

Heatherwood

Gracious Retirement Living

1624 Main Street • Tewksbury, MA 01876 • Phone (978) 851-2063 • www.seniorlivinginstyle.com

OCTOBER 2020 HEATHERWOOD STAFF

Managers.....JEREMY & TAMMY RODRIGUEZ
Assistant Managers DANIEL MCGARR &
HAILY PINARD
Executive Chef.....GERALDO CABRAL
Sous ChefCHRIS JANSEN
Activity CoordinatorJULIE CHAMPOUX
MaintenanceCARLOS RODRIGUEZ
Lead Housekeeper..... SUE GAUTHIER
Lead Housekeeper.....KIM RENAUD
Lead Housekeeper.....CARMON GARCIA
Lead Housekeeper..... SOULEIL SMITH

TRANSPORTATION

**Monday & Friday, 10 a.m.-noon and
2-4 p.m.:** Local Errands and Shopping

Tuesday & Thursday, 9 a.m.-3 p.m.:
Medical Appointments

Wednesday, 8:45-9:45 a.m.: St.
Williams Catholic Mass

Wednesday, 11:30 a.m.: Lunch
Bunch/Special Outings

HAWTHORN
SENIOR LIVING

Welcome Julie, Heatherwood's New Activity Coordinator!

Julie C. has been working here at Heatherwood for over five years, and many of you know here as the head housekeeper. In mid-September, we welcomed Julie as our new Activity Coordinator. Jaryd and Julie worked hard to make the transition as smooth as possible, keeping many of the activities you all love in place. Julie will bring a new excitement to the activities department. We wish Julie the best of luck in her new position!



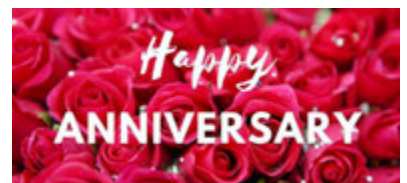
A Happy 65th Celebration

Paula and Marvin H. celebrated their 65th anniversary on September 4th, and as a special treat for all residents, Marvin and Paula brought in a cake to be served at dinner on their special day!



Happy Anniversary!

Heatherwood celebrates two anniversaries in the month of October. Frances & Cosmo LaTerza celebrate their special day on October 19th, and Joan and Ron Sawyer celebrate their anniversary on October 27th. Congratulation to both of these special couples!





Simple Ways To Make Someone Smile

World Smile Day, October 2nd, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your community. Put a note in your mailbox saluting the letter carrier.

Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.



Thank You

For the past seven months, Heatherwood has become my second home, and I have loved every minute of my job as Activity Coordinator. The relationships and friendships I have made are life-long and forever in my heart and soul. I cannot thank all of you enough for welcoming me to Heatherwood and joining me in our many activities. From our backyard karaoke cook outs to daily bingo and everything in between, I have enjoyed participating along side all of you in everything Heatherwood has to offer. My

many conversations with all of you have been both exciting and emotional, and I will never forget the stories we shared. I will miss chatting with everyone in the dining room and singing on the patio! As I begin my journey back into the classroom, I will never forget my short time at Heatherwood and the residents who made me more of a man then I was before. You will certainly see me around, as I plan to visit and volunteer on my time off. I want to congratulate Julie in her new role as Activity Coordinator, and I know she will be the next big thing to happen here at Heatherwood. Love to you all.

Jaryd





A Bumper Crop of Health Benefits

Pumpkins are popping up everywhere, but don't miss an opportunity for this superfood to decorate your plate. It has a bounty of health benefits.

A strong immune system is vital, especially during fall and winter. In addition to a good amount of vitamin C, pumpkin is packed with beta carotene, an antioxidant that gives the squash its bright orange color. The body converts beta carotene to vitamin A, which along with vitamin C, helps fight off infections and viruses. Vitamin A also supports vision and eye health.

Take advantage of this fall fruit for its stomach-satisfying fiber. Eating a serving of pumpkin can help you feel full and promotes healthy digestion. Additionally, high-fiber foods are essential for a healthy heart and stable blood sugar levels.

The potassium found in pumpkin also contributes to heart health and can pump up muscle function. There's more potassium in a cup of pumpkin than in a banana.

Take note of an important reminder from nutritionists: Many festive ways to eat pumpkin aren't so healthy, particularly pumpkin-flavored foods that are processed or loaded with sugar. Pumpkin pie, pumpkin muffins and pumpkin spice lattes are seasonal menu favorites that should be indulged in as an occasional treat.



Tap Dance Tuesdays!

Tap dance is a type of dance characterized by using the sounds of metal taps affixed to the heel and toe of shoes striking the floor as a form of percussion, coupled with both characteristic and interpretative body movements. There are several styles of tap dance, including rhythm (jazz), classical, Broadway and post-modern. Rhythm tap, the most celebrated and best known, focuses on musicality. Practitioners consider themselves to be a part of the jazz tradition and as such, improvisation is essential to their work. Heatherwood residents have the opportunity every Tuesday morning in the activity room to show off their tap skills! Join resident Jackie C. as she teaches Intro to Tap to pros and beginners alike.



Peggy, Liz and Alba

OCT 2020

Birthdays

Anne Leder, 4th

Lucy Grater, 7th

Dorothy O'Brien, 10th

Marie Tower, 16th

Betty Elgin, 18th

Sophie Peterson, 25th

Mary Keaney, 28th

Anniversaries

Frances and Cosmo

LaTerza, 10/19/1952

Ron and Joan Sawyer,

10/27/2019

Locations

Activity Room, AR

Atrium, AT

Billiards Room, BR

Bistro, BI

Chapel, CH

Dining Room, DR

Exercise Room, EX

Fire Pit, FPIT

Fireplace, FP

Front Lobby, Lobby

Library, LIB

Movie Theater, MT

Patio, Patio

TV Room, TV

Activity schedule is











subject to change.

“Autumn’s the

mellow time.”

—William

Allingham

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				10:30 Heatherwood Dollar Store ¹ 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:30 Bean Bag Baseball, AT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	10:00 Mind, Music & Movement, EX ² 2:00 Movie Matinee, MT 2:00 The Creative Corner with Haily, AR 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	³ 2:00 Poker, AR 2:00 Movie Matinee, MT 7:00 Rosary, CH
⁴ 2:00 Card Games, BR 2:00 Poker, AR 2:00 Movie Matinee, MT 2:00 UNO Game, BI 7:00 Rosary, CH 	⁵ 10:00 Mind, Music & Movement, EX 11:00 Jumbo Crosswords, AR 2:00 Movie Matinee, MT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	⁶ 10:00 Tap Dancing for Beginners, AR 10:30 Heatherwood Dollar Store 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:30 Heatherwood Derby (Horse Race), AT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	⁷ 10:00 Mind, Music & Movement, EX 2:00 Movie Matinee, MT 2:00 Chair Volleyball, EX 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH 	⁸ 10:30 Heatherwood Dollar Store 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:30 Bean Bag Baseball, AT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	⁹ 10:00 Mind, Music & Movement, EX 2:00 Movie Matinee, MT 2:00 The Creative Corner with Haily, AR 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	¹⁰ 2:00 Poker, AR 2:00 Movie Matinee, MT 7:00 Rosary, CH 
¹¹ 2:00 Card Games, BR 2:00 Poker, AR 2:00 Movie Matinee, MT 2:00 UNO Game, BI 7:00 Rosary, CH	COLUMBUS DAY ¹² 10:00 Red Carpet Meeting, CH 10:00 Mind, Music & Movement, EX 11:00 Jumbo Crosswords, AR 2:00 Movie Matinee, MT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	¹³ 10:00 Tap Dancing for Beginners, AR 10:30 Heatherwood Dollar Store 11:00 Wii Bowling League, AR 11:00 Resident Meeting, AR 2:00 Movie Matinee, MT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	¹⁴ 10:00 Mind, Music & Movement, EX 2:00 Movie Matinee, MT 2:00 Chair Volleyball, EX 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	¹⁵ 10:30 Heatherwood Dollar Store 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:30 Bean Bag Baseball, AT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	¹⁶ 10:00 Mind, Music & Movement, EX 2:00 Movie Matinee, MT 2:00 The Creative Corner with Haily, AR 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH 	¹⁷ 2:00 Poker, AR 2:00 Movie Matinee, MT 7:00 Rosary, CH
¹⁸ 2:00 Card Games, BR 2:00 Poker, AR 2:00 Movie Matinee, MT 2:00 UNO Game, BI 7:00 Rosary, CH 	¹⁹ 10:00 Mind, Music & Movement, EX 11:00 Jumbo Crosswords, AR 2:00 Movie Matinee, MT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH 	²⁰ 10:00 Tap Dancing for Beginners, AR 10:30 Heatherwood Dollar Store 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:30 Heatherwood Derby (Horse Race), AT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	²¹ 10:00 Mind, Music & Movement, EX 2:00 Movie Matinee, MT 2:00 Chair Volleyball, EX 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	²² 10:30 Heatherwood Dollar Store 11:00 Wii Bowling League, AR 2:00 Movie Matinee, MT 2:30 Bean Bag Baseball, AT 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	²³ 10:00 Mind, Music & Movement, EX 2:00 Movie Matinee, MT 2:00 The Creative Corner with Haily, AR 3:30 Daily Devotion, CH 4:00 Bingo, AR 7:00 Rosary, CH	²⁴ 2:00 Poker, AR 2:00 Movie Matinee, MT 7:00 Rosary, CH
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Get Wise About Owls

Mysterious and a little spooky, owls have captured our imaginations since ancient times. These birds have features that may make your head spin!



- An owl can turn its head almost all the way around without moving its body. Unique bones in the bird's neck allow it to twist to the left or the right 270 degrees.
- Owls need this ability because they can't move their large eyes, their most notable trait. Working like binoculars, an owl's eyes are tube-shaped and fixed in place.
- They're known for their hooting calls, but some owls hiss, whistle, growl or bark.
- Owls have such sensitive hearing, they can detect a mouse under snow.
- Thanks to their broad wings and thick feathers that muffle noise, the birds barely make a sound when flying.
- Most owls are active at night, giving us the expression "night owl."
- Owls are zygodactyl, meaning their feet have two toes that face forward and two that face backward. That trait, along with their sharp talons, gives them a powerful grip.
- Why are owls considered wise and used to symbolize knowledge? In Greek mythology, Athena, the goddess of wisdom, was often depicted with owls.
- At about 5 inches, the elf owl is the tiniest owl species. Compare that to the great gray owl, which can be over 30 inches tall.



Movies by the Master of Suspense

Settle in for some thrills and chills with a flick from director Alfred Hitchcock.



"Rebecca" (1940) — This was Hitchcock's first Hollywood film and his only one to win a best picture Oscar. Joan Fontaine plays a new bride taunted by the memories of her husband's (Laurence Olivier) late wife.



"Notorious" (1946) — Cary Grant and Ingrid Bergman star in this romantic spy drama, famous for the couple's on-screen chemistry.

"Rear Window" (1954) — Confined to his apartment due to an injury, a photographer (James Stewart) is convinced he witnessed a neighbor's murder and plots to solve it.

"Vertigo" (1958) — This thriller is now revered as one of film history's best for its dizzyingly dark plot and performances by Stewart and Kim Novak.

"North by Northwest" (1959) — Mistaken for a spy, Grant is a man on the run, and in two iconic scenes, finds himself chased through a corn field and across Mount Rushmore.

"Psycho" (1960) — This film's screeching score and shocking plot twists redefined the horror genre, as leading lady Janet Leigh is showered with danger at the Bates Motel.

"The Birds" (1963) — Tippi Hedren plays a socialite whose visit to a small town turns deadly as birds go on the attack.



Clues to Why Covid-19 Hits Men Harder Than Women

Since the pandemic began, it's been clear that men are more vulnerable to getting a severe case of Covid-19 compared to women.

Now, researchers say they've uncovered significant differences in how male and female immune systems respond to the new coronavirus, and it may help explain why men are more likely than women to have severe Covid-19 and to die from the illness.

Worldwide, men account for 60 percent of Covid-19 deaths, noted a team from Yale University, in New Haven, Connecticut.

"We now have clear data suggesting that the immune landscape in Covid-19 patients is considerably different between the sexes, and that these differences may underlie heightened disease susceptibility in men," study senior author Akiko Iwasaki said in a Yale news release. She's professor of immunobiology and molecular, cellular and development biology at the university.

The findings "suggest we need different strategies to ensure that treatments and vaccines are equally effective for both women and men," according to Iwasaki, who's also an investigator at Yale's Howard Hughes Medical Institute.

In the new study, her team analyzed nasal, saliva and blood samples from Covid-19 patients and compared them to samples from people who weren't infected by the new coronavirus.

The patients were then followed over time to determine whether initial immune responses differed in patients who recovered from the disease and those who went on to develop more severe illness.

Men and women had significant differences in immune responses during the early phases of coronavirus infection, the researchers said. Their report was scheduled for publication in the Aug. 28 issue of *Nature*.

For example, men had higher levels of several types of inflammatory proteins called cytokines, which are deployed by the immune system early in an infection to create inflammation as a physical barrier against invading pathogens, the researchers explained.

However, patients with severe Covid-19 become very ill precisely because they develop this excessive build-up

of cytokines. This "cytokine storm" causes fluid build-up in the lungs, which reduces oxygen levels and potentially leads to shock, tissue damage and multiple organ failure, the Yale team explained.

Men are at increased risk for these serious problems due to their earlier higher concentrations of cytokines.

In contrast, women had stronger activation than men of T-cells, another component of the immune system. T-cells are white blood cells that can recognize individual invading viruses and then eliminate them.

Poor T-cell responses in men also led to more severe Covid-19, and women who had highly elevated cytokine levels also had more serious illness, the study authors said.

The investigators also found that older men — but not older women — had significantly worse T-cell responses than younger patients.

"These findings answer questions about Covid-19 that point the way toward a more effective, targeted response to this disease," Carolyn Mazure, director of women's health research at Yale University, said in the news release. "As Dr. Iwasaki and her colleagues conclude, researchers racing to develop treatments and vaccines should consider separate strategies for women and men so that everyone can benefit," she added.

Dr. Marcus Altfeld is an immunologist at the Heinrich Pette Institute and at the University Medical Center Hamburg-Eppendorf in Germany. He told *The New York Times*, "You could imagine scenarios where a single shot of a vaccine might be sufficient in young individuals or maybe young women, while older men might need to have three shots of vaccine."

Reading over the Yale findings, Dr. Amesh Adalja, an infectious disease expert and senior scholar at the Center for Health Security at Johns Hopkins University, in Baltimore, agreed that "understanding these responses [based on sex or age] and learning how to fine-tune them to generate better outcomes will be an important task."

According to Adalja, "We are increasingly seeing that a one-size-fits-all strategy is not always possible, and precision medicine — based on each individual's unique characteristics — is likely the best approach" to fighting severe Covid-19.



1624 Main Street
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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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