

The Highlands

Gracious Retirement Living

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

SEPTEMBER 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

Afghan of Love

One morning recently, Chef Nellie showed me some crochet squares and shared with me that her mother, who passed when Nellie was a young girl, had made those squares over 40 years ago. She had come across them while at her dad's house on Father's Day weekend and soon after, a great idea came to her mind. She would bring the



Nellie, along with Pat and Joanna and her afghan of love

beloved squares to the ladies of our knitting group and for sure they would know what to do. And sure enough, before she knew it, our skilled Highland's knitters put all those vibrant squares together into a beautiful afghan. Suddenly, bits and pieces of love and memories became a tangible work that Nellie could now wrap herself in. An added bonus was the lovely pillow they also created from the smaller squares. Nellie shared that the afghan is now draped over her couch and serves as a daily reminder of her mother's love and the hobby she so enjoyed. She is filled with gratitude for the kind and loving efforts of our Highland's knitting ladies.



Highland's Happenings

Summer here at The Highlands brought not only fun-filled sunny days but also some sweet and unexpected surprises. It seems something good has indeed come from the very hard and trying times of this pandemic and social distancing, and that is random acts of kindness. Many of us have seen these stories on TV and are grateful for the good feelings they instill. Two such lovely acts happened right here in the community. One day a mom and her two children rang the main entrance buzzer and presented us with a box chocked full of beautiful, intricately designed face masks. They were made with various cheerful fabrics and in three sizes, as well as being adjustable. The mom, Rachel, explained that her children, Nate and Mira, handmade all the masks as part of their preparation for their Bar and Bat Mitzvah. The masks were accompanied by a note wishing that "they be worn in good health and that we emerge from these trying times with healthy bodies and hearts full of love and care for one another." This beautiful act of kindness was much appreciated and did indeed fill many Highland's hearts with love and gratitude. Mazel Tov to Nate and Mira on their bar and bat mitzvah and many warm thank yous. Yet another young boy named Oscar came by with a box full of the sweetest little succulent plants lovingly arranged with colorful stones and little whimsical ceramic mushrooms, accompanied by pretty glass spritzer bottles. They were raffled off to residents and brought great cheer and many smiles. Many, many heartfelt thanks go out to these beautifully kind and thoughtful people for abundantly spreading kindness and smiles in the shadows of a dark and trying time.



Sweet succulent plants from Oscar



Chef doing her demo



Hooray for the ice cream truck!



Further happy days ensued in August with a delectable Chef presentation outside on “summer grilling.” Chef Nellie prepared beautifully grilled salmon and steak, along with grilled veggies from our very own gardens and perfectly tart and sweet homemade lemonade. Many sat, socially distanced, on a perfect summer morning and enjoyed this great and informative treat. On another afternoon, up pulled the ice cream truck from a local ice cream/ dairy farm and many residents lined up for cups and cones of various favorite flavors of artisanly crafted, delicious ice cream. As an added treat, we had a balloon twister creating fun and whimsical balloon characters. The joy in the air of that summer afternoon was palpable. As we enter this month that brings us shorter days and a hint of chill in the air, we can gratefully reflect on a memorable, happy summer. Here’s to fall fun ahead!



Shirley proudly displays one of the lovingly made face masks.



Ann Marie with her balloon flower



Doris enjoys her ice cream



Marge and Brett and their balloon characters

Special Days of September

September 1st: Wreck of Titanic found in 1985.

September 4th: Google Day Anniversary, the founding of the search engine in 1998. “Google” something today.

September 5th: Kentucky Derby Day ... Don your best hat and enjoy a Mint Julep today.

September 10th: NFL Kickoff Day ... Put on your Patriots gear today!

September 13th: Milton Hershey’s Birthday, Come get your Hershey Bar today in activities.

September 16th: Word Game Wednesday ... Come Play today at 2 p.m.

September 18th: Rosh Hashanah begins today at sundown.

September 22nd: Autumn begins today.

September 23rd: Female Empowerment Day. Victoria Woodhull was born on this day in 1838. Did you know she was the first woman candidate for U.S President?

September 27th: Happy Birthday “Tonight Show” ... first aired in 1954.

September 29th: International Coffee Day ... Come enjoy a cup, with a doughnut of course, activities 10 a.m.

Flu Shot Clinic

Flu Shots will be administered between the hours of 9 a.m. and Noon on Monday, September 28th, in activities. Please arrive 5 minutes prior to your designated time slot.



SEPT 2020

Birthdays

AnnMarie Sawyer, 1st
Joan Olinder, 1st
Midge Carrier, 4th
Sandy Finer, 22nd

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

Home Care Solutions

Providing Skilled Nursing,
Physical, Occupational
and Speech Therapy,
Private Care and many
specialty services.
Call 508-366-1766.

Susan The Hairdresser
Tuesday and Thursdays,
508-331-9571.

“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
		9:30 Morning Stretch, AR ¹ 11:00 Short Story Reading and Discussion, AR 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 2:00 Outdoor Catholic Mass with Father Joe 3:00 Tea & Talk, Bistro 4:00 Kazoo Band, AR 7:00 Movie Night, MT 	2 9:30 Morning Stretch, AR 11:30 Outing, Lobby 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT	3 9:30 Morning Stretch, AR 10:00 Knitting Group, CH 10:00 Culinary Class with Chef Nellie, AR 10:45 Discussing Current Events, AR 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 2:00 Fun and Games, AR 3:00 Painting with Sheila 7:00 Movie Night, MT	4 9:30 Morning Stretch, AR 10:00 Seed Painting Mosaic, AR 11:00 Bible Study, CH 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT 	5 10:30 Weekend Stretch, AR 11:00 Chair Yoga on the Porch 2:00 Movie Matinee, MT 7:00 Concert Night at the Highlands, MT
6 10:00 Walking and Talking, Lobby 10:30 Weekend Stretch, AR 2:00 Movie Matinee, MT 3:00 Bingo with Mac, AR 7:00 Movie Night, MT	LABOR DAY 7 9:30 Morning Stretch, AR 10:00 Mason Jar Lid Suncatchers, AR 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 2:00 Roll Call Game, AR 3:00 Bingo, AR 7:00 Movie Night, MT	8 9:30 Morning Stretch, AR 10:00 Cognitive Health Talk with Care Solutions, AR 11:00 Short Story Reading and Discussion, AR 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Tea & Talk, Bistro 4:00 Kazoo Band, AR 7:00 Movie Night, MT	9 9:30 Morning Stretch, AR 11:30 Outing, Lobby 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT	10 9:30 Morning Stretch, AR 10:00 Knitting Group, CH 10:45 Discussing Current Events, AR 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 2:00 Brain Boosters, AR 3:00 Painting with Sheila 7:00 Movie Night, MT	PATRIOT DAY 11 9:30 Morning Stretch, AR 10:30 Chair Volleyball, AR 11:00 Bible Study, CH 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT	12 10:30 Weekend Stretch, AR 11:00 Chair Yoga on the Porch 2:00 Movie Matinee, MT 7:00 Concert Night at the Highlands, MT
13 10:00 Walking and Talking, Lobby 10:30 Weekend Stretch, AR 2:00 Movie Matinee, MT 3:00 Bingo with Mac, AR 7:00 Movie Night, MT	14 9:30 Morning Stretch, AR 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT	15 9:30 Morning Stretch, AR 10:15 “Grow with Kindness” Flower Craft, AR 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Tea & Talk, Bistro 4:00 Kazoo Band, AR 7:00 Movie Night, MT	16 9:30 Morning Stretch, AR 11:30 Outing, Lobby 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT	17 9:30 Morning Stretch, AR 10:00 Knitting Group, CH 11:00 Cooking Demo with Chef Nellie, Bistro 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 2:00 Fun and Games, AR 3:00 Painting with Sheila 7:00 Movie Night, MT	18 ROSH HASHANAH BEGINS AT SUNSET 9:30 Morning Stretch, AR 10:30 Chair Volleyball, AR 11:00 Bible Study, CH 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT	19 10:30 Weekend Stretch, AR 11:00 Chair Yoga on the Porch 2:00 Movie Matinee, MT 7:00 Concert Night at the Highlands, MT
20 10:00 Walking and Talking, Lobby 10:30 Weekend Stretch, AR 2:00 Movie Matinee, MT 3:00 Bingo with Mac, AR 7:00 Movie Night, MT	21 9:30 Morning Stretch, AR 10:00 Drumming, AR 11:30 Chicken Fat Exercise, AR 2:00 Brain Teasers and Word Games, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT	22 AUTUMN BEGINS 9:30 Morning Stretch, AR 11:00 Short Story Reading and Discussion, AR 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Tea & Talk, Bistro 4:00 Kazoo Band, AR 7:00 Movie Night, MT 	23 9:30 Morning Stretch, AR 11:30 Outing, Lobby 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT	24 9:30 Morning Stretch, AR 10:00 Knitting Group, CH 10:45 Discussing Current Events, AR 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 2:00 Fun and Games, AR 3:00 Painting with Sheila 7:00 Movie Night, MT	25 9:30 Morning Stretch, AR 10:30 Chair Volleyball, AR 11:00 Bible Study, CH 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT	26 10:30 Weekend Stretch, AR 11:00 Laughter Yoga on the Porch 2:00 Movie Matinee, MT 7:00 Concert Night at the Highlands, MT
YOM KIPPUR BEGINS AT SUNSET 27 10:00 Walking and Talking, Lobby 10:30 Weekend Stretch, AR 2:00 Movie Matinee, MT 3:00 Bingo with Mac, AR 7:00 Movie Night, MT	28 9:30 Morning Stretch, AR 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT	29 9:30 Morning Stretch, AR 10:00 Coffee and Doughnuts, AR 11:00 Short Story Reading and Discussion, AR 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Tea & Talk, Bistro 4:00 Kazoo Band, AR 7:00 Movie Night, MT	30 9:30 Morning Stretch, AR 11:30 Outing, Lobby 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT			



Get to Know Yourself Through Journaling

Have you ever kept a sketchbook, journal or notebook? Sometimes used just as a to-do list, they can often get ideas out of your head and onto paper.

If ever you want to release your creative potential, overcome a creative block or just get started on the creative project you've had on the back-burner, journaling can be the way forward. Journals have many purposes and if you stick to it, you will see results. A daily journal works very similarly to daily meditation. It needs to become a habit for the real benefits to be felt. It's amazing how one idea always seems to lead to another and another. It's a place where you can experiment with styles, with ideas, objectives and goals. Oftentimes, time spent getting things into a journal or notebook seems to save the organizing and decluttering that inevitably leads to procrastination. A massive benefit is that, by entering things in your journal, you become more observant and attentive to things and life in general.

You should diligently write daily. To some extent, particularly when you get started, it doesn't matter too much what you write, so long as you write and that you write in a stream of consciousness way, that is "let it flow." After a short time, you begin to put a little more purpose into the writing and begin to pick up ideas, goals and themes from previous thoughts and pages. Another great thing to do is to set a little time apart for something you do for yourself — doing something relevant that feeds your passion. You need to feed the source of your thinking with rich material, otherwise you end up re-using the same base for everything you do.

It's very important to keep a positive mindset for your journaling. Give yourself permission to think what you want and to express those thoughts however you feel is appropriate. The journal is for you, to give you a medium to talk to yourself and to develop ideas. Also, perhaps get in the habit of carrying a notebook with you. Ideas come from everywhere and at any time. Once you start to generate a creative flow of ideas, more ideas will flow. Ideas can have a habit of invading at any time. You need to be able to capture them. Using diagrams and drawings can also be a major part of journaling. You don't need to draw well, all that is necessary is to get your ideas down in the most obvious and simple way possible, even if that is in a simple sketch.

Using sketches and writing is one of the best ways to use both so-called right and left-brain attributes. Your right-brain conceptual, imaginative side and the left-brain analytical side. It's important to use both. Your journal is a work in progress and needs both imagination and analysis.

There are so many good reasons to keep a journal apart from finding your own personal creative language, and these benefits are cumulative and build on one another.





Sunflowers and Their Magical, Mysterious ... and Healthful Ways

Did you ever happen upon a field of sunflowers, all seemingly smiling as the sun shines upon their cheerful “faces?” Young sunflowers are sun worshipers. They grow best when they track the sun as it moves from east to west across the sky. But the sun doesn’t provide their only cues on where to turn — and when. An internal clock also guides them. This biological clock is like the one that controls human sleep-wake cycles. New research shows that depending on the time of day, different



Faces to the sun

sides of a young sunflower’s stem will grow at different rates. Genes that control growth on one side of the stem — the east side — are more active during the morning and afternoon. Growth genes on the opposite side are more active overnight. This helps the plant bend from east to west so that the youngster can track the sun as it moves across the sky. Because the west side’s growth speeds up at night, this will position the plant to face the next day’s rising sun. Researchers wanted to better understand what was prompting plants to bend back and forth. So they grew some indoors with a light source that didn’t move. Yet even though the light stayed in place, the flowers moved. They continued to bend to the west during each day, then turned back toward the east each night. They concluded that the stem was responding not just to light, but also to directions from an internal clock. This regular, daily pattern is called a circadian rhythm, and it’s similar to the one that controls our own sleep-wake cycles. Such a system can be very useful. It helps young sunflowers run on schedule even if something in their environment changes temporarily. A cloudy morning, or even a solar eclipse, won’t prevent them from tracking the sun.

Once they mature, the plants stop following the sun back and forth across the sky. Their growth slows and eventually stops with the flower’s head perpetually facing east. That offers an advantage, too. Once the sunflowers are old enough to produce pollen, they need to attract bees and other pollinating insects. The east-facing flowers get warmed by the morning sun and attract more pollinators than west-facing ones. Just like the planet they live on, sunflowers’ lives revolve around their namesake star, the sun. A romance of sorts, they follow its light, looking up then over and finally westward before catching one final glance as the sun disappears over the horizon. Sunflowers, in all their colorful glory are a sight to behold, but they also possess healthful benefits as well. Their seeds are full of good nutrients, as is the butter and oil made from the seeds. These beautiful, happy, seemingly human-like flowers grace us not only with their beauty but also with their healthy, beneficial seeds.

Back to “School” at The Highlands!

During September, we will be enjoying a month of learning that supports healthy aging. As we all know, an active mind is as important as an active body. The goal of this program is to promote learning with a focus on four areas of overall health

and wellness. Each week we will hone in on a different aspect such as: Social Wellness, Brain Health, Physical Fitness and Self-Care. At the beginning of each week this month, I will be handing out sheets on the week’s activities focused on the topic of that given week. Some activities are listed in this newsletter but a more detailed program will be given out each week so that you are sure not to miss a thing. Informative sheets explaining the weekly theme will accompany the activities sheets. Get ready to learn, learn, learn. Formal schooling may have ended long ago but there is ALWAYS more to learn. September, after all, is traditionally back-to-school time. This one promises to be a super fun month filled with brain enhancing opportunities.





129 E. Main Street
Westborough, MA 01581



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.



508-898-3000