

Winterberry Heights

Assisted Living & Memory Care

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

SEPTEMBER 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 SalesLISA SPAULDING
Activity CoordinatorHEATHER LAPLANTE
MaintenanceGREG CARON
TransportationROBERT 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: Sunflowers

The month of September we will be celebrating the Sunflower!

Five Fun Sunflower Facts

Sunflowers, in all their colorful glory, are a happy sight to behold — but there's 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 Americas:** 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 flowers 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 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.



Lifelong Learning

Lifelong learning is the practice of continuing to learn throughout one's entire life, especially outside of or after the completion of formal schooling. We tend to think of learning as ending when school ends, but there is always more to learn! What are the benefits of Lifelong Learning? When it comes to supporting healthy

aging, an active mind is just as important as an active body. Numerous studies have found that learning is valuable at all stages of life, helping improve one's cognitive skills, social connections, and overall quality of life. Live and Learn – Fall Term 2020: The goal of this program is to promote lifelong learning with a focus on five areas of overall health and wellness for our residents. Each week will focus on: Social Wellness, Brain Health, Physical Fitness, and Self-Care.

Week 1: Social Wellness

As humans, social interaction is essential to every aspect of our health, no matter our age. Research shows that having a strong network of support or strong community bonds fosters both emotional and physical health and is an important component of life. Over the years, there have been a number of studies showcasing the relationship between social support and the quality of physical and mental health.

Week 2: Brain Health

The brain is a muscle like any other one in our body, and the more we use it the stronger it becomes. Brain games, cranium crunches, mental aerobics, whatever you would like to call it, these memory enhancement exercises work to build your cognitive reserve (memory) and strengthen your mind!

Join activities to strengthen the mind, body, and spirit. Have fun, and happy learning!



Week 3: Physical Health

What's the most transformative thing that you can do for your brain today? Exercise! As it turns out, exercise not only boosts your mood and keeps your body in shape, but it also boosts your memory and helps to energize your mind! The following pages are filled with fun exercises to shake up your program, and strengthen your mind!

Week 4: Self-Care

The broad notion of self-care generally includes all those activities which relate to maintaining good health, such as establishing and continuing with a balanced diet, getting lots of exercise, having regular good sleep and rest periods, engaging in mental activities and socializing with others to whatever extent that may be practical. All these activities taken together help to improve physical, mental, and emotional well-being, and contribute heavily to the quality of life that a senior should enjoy.

Flu Shot Clinic

We will be holding our annual Flu Shot Clinic with Bangor Drug on Thursday, October 15th. Residents will be given the option of either Fluzone HighDose or Fluzone Quadrivalent. Bangor Drug will bill Medicare or insurance directly for all influenza immunizations. There will be no out-of-pocket expense for residents with Medicare. Bangor Drug accepts all insurances for Influenza Vaccinations. If applicable, residents will be invoiced for their insurance copay. If a resident is uninsured, they will be charged \$25 for Quadrivalent or \$50 for highdose. A sign-up sheet will be posted in the Activity Room. Please sign up for a time slot if you are getting your flu shot at our clinic.





National Assisted Living Week®

National Assisted Living Week was created by the National Center for Assisted Living (NCAL) in 1995 to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. The annual observance inspires assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve. "Caring is Essential" is this year's theme for National Assisted Living Week, which highlights the incredible care provided by essential caregivers in assisted living facilities across the country.

Our celebration will include these fun theme days:

Sunday, September 13th — Dress Up Day

Monday, September 14th — Hat Day

Tuesday, September 15th — Pajama Day

Wednesday, September 16th — Sports Day

Thursday, September 17th — Mismatch Day

Friday, September 18th — Patriotic Day

Saturday, September 19th — Superhero Day

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 Health Benefits of Socialization

As we get older, we tend to become much less active, and not just in the physical sense. Seniors are far more likely to want to stay in than they did when they were younger, and while there's nothing wrong with wanting to spend an evening at home watching TV once in a while, it is easy for seniors to become too withdrawn and solitary if they don't remain socially active. Social capital is the term scientists often use to describe the strength of our social relationships, and the extent to which we feel physically and emotionally supported by our communities. In recent years, many health researchers have found that consciously building up social capital can help seniors feel less isolated, as well as improve their mental and physical health. Below are just a few examples of how increasing social capital is beneficial to seniors:

- 1. Better cognitive function:** Social activities keep us sharp and mentally engaged, and this is important to prevent the onset of dementia or Alzheimer's disease.
- 2. Maintaining good emotional health:** Connecting with others helps to keep you in a positive mood, which in turn helps to deter feelings of depression.
- 3. Improves physical health:** Socially active seniors are far more likely to also be physically active. Even if you are not the type to join a gym and work out regularly, a social life gives you a reason to be out in the community and be physically active. The activity may not be any more strenuous than a pleasant walk on a sunny afternoon, but that still counts as exercise.
- 4. Enjoying a restful sleep:** Having difficulty sleeping at night may be caused by feeling isolated or loneliness. Research shows that people with strong social connections experience a more restful night's sleep.



Sunflower Butter

Sunflower Butter Recipe

Sunflower butter is surprisingly simple to make at home! Below are all the ingredients needed (there are only four) and how-to instructions. Enjoy!

Ingredients:

- 4 cups raw unsalted sunflower seeds, shelled
- 5-9 tsp sunflower oil (or any mildly flavored non-solid vegetable oil like grapeseed), amount may vary
- 3 tbsp honey (or to taste) — for vegan, use agave nectar or your favorite sweetener
- 1/4 tsp sea salt (or to taste) (heaping)

Instructions:

- Preheat oven to 350 degrees F. Spread the sunflower seeds evenly across a sheet tray and roast until lightly browned and fragrant, stirring occasionally, for about 20-25 minutes. Be sure to check on them often to avoid burning.
- Allow the sunflower seeds to cool to room temperature. In a food processor, combine the roasted sunflower seeds with the honey and salt (use more or less salt and honey to taste, if desired).
- Begin processing the seeds. At first, the nut butter will clump together in pieces.
- Add the oil 1 tsp at a time, smoothing out the butter and processing frequently, until you reach your desired consistency. Scrape down the sides of the processor as necessary. I like my sunflower butter on the soft, semi-goopy side, so I tend to use more oil. This also helps to keep the butter moist when it is refrigerated. You can use less oil for a thicker, drier butter if you prefer. Continue processing until smooth.
- Store your sunflower butter in an airtight container in the refrigerator. (I use a mason jar.) Use it within a month for freshest taste. As with most natural nut and seed butters, some oil may separate from the butter over time. If this happens, just use a spoon to mix the oil back into the butter.

Benefits of Sunflower Butter

Like sunflower seeds themselves, sunflower butter is bursting with good for you nutrients! Below are just a few healthy reasons to reach for the sunflower butter next time you go to make a sandwich!

1. Healthy Fats

Sunflower seed butter has 9 grams of fat in a 1-tablespoon serving, but almost 90 percent of the total fat consists of unsaturated fats. This is a vital distinction because the type of fat in

your diet makes all the difference. Saturated fat and trans fats contribute to cardiovascular disease, while unsaturated fats lower cholesterol and help fight inflammation.

2. Vitamin E

Fats have essential jobs to perform in your body. They build the structure of cell walls, cushion organs, help absorb some vitamins and form a special cover around nerve cells, called the myelin sheath, that speeds up the conduction of electrical impulses. Vitamin E is an antioxidant that specifically protects these essential fats from damage caused by free radicals. These molecules can combine with healthy cells, making them mutate or die and leading to inflammation that contributes to chronic diseases. One tablespoon of sunflower seed butter has 3.67 milligrams or 24 percent of the recommended daily intake of vitamin E.

3. Magnesium

More than 300 metabolic processes depend on magnesium to do things like produce energy and synthesize DNA and RNA. Magnesium is also able to conduct electrical charges that stimulate nerve impulses and muscle contraction. Calcium stimulates heart muscles to contract, while magnesium causes them to relax — together, they maintain a normal heart rhythm. Magnesium also makes muscles in the blood vessel walls relax, which helps lower blood pressure. You'll get 50 milligrams or 12 percent of the daily value of vitamin E from 1 tablespoon of sunflower seed butter.





Welcome
New
Resident!

Bonnie C.



Exercise and the Brain

We all know that exercise is important for our physical health, but did you know daily exercise is also important for our mental health as well? It's true! In fact, exercise affects the brain in many ways. It increases heart rate, which pumps more oxygen to the brain and it aids the release of hormones which provide an excellent environment for the growth of brain cells. Exercise also promotes brain plasticity by stimulating growth of new connections between cells in many important areas of the brain. Aerobic exercise physically remodels the brain for peak performance on all fronts, including learning.



Exercise improves learning on three levels. First, it optimizes your mind-set to improve alertness, attention, and motivation; second, it prepares and encourages nerve cells to bind to one another, which is the cellular basis for logging in new information; and third, it spurs the development of new nerve cells. In short, not only does exercise help the brain get ready to learn but it actually makes retaining information easier. In addition to improving learning, exercise also helps alleviate symptoms caused by stress, anxiety, and depression.

Here's how:

Stress: Physical activity is a proven way to reduce stress. Regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, and improve sleep and self-esteem.

Anxiety: Aerobic exercise significantly reduces symptoms of anxiety disorders. Through exercise, people learn to alleviate anxiety and rebuild their confidence. Exercise reroutes the brain's circuits, reduces muscle tension, and teaches a different outcome to an anxiety-provoking situation.

Depression: Aerobic exercise is known to have a positive impact on depressive symptoms. Studies suggest that endorphins produced in the brain during exercise contribute to a general feeling of well-being. Exercise also boosts dopamine, which improves mood and jump-starts the attention span.

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932 Ohio Street
Bangor, ME 04401



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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207-942-6002

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Birthdays

Carolyn Stanchfield, 4th
Joan Andersen, 10th
Camille Franck, 16th
Robert Kelly, 21st

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.

“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 10:00 Strength and Balance 11:00 Roll Call 2:00 Mandala Art Coloring 3:30 Manicures 6:45 Puzzles	2 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Afternoon Social 6:45 Sudoku Puzzles	3 10:00 Strength and Balance 11:00 Painting 2:30 Movie Matinee 3:30 It's 5 O' Clock Somewhere Social 6:45 September IQ Test	4 10:00 Strength and Balance 11:00 Photo Share 2:30 Wheel of Fortune 6:45 Knitting with Friends 	5 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:30 Bingo: 2nd Floor Residents 6:45 Relax and Chat with Friends
6 9:00 Catholic Mass in the Chapel 10:00 Strength and Balance 3:00 Hymn Singalong 6:45 Puzzles	LABOR DAY 7 10:00 Strength and Balance 11:00 Crosswords 2:30 Have You Ever 3:30 Sunflower Art 6:45 Monday Night Movie	8 10:00 Strength and Balance 11:00 Pet Rock Day Craft 2:00 Mandala Art Coloring 3:30 Word Scrambles 6:45 Puzzles	9 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Afternoon Social 6:45 Word Search	10 10:00 Strength and Balance 11:00 Name 10 2:30 Singalong 6:45 Armchair Travels 	PATRIOT DAY 11 10:00 Strength and Balance 11:00 I Love Lucy Comedy 2:30 Swatterball 6:45 Knitting with Friends	12 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:30 Bingo: 2nd Floor Residents 6:45 Relax and Chat with Friends
13 Dress Up Day 9:00 Catholic Mass in the Chapel 10:00 Strength and Balance 3:00 Grandparents Day Ice Cream Social 6:45 Old-Time TV Shows	14 Hat Day 10:00 Strength and Balance 11:00 Sudoku Puzzles 2:30 Heather's General Store 3:30 Brain Fitness 6:45 Monday Night Movie	15 Pajama Day 10:00 Strength and Balance 11:00 Word Mining 2:00 Mandala Art Coloring 3:30 Manicures 6:45 Puzzles	Sports Day 16 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Afternoon Social 6:45 Wacky Words 	17 Mismatch Day 10:00 Strength and Balance 11:00 Math Facts 2:30 Mad Lib Stories 6:45 September Word Search	18 ROSH HASHANAH BEGINS AT SUNSET Patriotic Day 10:00 Strength and Balance 11:00 Spelling Challenge 2:30 Pictionary 6:45 Knitting with Friends	19 Superhero Day 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:30 Bingo: 2nd Floor Residents 6:45 Relax and Chat with Friends
20 9:00 Catholic Mass in the Chapel 10:00 Strength and Balance 11:00 Puzzles 3:00 Drumming Exercise 6:45 Word Mining	21 10:00 Strength and Balance 11:00 Word Search 2:30 Heather's General Store 3:30 Make Fall Leaves Luminary 6:45 Monday Night Movie 	AUTUMN BEGINS 22 10:00 Strength and Balance 11:00 Beachball Volleyball 2:00 Mandala Art Coloring 3:30 Autumn Solstice Party 6:45 Puzzles	23 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Afternoon Social 6:45 Crosswords	24 10:00 Strength and Balance 11:00 Hokey Pokey with Teddy the Bear 2:30 Dance by Design 6:45 Word Mining	25 10:00 Strength and Balance 11:00 Chair Dancing Through the Decades 2:30 Bring and Brag Share Something You Are Proud Of 6:45 Knitting with Friends	26 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:30 Bingo: 2nd Floor Residents 6:45 Relax and Chat with Friends
YOM KIPPUR BEGINS AT SUNSET 27 9:00 Catholic Mass in the Chapel 10:00 Strength and Balance 11:00 Mandala Art Coloring 3:00 September Birthday Celebration 6:45 Old-Time TV Shows	28 10:00 Strength and Balance 11:00 Hand/Foot Soaks 2:30 Heather's General Store 3:30 Wheel of Fortune 6:45 Monday Night Movie	29 10:00 Strength and Balance 11:00 International Coffee Day Social 2:00 Mandala Art Coloring 3:30 Manicures 6:45 Puzzles	30 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Afternoon Social 6:45 Sudoku Puzzles			

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie	2 10:00 Drumming Exercise 11:00 Word Games 2:30 Painting 3:00 Snack Social 6:00 Movie	3 10:00 Weights and Stretches 11:00 Apple Art 2:30 Hand and Nail Care 3:00 Snack Social 6:00 Movie	4 10:00 Chair Fitness 11:00 Morning Walks 2:30 Arts and Crafts 3:00 Snack Social 6:00 Movie 	5 10:00 Fun with Fitness 11:00 Bingo! 3:00 Snack Social 3:30 Name 10 6:00 Movie
6 10:00 Move to the Music 11:00 Hymn Singalong 3:00 Snack Social 3:30 Puzzles 6:00 Movie	LABOR DAY 7 10:00 Fun with Fitness 11:00 Reminisce About Back to School Days 3:00 Snack Social 3:30 Current Events 6:00 Movie	8 10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie	9 10:00 Drumming Exercise 11:00 Word Games 2:30 Painting 3:00 Snack Social 6:00 Movie	10 10:00 Weights and Stretches 11:00 Fall Decorating Craft 2:30 Hand and Nail Care 3:00 Snack Social 6:00 Movie	PATRIOT DAY 11 10:00 Chair Fitness 11:00 Morning Walks 2:30 Arts and Crafts 3:00 Snack Social 6:00 Movie	12 10:00 Fun with Fitness 11:00 Bingo! 3:00 Snack Social 3:30 Short Stories 6:00 Movie
13 10:00 Move to the Music 11:00 Hymn Singalong 3:00 Snack Social 3:30 Word Search Puzzles 6:00 Movie	14 10:00 Fun with Fitness 11:00 Make Sunflower and Birdseed Bells 3:00 Snack Social 3:30 Current Events 6:00 Movie	15 10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie	16 10:00 Drumming Exercise 11:00 Word Games 2:30 Painting 3:00 Snack Social 6:00 Movie	17 10:00 Weights and Stretches 11:00 Pictionary 2:30 Hand and Nail Care 3:00 Snack Social 6:00 Movie	ROSH HASHANAH BEGINS AT SUNSET 18 10:00 Chair Fitness 11:00 Morning Walks 2:30 Arts and Crafts 3:00 Snack Social 6:00 Movie	19 10:00 Fun with Fitness 11:00 Bingo! 3:00 Snack Social 3:30 Photo Reminisce 6:00 Movie
20 10:00 Move to the Music 11:00 Hymn Singalong 3:00 Snack Social 3:30 Puzzles 6:00 Movie	21 10:00 Fun with Fitness 11:00 Sunflower Salutations 3:00 Snack Social 3:30 Current Events 6:00 Movie	AUTUMN BEGINS 22 10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie	23 10:00 Drumming Exercise 11:00 Word Games 2:30 Painting 3:00 Snack Social 6:00 Movie	24 10:00 Weights and Stretches 11:00 Singalong 2:30 Hand and Nail Care 3:00 Snack Social 6:00 Movie	25 10:00 Chair Fitness 11:00 Morning Walks 2:30 Arts and Crafts 3:00 Snack Social 6:00 Movie	26 10:00 Fun with Fitness 11:00 Bingo! 3:00 Snack Social 3:30 Chair Dancing Through the Decades 6:00 Movie
YOM KIPPUR BEGINS AT SUNSET 27 10:00 Move to the Music 11:00 Hymn Singalong 3:00 Snack Social 3:30 Word Search Puzzles 6:00 Movie	28 10:00 Fun with Fitness 11:00 Sunflower Art 3:00 Snack Social 3:30 Current Events 6:00 Movie	29 10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie	30 10:00 Drumming Exercise 11:00 Word Games 2:30 Painting 3:00 Snack Social 6:00 Movie	