals-Maine to Appomattox." He poured his passion into this story which has fictional characters and stories based upon real persons and their tales of war. Bob shared that while in the Navy, he actually met and shook the hand of President Harry Truman, an unforgettable moment for him. He weaved that story as well into his book. If you are a history or a Civil War buff, be sure to strike up a conversation with your neighbor, Bob. He will proudly tell you his stories and his book will surely draw you in.



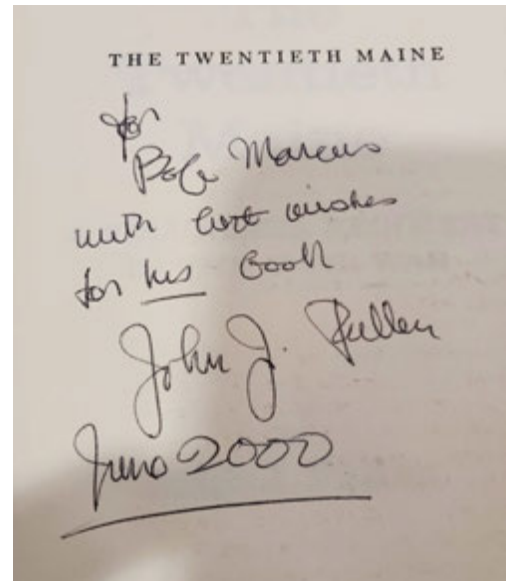
Happy Father's Day Warren



Paul's Father's Day Surprise



Author Bob



Bob's signed copy of John Pullien's book

AUGUST 2020

Birthdays

Delores Southwick, 7th
Bernie Rotti, 10th
Chase Libby, 12th
Rauno Lampi, 12th
Madeline Masucci, 15th
Carol Aloisie, 24th
Elaine Tremblay, 28th

Anniversaries

Tom and Elizabeth Vergo, 8/30/1996

Locations

Activity Room, AR
Billiards Room, BR
Bistro, Bistro
Chapel, CH
Computer Center, CC
Dining Room, DR
Exercise Room, EX
Front Lobby, Lobby
Library, LB
Movie Theater, MT
Private Dining Room, PDR
TV Room, TV

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>10:00 Walking and Talking, Lobby 2</p> <p>10:30 Weekend Stretch, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo with Mac, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 3</p> <p>10:30 Drumming, AR</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Brain Teasers and Word Games, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo, AR</p> <p>3:00 Residents' Meeting with Chef Nellie, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 4</p> <p>11:00 Short Story Reading and Discussion, AR</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Tea & Talk, Bistro</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 5</p> <p>11:30 Outing, Lobby</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 6</p> <p>10:00 Knitting Group, CH</p> <p>10:45 Discussing Current Events, AR</p> <p>11:15 Book Chat Book Club, LB</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>2:00 Fun and Games, AR</p> <p>3:00 Painting with Sheila</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 7</p> <p>10:30 Chair Volleyball, AR</p> <p>11:00 Bible Study, CH</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo, AR</p> <p>7:00 Movie Night, MT </p>	<p>10:30 Weekend Stretch, AR</p> <p>11:00 Chair Yoga on the Porch</p> <p>2:00 Movie Matinee, MT</p> <p>7:00 Concert Night at the Highlands, MT</p>
<p>10:00 Walking and Talking, Lobby 9</p> <p>10:30 Weekend Stretch, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo with Mac, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 10</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo, AR</p> <p>7:00 Movie Night, MT </p>	<p>9:30 Morning Stretch, AR 11</p> <p>10:00 Health Talk, AR</p> <p>11:00 Short Story Reading and Discussion, AR</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Resident Meeting, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Tea & Talk, Bistro</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 12</p> <p>11:30 Outing, Lobby</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo, AR</p> <p>7:00 Movie Night, MT </p>	<p>9:30 Morning Stretch, AR 13</p> <p>10:00 Knitting Group, CH</p> <p>10:45 Discussing Current Events, AR</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>2:00 Fun and Games, AR</p> <p>3:00 Painting with Sheila</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 14</p> <p>10:30 Chair Volleyball, AR</p> <p>11:00 Bible Study, CH</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>10:30 Weekend Stretch, AR</p> <p>11:00 Chair Yoga on the Porch</p> <p>2:00 Movie Matinee, MT</p> <p>7:00 Concert Night at the Highlands, MT</p> 
<p>10:00 Walking and Talking, Lobby 16</p> <p>10:30 Weekend Stretch, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo with Mac, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 17</p> <p>10:30 Drumming, AR</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Brain Teasers and Word Games, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 18</p> <p>11:00 Short Story Reading and Discussion, AR</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Tea & Talk, Bistro</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 19</p> <p>11:30 Outing, Lobby</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 20</p> <p>10:00 Knitting Group, CH</p> <p>10:00 Cooking Demo with Chef Nellie, AR</p> <p>10:45 Discussing Current Events, AR</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>2:00 Fun and Games, AR</p> <p>3:00 Painting with Sheila</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 21</p> <p>10:30 Chair Volleyball, AR</p> <p>11:00 Bible Study, CH</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>10:30 Weekend Stretch, AR</p> <p>11:00 Chair Yoga on the Porch</p> <p>2:00 Movie Matinee, MT</p> <p>7:00 Concert Night at the Highlands, MT</p>
<p>10:00 Walking and Talking, Lobby 23</p> <p>10:30 Weekend Stretch, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo with Mac, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 24</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo, AR</p> <p>7:00 Movie Night, MT </p>	<p>9:30 Morning Stretch, AR 25</p> <p>11:00 Short Story Reading and Discussion, AR</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Tea & Talk, Bistro</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 26</p> <p>11:30 Outing, Lobby</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 27</p> <p>10:00 Knitting Group, CH</p> <p>10:45 Discussing Current Events, AR</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>2:00 Fun and Games, AR</p> <p>3:00 Painting with Sheila</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 28</p> <p>10:30 Chair Volleyball, AR</p> <p>11:00 Bible Study, CH</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo, AR</p> <p>7:00 Movie Night, MT </p>	<p>10:30 Weekend Stretch, AR</p> <p>11:00 Chair Yoga on the Porch</p> <p>2:00 Movie Matinee, MT</p> <p>7:00 Concert Night at the Highlands, MT</p>
<p>10:00 Walking and Talking, Lobby 30</p> <p>10:30 Weekend Stretch, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo with Mac, AR</p> <p>7:00 Movie Night, MT</p>	<p>9:30 Morning Stretch, AR 31</p> <p>11:30 Chicken Fat Exercise, AR</p> <p>2:00 Movie Matinee, MT</p> <p>3:00 Bingo, AR</p> <p>7:00 Movie Night, MT</p>					



Summer's Light Show

The flashes of fireflies on a warm summer night remind many of us of our carefree childhood sense of wonder. Their enchanting light displays spark our curiosity and capture our imaginations. Perhaps because we are so familiar with them, either from growing up chasing them or seeing them portrayed in art, film and books, we may think that we know all about these simple insects. Yet our flashy friends have a dark side that includes little-known tales of deception, poisoning and death. With summer upon us, here are a few cool things about fireflies that you might not know.



Fireflies are beetles. Whether you call them fireflies or lightning bugs, these insects are neither flies nor true bugs. Instead they are beetles, just like ladybugs. Like other beetles, fireflies have a pair of hardened wing cases, called elytra, that the wings fold underneath. The elytra open for liftoff like gull-wing doors on a car, freeing the wings for flight.

There are more than 2,000 species of firefly worldwide, on every continent except Antarctica — and they are incredibly diverse. There can be many species sharing just one habitat. In fact, you are probably looking at multiple species when you are watching them in your own yard.

Flashes are the firefly language of love. Fireflies use flashes as mating signals. The flashes that you see are generally from males looking for females. Yet not all fireflies flash. While all fireflies light up in their larval forms, there are many species of fireflies that do not use light as an adult mating signal. Instead, these “dark” fireflies use airborne smells, such as pheromones, to communicate.

Fireflies spend most of their life in the larval stage. While not all adults emit light, all fireflies have glowing larval stages. The armored, grub-like larvae are vicious predators, tracking down and consuming slugs, snails and earthworms. They can spend up to two years in this larval stage before metamorphosing into adults. Adults may live only a couple of weeks, and most do not eat during this time — they just mate, lay eggs and die. This means that the fireflies you see in your backyard this summer are the result of successful matings from 2018 and they will be the parents of fireflies that you will not see flashing until 2022.

The biggest fireflies are huge. Some females can grow to be the size of your palm. They are much larger than their male counterparts and lack wings. Two large light organs on their abdomen produce their characteristic glow.

Every year, thousands make pilgrimages to witness the “light show” of thousands of fireflies in Great Smoky Mountains National Park and the Pennsylvania Firefly Festival in Allegheny National Forest.

Firefly populations are threatened by light pollution. Outdoor lights prevent fireflies from seeing each other's flashes. Thus, they have a hard time finding mates. Other potential threats include habitat loss, pesticide use and climate change. Turn off your lights at night during firefly season to ensure you have a beautiful display. And next time these critters are flashing around your patio, you will see them in a whole new “light!”



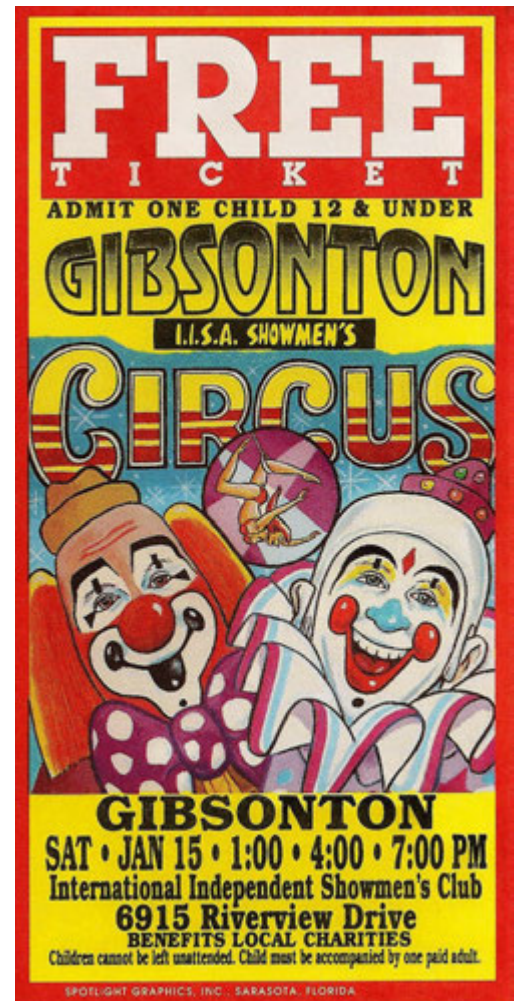
Travelling Carnivals of Yesterday Live on in Florida

Just about 20 minutes south of Tampa on U.S. Highway 41 lies the small town of Gibsonton, Florida. On the surface it appears to be yet another non-descript town, frozen in time since the Interstate system replaced the original U.S. highways. But Gibsonton has a secret, a hidden identity to be discovered if one ventures down the side streets of town. Down these streets, you may discover monkeys or elephants in a front yard or a variety of carnival rides. You may have even met Aunt Dotty once called “The Fat Lady.” Gibsonton, also known as “Showtown, U.S.A.,” has been the winter home for a large population of former circus and carnival sideshow performers for nearly 70 years.

Eddie and Grace LeMay ran one of the best carnival cookhouse concessions of the 1920s. One fall day, the couple stopped their trailer by the Alafia River, in a sleepy Florida town called Gibsonton, for what they thought would be an hour’s rest. Eddie cast a fishing line in the water and immediately caught several fish for dinner that night. Moments later, a group of locals came walking toward the trailer and the couple figured this would be the end of their stay. But the townspeople greeted them warmly and ever since then, Gibsonton, known to the locals as “Gibtown,” has been a gathering place for show people spanning four generations. Gibtown became a popular winter fishing destination for many carnival and sideshow workers from the 1920s.

Not so long ago, you could still catch a glimpse of a town where the neighbors are showmen such as: Ward Hall and his World of Wonders; Melvin Burkhart who retired to Florida like many other senior citizens, but will still nail a six-inch spike into his head for anyone who asks politely; Jeanie Tomaini the “half-girl” who married Al, an 8 foot 4 inch giant; and the Parnells, an octogenarian couple who have produced various performing monkey acts for over 40 years. During the off-season, a walk through Gibsonton revealed ferris wheels, vividly painted show fronts and an occasional elephant or llama, bringing back memories of carnival era which has all but disappeared.

Shortly after this time, Al and Jeanie Tomaini opened a fishing camp and restaurant called “Giant’s Fish Camp.” Al stood at over 8 feet tall while his wife Jeanie was approximately 2 and a half feet tall and toured the carnival sideshow circuit as the “half-woman.” But to Jeanie, the size difference was never an issue. Soon after the Tomainis settled into town, more carnival folks seeking a sense of community and acceptance, followed. As carnival folk spent more than half of the year on the road and were strangers in every town they passed through, Gibsonton was the natural choice for many of them to settle and feel a sense of “home.” And the town embraced them, even enacting special zoning laws which still allow people to keep show animals, carnival rides and exhibits on their property. Roy Huston, an illusionist and Gibsonton resident once said, “It’s the only settlement in America classed as RSB: a Residential Business Zone which gives the locals the right to train grizzly bears or store dodgem cars in their gardens.” Although travelling carnivals are a thing of the past, the memories of those days live on in this small Florida town. Many say it is like stepping back in time.





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



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