

Birchwoods at Canco

Assisted Living Community

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

SEPTEMBER 2020

BIRCHWOODS AT CANCO STAFF

Administrator.....MICHELLE TUFTS
Assistant Administrator.....TONYA D'ANDREA
Director of Health Services.....LISA HUBERT
Resident Services Coordinator.BONNIE HARMON
Executive Chef.....TIM HUNT
Marketing.....CATHY WHEATON
Sous ChefJEREMY MCCULLOCK
Activity Coordinator LENORE HILTON
Activity Assistant JULIETTE MOHAN
Administrative Assistant PAM HINKLEY
Administrative Assistant CAROL PEDLEY
Maintenance Coordinator.....CHRIS SCHAFER

HAWTHORN
SENIOR LIVING

A Resident's View of Covid-19 and Birchwood

Hi folks, Dick Bakke here. I was asked to write an article on, "A Resident's View of CoViD-19 and Birchwood." So, here goes.

Before I comment on the Resident's View, I thought I'd outline a couple of things about the Coronavirus. I'm

sure you are aware of these items but I'm going to explain them anyway. I know you've seen these two items in the newspapers or on TV, SARS-CoV-2 and COVID-19. Sars-CoV-2 is the Virus that causes the disease Covid-19.

- **SARS-CoV-2:** Severe Acute Respiratory Syndrome-Coronavirus-2
- **CoViD-19:** Co= Corona VI = Virus D=Disease 19 = 2019 the year the disease was discovered.

As I was contemplating my residency at Birchwood and the ever-present threat of CoViD-19, I came to this conclusion: I feel fortunate the way safety situations are and have been handled. As other assisted living facilities residents have been overwhelmed with the disease, Birchwood resident population has had no positive tests when we all were tested a short time ago. We did however, in late March, have a tenant in one of the cottages test positive. It should be mentioned, the cottages are on the Birchwood campus but separate from the multi-level community. The above-listed person who tested positive is fine.

(Continued inside.)





A Resident's View of Covid-19 and Birchwood (Continued)

The residents of Birchwood owe Michelle Tufts and her Management team a debt of gratitude.

When real prevention measures were put in place in early April, it was quite a shock to me. The three measures that disturbed me the most, both psychologically and physically were:

#1: We were asked not to leave our room.

#2: Closing of the dining room.

#3: No visitors.

Reactions:

#1: I think my very first thought was: I never could have imagined I would be spend my ending days, months or years like this. I must have done something wrong.

#2: Although I didn't spend as much time in the dining room as most of the residents, I did, however, miss the comradery of my tablemates Brian Dorst, Bob Ashton, Nancy Ann and Bruce Chandler, when I did attend.

#3: If you look in the dictionary under fortunate, you'll see my picture.

I have been fortunate all my life, so far. That's why "No Visitors," really bothered me more than anything else. I have three beautiful, bright, self-motivated daughters. Each week I would spend time with them, going out to dinner or lunch, going to their homes on holidays and special occasions, or just visiting. I also have a very special lady and we went out to lunch or dinner a couple times a week, and often we just sat at her kitchen table and talked. So you can see why "Locked in my Room" and "No Visitors" was a shocker.

Things look a lot better today and ever so slowly, Birchwood seems to be working to bring life back to normal. The before sentence assumes CoViD-19 is controlled.

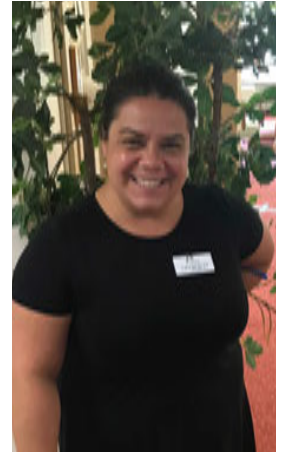
When all is said and done, we're fortunate that Birchwood is still disease-free.

Remember to smile — it drives people crazy.

Dick Bakke

Welcome Lisa Hubert

The Birchwood Community would like to welcome Lisa Hubert as our new Director of Human Services. Please say hello to Lisa when you see her and feel free to stop by her office and introduce yourself. Welcome Lisa, we are happy that you are part of the Birchwood Community!



Flu Clinic

We will be having our Flu Clinic on Tuesday, September 29th, from 9 a.m.-12 p.m. Please go to the front desk to sign up for the clinic.



Wreath Contest

During the month of September, we will be decorating a wreath to give to one of our local first responders. Please come to the activity room to help us decorate!





Five Sunflower Facts

Sunflowers, in all their colorful glory, are a happy sight to behold — but there is more to their nature than just beauty. The multipurpose plants deliver healthy snacks, useful oil, and birdseed. Let your garden knowledge flourish with these facts about sunflowers.



- 1. They are native to the Americans:** Like potatoes, tomatoes, and corn, the cheerful plants didn't originate in Europe. They were cultivated in North America as far back as 3000 BCE, when they were developed for food, medicine, dye, and oil.
- 2. They were brought to Russia by royalty:** Tsar Peter the Great was so fascinated by the sunny flower he saw in the Netherlands that he took some back to Russia. They became popular when people discovered that sunflower seed oil was not banned during Lent.
- 3. They need a lot of rays and room:** The flowers not only look like the sun, they need a lot of it. They grow best with about six to eight hours of sun a day, but more is even better. They can grow as tall as 16 feet, although many varieties have been developed to thrive at different heights.
- 4. They track the sun:** Sunflowers display a behavior called heliotropism. The flower buds and young blossoms will face east in the morning and follow the sun as the earth moves during the day.
- 5. They are actually thousands of tiny flowers:** Each sunflower's head is made of smaller flowers. The petals we see around the outside are called ray florets, and they cannot reproduce. But the disc florets in the middle, where the seeds develop, are both male and female, and each produce a seed. They can self-pollinate or take pollen blown by the wind or transported by insects.

Welcome September

Can you believe it is already September? Here are some fun facts about the month of September.

Birthstone-Sapphire

The Sapphire is the September birthstone. Next to the Diamond, it is one of the hardest materials known. Sapphires come in many colors, but the finest sapphire color is a rich, velvety cornflower blue.

Rubies are red sapphires. Ancient Persians believed that Earth rested on a giant sapphire whose reflection gave the sky its color. The gem symbolizes truth and sincerity.

Flower-Aster

A member of the Asteraceae family, the aster takes its name from the Latin word meaning 'star,' a reference to its star-like head. Also known as the Michaelmas daisy starwort, and frost flower, the aster usually blooms in late summer and fall, and comes in many colors, including blue, pink, yellow, and red, all with yellow or black centers. Aster flowers symbolize love and patience.

Special Days

September 2nd — WWII V-J Day

September 7th — Labor Day

September 11th — National Day of Service and Remembrance

September 13th — Grandparents Day

September 18th — Rosh Hashanah ... Begins at Sundown

September 22nd — Autumnal Equinox ... First Day of Fall!!



SEPT 2020

Birthdays










Ann Tripp, 1st
June Beck, 6th
Andy Anderson, 6th
Marlene
Manoogian, 7th
Dominic Dimatteo, 13th
Priscilla Gurney, 15th
Muriel Hewitt, 15th
Dora Pakulski, 19th
Philip Hodsdon, 24th

Locations

Billiards Room, BR
Activity Room, AR
Chapel, Chapel
Dining Room, DR
Fireplace, FP
Living Room, LR
Lobby, LB
Outing, Outing
Patio, Patio
TV Room, TV

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

“We need to
remember
across
generations
that there is as
much to learn
as there is to
teach.”
—Gloria Steinem

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|---|--|
|  | | 1 9:30 Brain Teasers, AR 11:30 Morning Exercise, AR 2:00 Bingo, AR 4:00 Art Project Sunflower Painting, AR  | 2 9:30 Word Search, AR 10:30 Spiritual Devotional, FP 11:30 Morning Exercise, AR 2:00 Let's Go Golfing, AR 4:00 Evening Walk | 3 11:30 Morning Exercise, AR 2:00 Bingo, AR 4:00 Word Search, AR 6:30 Fire Pit and Music, Patio | 4 College Colors Day 10:30 Spiritual Devotional, FP 11:30 Morning Exercise, AR 2:00 Painting with Our College Colors, AR 4:00 Evening Walk, Patio | 5 9:30 Brain Teasers, AR 11:00 Morning Exercise, AR 2:00 Bingo, AR 4:00 Root Beer Floats, AR |
| 6 9:30 Morning Prayers, Chapel 10:30 Basketball Toss, AR 11:30 Morning Exercise, AR 2:00 Sunflower Bird Seed Bell, AR 4:00 Photo Booth Fun, AR  | LABOR DAY 7 Happy Labor Day 10:30 Spiritual Devotional, FP 11:30 Morning Exercise, AR 2:00 Beach Ball Game, AR 4:00 Labor Day Stories, Patio  | 8 9:30 Brain Teasers, AR 11:30 Morning Exercise, AR 2:00 Bingo, AR 4:00 Walking Club, Patio | 9 9:30 Word Search Game, AR 10:30 Spiritual Devotional, FP 11:30 Morning Exercise, AR 2:00 Sunflower Mosaic Art, AR 4:00 Fireplace Discussion, FP | 10 NFL Kick Off Day 9:30 Brain Teasers, AR 10:00 Morning Exercises, AR 2:00 Bingo, AR 6:30 Fire Pit and Music, Patio | 11 PATRIOT DAY 9:30 Brain Teasers, AR 10:30 Spiritual Devotional, FP 11:30 Morning Exercise, AR 2:00 Discussion Group ... 9/11 Where Were You?, FP 4:00 Friday Social, AR | 12 National Milkshake Day 9:30 Brain Teasers, AR 10:30 Morning Exercises, AR 2:00 Bingo, AR 4:00 Evening Walk, Patio |
| 13 Grandparents Day 10:00 Morning Prayer Service, Chapel 11:30 Morning Exercise, AR 2:00 Grandchildren Photos/ Discussion, AR 4:00 Evening Walk  | 14 9:30 Brain Teasers, AR 10:30 Morning Exercises, AR 11:30 Lighthouse Collage, AR 2:00 Musical Guest/ Tba, Patio | 15 9:30 Sunflower Word Game, AR 10:30 Morning Exercises, AR 11:30 Grow with Kindness Sunflower Craft, AR 2:00 Bingo, AR 4:00 Evening Prayers, FP  | 16 9:30 Brain Teasers, AR 10:00 Morning Exercises, AR 11:00 Healthy Living Series with Tina/ Hydration, Patio 2:00 Bowling, AR 4:00 Fireside Chat, FP | 17 9:30 Word Scramble Game, AR 10:30 Morning Exercises, AR 11:30 Outside Games, Patio 2:00 Bingo, AR 6:30 Firepit Fun/ S'mores, Patio | 18 ROSH HASHANAH BEGINS AT SUNSET 9:30 Brain Teasers, AR 10:30 Spiritual Devotional, FP 11:30 Morning Exercise, AR 2:00 Nail Spa Afternoon, AR 4:00 Friday Social, AR | 19 Eat An Apple Day 10:00 Apple Word Game, AR 11:00 Morning Exercise, AR 2:00 Bingo, AR 4:00 Apple Treats  |
| 20 10:00 Morning Prayer Service, Chapel 11:00 Morning Exercises, AR 2:00 Outside Games, Patio 3:30 Nail Spa Afternoon, AR | 21 9:30 Brain Teasers, AR 10:30 Spiritual Devotional, FP 11:30 Morning Exercise, AR 2:00 Last Day of Summer Art project, AR | AUTUMN BEGINS 22 First Day of Fall 9:30 Fall Word Search, AR 10:30 Morning Exercises, AR 11:30 Leaf Art Project, AR 2:00 Bingo, AR | 23 9:30 Brain Teasers, AR 10:30 Spiritual Devotional, FP 11:30 Morning Exercise, AR 2:00 Musical Guest/ Tba, Patio | 24 11:00 Morning Exercises, AR 2:00 Bingo, AR 4:00 Fireside Chat, FP 6:30 Firepit Fun/S'mores, Patio  | 25 10:30 Spiritual Devotional, FP 11:30 Morning Exercise, AR 2:00 Cooking Class with Apples, AR 4:00 Friday Social, AR | 26 10:00 Morning Exercises, AR 11:00 Cornhole Game ... with Prizes, Patio 2:00 Bingo, AR 4:00 Evening Walk, Patio |
| YOM KIPPUR BEGINS AT SUNSET 27 9:30 Brain Teasers, AR 10:00 Morning Prayer Service, Chapel 11:00 Morning Exercises, AR 2:00 Movie and Popcorn, AR | 28 9:30 Brain Teasers, AR 10:30 Spiritual Devotional, FP 11:30 Morning Exercise, AR 2:00 Musical Guest/ Tba, Patio | 29 9:00 Flu Clinic, TV 10:00 Morning Exercises, AR 11:00 Discussion Group, AR 2:00 Bingo, AR 4:00 Evening Walk, Patio | 30 10:00 Morning Exercises, AR 11:00 Education Series/ Healthy Eating, Patio 2:00 Art Project/Fall Colors, AR 4:00 Brain Teasers, AR |  | | |



The Classic Milkshake Never Goes Out of Style

In this era of Frappuccinos and smoothies, it's nice to know the milkshake still has fans.

The whole ritual is thrilling — the cold, silver beaker dripping with condensation; the tall glass; the paper-wrapped straw.

Young people brought up on the somewhat mysterious fast-food “shake”— which carefully avoids mentioning milk in its name — may have to be introduced to the creamy, dairy-rich kind as if to an exotic treat from a far-off land.

Classic milkshakes couldn't be simpler. They consist of milk and ice cream and usually, a flavoring blended at high speed until thick. Ordering this rich concoction as a beverage rather than a dessert is seen as a reckless act now, but not long ago a shake was considered the logical accompaniment to a cheeseburger and fries.

“It's the quality of the ingredients that makes a shake great, not thickness alone,” says owner Dean Poulos, son of Homer's founder, Gus Poulos. “Just because you can turn the cup over and nothing falls out doesn't mean it's a great shake.”

He says chocolate and vanilla shakes are still the most popular in his shops, though seasonal variations featuring fresh peaches, for example, also draw raves. Another modern taste is to have Oreo cookies, chocolate chips, or other candy blended into the creamy mix, though traditionalists prefer their shakes unadorned. They also take a dim view of low-fat alternatives.

“Even with smoothies, lattes, Blizzards, and whatever else you've got going out there, we're selling just as many shakes as ever,” Poulos says.

If anything, the recent proliferation of frozen drinks everywhere from Starbucks to Dunkin' Donuts may have drawn some new recruits to the ranks of shake-drinkers.

Marty Cain, owner of the Swiss Gourmet Ice Cream shop (2187 N. Clybourn Ave.), thinks Frappuccinos and gourmet coffee chains in general have reawakened interest in coffee-flavored ice cream and shakes. After chocolate and vanilla, one of the most popular shakes he sells is made with coffee ice cream, espresso fudge sauce, and Oreos.

He also sells a lot of malts. “I'm pleasantly surprised how many people know the difference between a malt and a shake,” he says. “We've re-educated a lot of people.” A spoonful or two of malt powder or syrup adds a distinctive, grainy sweetness.

Though Cain's Lincoln Park shop is new, the Swiss Gourmet company has been making ice cream in Valparaiso, Indiana for more than 50 years. Cain says his preference is “a good chocolate shake.” When making shakes at home, he says one of the secrets of success is to blend the ice cream mixture long enough.

“A good shake should be thick,” he says. “The trick to making one is basically how long you blend it. Most people don't blend it enough; don't get the ice cream all broken up.”

The timing is a matter of watching the shake as much as the clock. Using a vintage Hamilton Beach shake machine in his shop, Cain says he tells his employees to blend the mixture for a minute or minute and a half, then judge it (the shake grows in volume as it thickens), adding a bit more milk at the end if necessary.



Home cooks using regular blenders may not be able to achieve the precise result given by an old-style shakemaker, though they can come close.

Calorie-wise, milkshakes are way up there, and most people find them a treat best enjoyed on an occasional basis.

In between times, a satisfying alternative to a high-fat shake can be made at home by using a banana for a thickener instead of ice cream and swirling it in the blender with milk, ice cubes and other fruit or flavorings.

HOMER's CHOCOLATE MILKSHAKE

Preparation time: 5 minutes

Yield: 1 serving

Adapted from Homer's Restaurant and Ice Cream Parlor in Wilmette.

- 1 1/2 cups vanilla ice cream or more if desired
- 1/3 cup chocolate syrup or more to taste
- 3/4 cup milk
- 2 tablespoons malt powder, if desired

Combine all ingredients in blender. Blend on high until smooth, about 30 seconds



Welcome Tonya D'Andrea

I was born in Portland, Maine back when you could still swim in the fountain in Lincoln Park and there were way more trees on Franklin Arterial. I am so lucky to call Maine home; it is one of the most beautiful states in the U.S.

I have traveled all over the U.S. as I was in the U.S. Army. My M.O.S. was 92y (Supply). I was stationed in Tacoma, Washington, although I asked to go to Germany. They sent me to Washington state instead and I got to love the military. I went into the military straight out of high school in 1994. I received my bachelor's degree in business administration in 2005 and began my career in the professional sector as an administrative assistant, then, over time, went on to become an executive assistant. I quickly learned that I wanted to change into the healthcare sector, as I have always loved HELPING people. I knew my skills could be best used by working with a more senior clientele. I then then obtained my P.S.S. where I found out that I loved working in homecare. I did this for several years until I, due to health reasons, could no longer care for my clients. I then decided to go back into the office, while staying in healthcare. I started working in the hospital atmosphere where I stayed for several years, at which time I supported 2 VPs and 2 Directors, along with several practice managers. I loved my very busy career, however, something was missing. So, when the opportunity arose for me to change my career path and move to assisted living in a management role, I decided to take that leap and here I am! I am so happy to have joined the Birchwoods Family and I enjoy coming to work every day and seeing my new "friends" and how happy they are. I know that I am part of the reason they are smiling "under their masks." I cannot wait to see what the future holds for me and couldn't be more excited to be finding that out here! Please welcome Tonya to our Birchwoods Family!



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86 Holiday Drive
Portland, Maine 04103



Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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