

Winterberry Heights

Assisted Living & Memory Care

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

AUGUST 2020

WINTERBERRY HEIGHTS STAFF

AdministratorPENNY PAULIKS
Assistant Administrator.....CANDICE WHITE
Director of Health Services.....RANDY DAY, RN
Resident Services Coordinator SARAH CONNOLLY, LPN
Executive Chef TODD FULLERTON
Community SalesLISA SPAULDING
Activity CoordinatorHEATHER LAPLANTE
MaintenanceGREG CARON
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

August Activities, Culinary and Themes: Fun at the Fair

Welcome to the Fair!

Due to the pandemic, this summer has definitely looked a little bit different. Many State and County Fairs will no longer be taking place. However, that doesn't mean we can't bring all the fun of fairs to life in our building. Keeping social distancing and protocols in mind, let's have Fun at the Fair! Below are just a few fun fair facts to get started:



1. Both the Texas State Fair and the Minnesota State Fair claim to have invented the corn dog.
2. A giant butter sculpture of a cow has been an Iowa State Fair institution since 1911.
3. What popular State Fair food has the most calories? The giant turkey leg! This fair food favorite has a whopping 1,136 calories and 54 grams of fat.
4. Each year the Midwest Dairy Association names a new Dairy Princess at the Minnesota State Fair. The Dairy Princess' official title is Princess Kay of the Milky Way. A sculpture of the winner is carved out of a 90 lb. block of butter!
5. The earliest funnel cakes came from the Pennsylvania Dutch.
6. The Minnesota State Fair is known for their many kinds of food on a stick.
7. California's State Fair is home to the oldest wine competition in North America, with over 2800 entries a year.

(Continued inside.)



August Activities, Culinary and Themes: Fun at the Fair (Continued)

8. In 2018, Ohio's State Fair was the first to serve burgers sandwiched between two donuts, topped with onions and green peppers.
9. Dr. Pepper was originally debuted at a State Fair. The popular soda was unveiled at the 1904 World's Fair in St. Louis.
10. You might think of cheese when you think of Wisconsin, but the most popular food at the Wisconsin State Fair is hands down the cream puffs. Over 350,000 of them are sold every year.

On August 13th, we will be having our own Winterberry Carnival to celebrate fair season in our own way! There will be games, prizes and good food to enjoy!

Meet Teddy Bear

A new friend to have fun with at Winterberry Heights!





Staying Hydrated

Everyone knows that it's important to stay hydrated, especially in the hot summer sun. Seniors are far more likely to experience health problems when they are not getting enough fluids. Unfortunately, they are also much more susceptible to dehydration. 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. Dehydration is caused by loss of salts and water in our bodies due to severe sweating, extreme heat, vomiting, diarrhea and certain medications. Severe dehydration can become life-threatening to the elderly because there is no longer enough fluid in the body to carry blood to the organs. Signs and symptoms of dehydration, like those of many other treatable health conditions, can be virtually identical to senile dementia symptoms and Alzheimer's symptoms. The most common signs and symptoms of dehydration include persistent fatigue, lethargy, muscle weakness or cramps, headaches, dizziness, nausea, forgetfulness, confusion, deep rapid breathing, or an increased heart rate. The most important way to prevent dehydration is to make sure to drink enough liquid. Seniors and all adults should drink at least 64 ounces of fluids such as water or non-caffeinated beverages daily. Caffeinated beverages cause frequent urination and promote dehydration. Water can also be found in many fruits and vegetables, so including them as part of your daily diet can help with staying hydrated. Include fruits like melons, berries, apples, oranges and peaches. Vegetables such as lettuce, cucumbers, celery and cauliflower are also good. Keep water readily available and if you are bothered by tap water, try flavoring your water with sliced fruit or use powdered drink mixes that flavor the water, but do not add excess sugar.

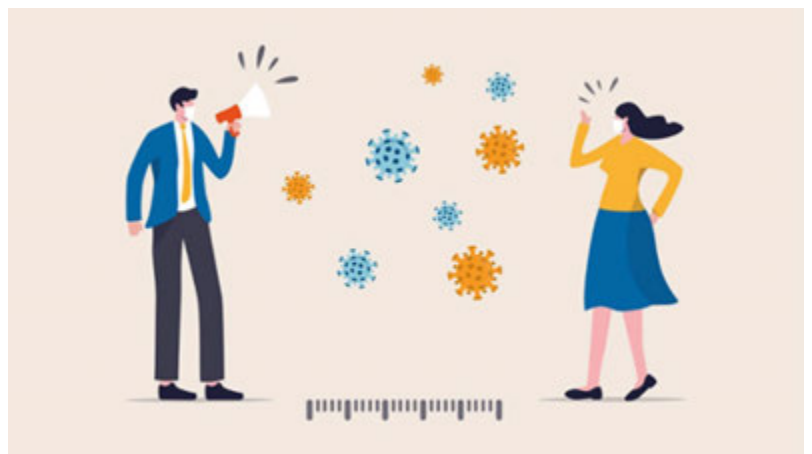


Activities and Social Distancing

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. Six 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!





The Benefits of Getting and Staying Active

There are many reasons why we tend to slow down and become more sedentary with age. It may be due to health problems, weight or pain issues, or worries about falling. Or perhaps you think that exercising simply isn't for you. But as you grow older, an active lifestyle becomes more important than ever to your health.

A recent Swedish study found that physical activity was the number one contributor to longevity, adding extra years to your life — even if you don't start exercising until your senior years. Getting active is not just about adding years to your life, it's about adding life to your years.

Getting moving can help boost your energy, maintain your independence, protect your heart, and manage symptoms of illness or pain as well as your weight. And regular exercise is also good for your mind, mood, and memory.

Starting or maintaining a regular exercise routine can be a challenge at any age — and it doesn't get any easier as you age. A referral to Home Health Physical Therapy can assist you with starting and maintaining a healthy lifestyle with activity. A therapist can come to your home, perform an evaluation, and assist with starting an exercise program. Programs can consist of strengthening exercises, gentle stretches, as well as a walking program all tailored to your needs. The therapist can also monitor blood pressure, oxygen and your pulse at rest and with activity. Specialized balance programs can also help with decreasing fear of falling and improve confidence and independence with activity in and outside of your home. Don't let fear of falling stop you from becoming active especially while the weather is still so nice!

*Kim Rideout PT, Home Health Specialist
from Kindred at Home*

Watermelon Day

Watermelons are one of the most iconic fruits of summer — namely at picnics and barbecues. They are juicy, sweet, and easy to eat! Watermelon contains 21 percent of our daily recommended vitamin C.

This helps the immune system produce antibodies

to help fight diseases. Watermelon also contains 17 percent of daily recommended vitamin A. The B6 content in watermelon helps form red blood cells and assures your nerves will function as they should.

Many people are unaware that you can actually utilize the whole watermelon! The rind is full of vitamins and can be used in stir-fry, stew, and pickling recipes. Don't forget — you can always use the seeds for spittin'! There are several different varieties of watermelon. They come in all shapes and sizes and can also be bright yellow or dusky orange. August 3rd is Watermelon Day, so enjoy some today!



Happiness Happens Day

This day is sponsored by the "Secret Society of Happy People."

Their website (www.sohp.com) suggests that you celebrate the day by wearing your SILVER

shades, donating your SILVER coins (take up a donation for a local charity), or passing out SILVER wrapped kisses. Why SILVER? Because happy people have a way of finding the SILVER lining in even the darkest clouds! The "Society" also suggests everyone put a happy description in front of their name today — such as Chipper Charlie, Smiling Sam, Sunny Cynthia, etc. August 8th is Happiness Happens Day, so let's make it happen!



Welcome New Residents

- Irene M.
- Fran O.
- Margaret K.
- Walter C.





National Senior Citizens Day

President Ronald Reagan declared August 21st as National Senior Citizens Day in 1988. In 1950, there were 200 million people over 60 years old – by 2000 that number had tripled to nearly 600 million and by 2025 it is estimated that there will be over 1 billion older persons! 1999 was celebrated as the International Year for Older Persons to promote the theme of working to create “a society for all ages.” In 2002, the United Nations adopted an international Plan of Action on Aging in which all governments pledged to work for the security of older persons, as well as to empower them so that they can “participate fully in the economic, political and social lives of their societies.” August 21st, Senior Citizens Day, is an opportunity to celebrate the wisdom and achievements senior citizens have made, as well as to advocate for the rights of older people throughout the world.

Proclamation 5847 – National Senior Citizens Day, 1988

By the President of the United States of America

A Proclamation

Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land.

With improved health care and more years of productivity, older citizens are reinforcing their historical roles as leaders and as links with our patrimony and sense of purpose as individuals and as a Nation. Many older people are embarking on second careers, giving younger Americans a fine example of responsibility, resourcefulness, competence, and determination. And more than 4.5 million senior citizens are serving as volunteers in various programs and projects that benefit every sector of society. Wherever the need exists, older people are making their presence felt – for their own good and that of others.

For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older – places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.

The Congress, by House Joint Resolution 138, has designated August 21, 1988, as National Senior Citizens Day, and authorized and requested the President to issue a proclamation in observance of this event.

Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim August 21, 1988, as National Senior Citizens Day. I call upon the people of the United States to observe this day with appropriate ceremonies and activities.

In Witness Whereof, I have hereunto set my hand this nineteenth day of August, in the year of our Lord nineteen hundred and eighty-eight, and of the Independence of the United States of America the two hundred and thirteenth.

Ronald Reagan

[Filed with the Office of the Federal Register, 10:42 a.m., August 22, 1988]

National Toasted Marshmallow Day

This holiday is for honoring and enjoying the fun of marshmallow roasting. The best way to do that is by having your very own fireside roasting party! This idea brings everyone together for a good time of eating toasted marshmallows. All you have to do is buy a few bags of marshmallows, gather up a few sticks to put them on, get a fire going in your fire pit or fireplace, get some Hershey Bars and graham crackers, and you have yourself a marshmallow roasting party well on its way. It doesn't get any better than that! Yum! August 30th is National Toasted Marshmallow Day and we will be celebrating!



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Assisted Living & Memory Care

932 Ohio Street
Bangor, ME 04401



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

Winterberry Heights
Assisted Living & Memory Care

207-942-6002



AUGUST 2020

Birthdays

Mary Gillis, 10th
 Michael Lewis, 10th
 Elissa Durando, 11th
 Dave Utter, 12th
 Rose Nadeau, 18th
 William Roberts, 27th

Are you looking to enrich the lives of seniors through volunteering? Our residents have a wide range of interests and talents and look forward to meeting people like you! If you are interested in volunteer opportunities, please contact Activities Coordinator Heather LaPlante at 207-942-6002.

Please remember to sign up for shopping and other outings at the Front Desk.

“A dog is a window to Mother Nature.”
 —Cesar Millan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						10:00 Strength and Balance 1 11:00 Bingo 1st Floor Residents 2:30 Bingo-2nd Floor Residents 4:00 I Love Lucy Comedy 6:45 Relax and Chat with Friends
9:00 Catholic Mass in the Chapel 2 10:00 Strength and Balance 3:00 Ice Cream Sandwich Day Social 6:45 Word Mining	10:00 Strength and Balance 3 11:00 Sudoku Puzzles 2:30 Heather's General Store 3:30 Watermelon Day Social 6:45 Monday Night Movie	10:00 Strength and Balance 4 11:00 Beachball Volley 3:30 Manicures 6:45 Puzzles	10:00 Strength and Balance 5 11:00 Bingo-1st Floor Residents 2:30 Bingo-2nd Floor Residents 3:30 Afternoon Social 6:45 Crosswords	10:00 Strength and Balance 6 11:00 Chair Dancing Through the Decades 2:30 Hand/Foot Soaks 6:45 Famous August Birthdays Word Search	10:00 Strength and Balance 7 11:00 Brain Drain Game 2:30 Movie Matinee 3:30 Dice Fitness 6:45 Relax and Chat with Friends	10:00 Strength and Balance 8 11:00 Bingo 1st Floor Residents 2:30 Bingo-2nd Floor Residents 4:00 Happiness Happens Day 6:45 Relax and Chat with Friends
9:00 Catholic Mass in the Chapel 9 10:00 Strength and Balance 3:00 Hymn Singalong 6:45 Old-Time TV Shows	10:00 Strength and Balance 10 11:00 Crosswords 2:30 Heather's General Store 3:30 Jeopardy 6:45 Monday Night Movie 	10:00 Strength and Balance 11 11:00 Mandala Art Coloring 3:30 Heather's Ice Cream Soda Shop  6:45 Puzzles	10:00 Strength and Balance 12 11:00 Bingo-1st Floor Residents 2:30 Bingo-2nd Floor Residents 3:30 Afternoon Social  6:45 Word Search	10:00 Strength and Balance 13 2:30 Winterberry Carnival! Games, Food and Prizes!	10:00 Strength and Balance 14 11:00 Pictionary 2:30 Chair Dancing Through the Decades 3:30 The Name Game 6:45 Knitting with Friends	10:00 Strength and Balance 15 11:00 Bingo 1st Floor Residents 2:30 Bingo-2nd Floor Residents 4:00 Have You Ever? 6:45 Relax and Chat with Friends
9:00 Catholic Mass in the Chapel 16 10:00 Strength and Balance 3:00 Sunday Sundaes 6:45 Sudoku Puzzles	10:00 Strength and Balance 17 11:00 Word Search 2:30 Heather's General Store 3:30 Drumming Exercise 6:45 Monday Night Movie	10:00 Strength and Balance 18 11:00 Singalong 3:30 Manicures  6:45 Puzzles	10:00 Strength and Balance 19 11:00 Bingo-1st Floor Residents 2:30 Bingo-2nd Floor Residents 3:30 Afternoon Social 6:45 Sudoku Puzzles	10:00 Strength and Balance 20 11:00 Chair Dancing Through the Decades 2:30 Movie Matinee 6:45 August Word Search	10:00 Strength and Balance 21 11:00 Wheel of Fortune 2:30 Swatterball 3:30 National Senior Citizens Day Celebration 6:45 Relax and Chat with Friends	10:00 Strength and Balance 22 11:00 Bingo 1st Floor Residents 2:30 Bingo-2nd Floor Residents 4:00 Art by Monet 6:45 Relax and Chat with Friends
9:00 Catholic Mass in the Chapel 23 10:00 Strength and Balance 3:00 Hymn Singalong 6:45 Old-Time TV Shows	10:00 Strength and Balance 24 11:00 Sudoku Puzzles 2:30 Heather's General Store 3:30 Dance by Design 6:45 Monday Night Movie	10:00 Strength and Balance 25 11:00 Craft Hour 3:30 Brain Fitness 6:45 Puzzles	10:00 Strength and Balance 26 11:00 Bingo-1st Floor Residents 2:30 Bingo-2nd Floor Residents 3:30 Afternoon Social 6:45 Word Scrambles	10:00 Strength and Balance 27 11:00 Name 10 2:30 Armchair Travels 3:30 It's 5 O'clock Somewhere Social  6:45 Word Mining	10:00 Strength and Balance 28 11:00 Word Scrambles 2:30 Painting 3:30 Beachball Volleyball 6:45 Knitting with Friends	10:00 Strength and Balance 29 11:00 Bingo 1st Floor Residents 2:30 Bingo-2nd Floor Residents 4:00 Mad Libs Stories 6:45 Relax and Chat with Friends
9:00 Catholic Mass in the Chapel 30 10:00 Strength and Balance 3:00 Marshmallow Toasting Day 6:45 Crosswords	10:00 Strength and Balance 31 11:00 Puzzles 2:30 Heather's General Store 3:30 August Birthday Celebration 6:45 Monday Night Movie					

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Birthdays

Rose Nadeau, 18th

“A dog is
a window
to Mother
Nature.”

—Cesar Millan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						1
						10:00 Fun with Fitness 11:00 Bingo! 3:00 Snack Social 3:30 Putt-Putt Golf 6:00 Movie
2	3	4	5	6	7	8
10:00 Move to the Music 11:00 Hymn Singalong 3:00 Snack Social 3:30 Puzzles 6:00 Movie	10:00 Fun with Fitness 11:00 Reminisce About Trips to the Fair 3:00 Snack Social 3:30 Current Events 6:00 Movie	10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie	10:00 Drumming Exercise 11:00 Word Games 2:30 Painting 3:00 Snack Social 6:00 Movie	10:00 Weights and Stretches 11:00 Carnival Games! 2:30 Hand and Nail Care 3:00 Snack Social 6:00 Movie	10:00 Chair Fitness 11:00 Morning Walks 2:30 Arts and Crafts 3:00 Snack Social 6:00 Movie	10:00 Fun with Fitness 11:00 Bingo! 3:00 Snack Social 3:30 Famous Art 6:00 Movie
9	10	11	12	13	14	15
10:00 Move to the Music 11:00 Hymn Singalong 3:00 Snack Social 3:30 Word Search Puzzles 6:00 Movie	10:00 Fun with Fitness 11:00 Look at Old Photos 3:00 Snack Social 3:30 Current Events 6:00 Movie	10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie	10:00 Drumming Exercise 11:00 Word Games 2:30 Painting 3:00 Snack Social 6:00 Movie	10:00 Weights and Stretches 11:00 Odd News Stories 2:30 Hand and Nail Care 3:00 Snack Social 6:00 Movie	10:00 Chair Fitness 11:00 Morning Walks 2:30 Arts and Crafts 3:00 Snack Social 6:00 Movie	10:00 Fun with Fitness 11:00 Bingo! 3:00 Snack Social 3:30 Magazine Stories 6:00 Movie
16	17	18	19	20	21	22
10:00 Move to the Music 11:00 Hymn Singalong 3:00 Snack Social 3:30 Puzzles 6:00 Movie	10:00 Fun with Fitness 11:00 Identify This 3:00 Snack Social 3:30 Current Events 6:00 Movie	10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie 	10:00 Drumming Exercise 11:00 Word Games 2:30 Painting 3:00 Snack Social 6:00 Movie	10:00 Weights and Stretches 11:00 Have You Ever? 2:30 Hand and Nail Care 3:00 Snack Social 6:00 Movie	10:00 Chair Fitness 11:00 Morning Walks 2:30 Arts and Crafts 3:00 Snack Social 6:00 Movie	10:00 Fun with Fitness 11:00 Bingo! 3:00 Snack Social 3:30 Reminisce About Pets 6:00 Movie
23	24	25	26	27	28	29
10:00 Move to the Music 11:00 Hymn Singalong 3:00 Snack Social 3:30 Word Search Puzzles 6:00 Movie	10:00 Fun with Fitness 11:00 Name 10 3:00 Snack Social 3:30 Current Events 6:00 Movie	10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie	10:00 Drumming Exercise 11:00 Word Games 2:30 Painting 3:00 Snack Social 6:00 Movie	10:00 Weights and Stretches 11:00 Magazine Scavenger Hunt 2:30 Hand and Nail Care 3:00 Snack Social 6:00 Movie	10:00 Chair Fitness 11:00 Morning Walks 2:30 Arts and Crafts 3:00 Snack Social 6:00 Movie	10:00 Fun with Fitness 11:00 Bingo! 3:00 Snack Social 3:30 Short Stories 6:00 Movie
30	31					
10:00 Move to the Music 11:00 Hymn Singalong 3:00 Snack Social 3:30 Puzzles 6:00 Movie	10:00 Fun with Fitness 11:00 Pictionary 3:00 Snack Social 3:30 Current Events 6:00 Movie					