



Winterberry Heights

Assisted Living & Memory Care

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

DECEMBER 2020

WINTERBERRY HEIGHTS

STAFF

Administrator.....PENNY PAULIKS
Assistant Administrator.....CANDICE WHITE
Resident Services Coordinator... MARCIE MOELLENTIN
Executive Chef..... TODD FULLERTON
Community SalesLISA SPAULDING
Activity CoordinatorHEATHER LAPLANTE
Administrative Assistant CORY GILLISPIE
MaintenanceGREG CARON
Transportation ROBERT RIVERS

TRANSPORTATION

Monday, 10:30 a.m.: Shopping – Walmart

Tuesday & Thursday, 8 a.m.-5 p.m.:
Medical Appointments

Wednesday, 9 a.m.: Shopping – Hannaford

Sunday, 8 a.m.-Noon: Local Church Services



HAWTHORN
SENIOR LIVING

December Activities, Culinary and Themes: Gingerbread!

A little bit about gingerbread:

Gingerbread and the many shapes it takes has a long history. First appearing in ancient Greece and Egypt, gingerbread was used more for ceremonial purposes. Later, gingerbread found its way to Europe when 11th-century Crusaders brought back ginger from the Middle East for the aristocrats' cooks to experiment with. As ginger and other spices became more affordable to the masses, gingerbread caught on and eventually became the gingerbread we know and love today!

Gingerbread Takes Form in Europe

An early European recipe for gingerbread consisted of ground almonds, stale breadcrumbs, rosewater, sugar and, naturally, ginger. The resultant paste was pressed into wooden molds. These carved works of art served as a sort of storyboard that told the news of the day, bearing the likeness of new kings, emperors and queens, or religious symbols. The finished cookie might be decorated with edible gold paint (for those who could afford it) or flat white icing to bring out the details in relief.

In the 16th century, the English replaced the breadcrumbs with flour, and added eggs and sweeteners, resulting in a lighter product. The first gingerbread man is credited to Queen Elizabeth I, who knocked the socks off visiting dignitaries by presenting them with one baked in their own likeness.

(Continued inside.)



December Activities, Culinary and Themes: Gingerbread! (Continued)

Gingerbread Today

Today, gingerbread is a baked sweet containing ginger and sometimes cinnamon, cloves, nutmeg, cardamom and anise, and sweetened with any combination of brown sugar, molasses, light or dark corn syrup, or honey. Gingerbread can take the shape of thin, crisp cookies like snaps, it can be dark, spicy and cake-like sometimes, with lemon glaze, or even in the form of a house!

Gingerbread Houses

The gingerbread house became popular in Germany after the Brothers Grimm published their fairy tale collection which included "Hansel and Gretel" in the 19th century. Early German settlers brought this lebkuchenhaeusle (gingerbread house) tradition to the Americas.

Gingerbread houses never caught on in Britain as they did in North America, where some extraordinary examples can be found. But they do exist in other parts of Europe.

During the month of December we will be crafting, tasting, smelling and building with gingerbread!



Welcome, New Residents!

- Thomas H.
- Karl K.
- James M.
- Charlene H.



Fire Safety This Holiday Season

As we celebrate the joys of the holiday season, please try to keep in mind we must also think about safety. At Winterberry Heights, live Christmas



trees are not allowed due to the risk of fire. This also includes wreaths, swags or any other decorations made from real branches or leaves. Candles or open flames of any kind are not allowed. All decorations hung from resident doors must be made of flame retardant material and tested and tagged by our maintenance director. Please see management if you have any questions. Thank you for your cooperation.



Gingerbread Martini Mocktails

The perfect addition to any gingerbread week social, or pairing to a gingerbread tasting – the gingerbread martini mocktail! You can't go wrong with these flavors! Below are all the ingredients you will need, as well as instructions for mixing this festive mocktail! Enjoy!



Ingredients:

- 1 cup heavy cream
- 1 bottle dry sparkling ginger soda or diet sparkling ginger soda
- 1-2 tablespoons of brown sugar (depending on how sweet you like it)
- 4 tsp. molasses divided for rimming the glass
- 1/8 tsp. allspice
- 1/8 tsp. cinnamon
- ¼ cup gingersnaps crushed

Directions:

1. Put 2 tsp. molasses on a plate.
2. On another plate, place the crushed gluten-free gingersnap cookies.
3. Rim each glass with some molasses then dip them into the crushed gingersnaps.
4. In a shaker, combine heavy cream, dry sparkling soda, allspice, cinnamon, brown sugar and 2 tsp. molasses.
5. Scrape off any excess foam created from shaking.
6. Divide among two glasses (I used white wine tumblers).
7. Enjoy on their own or with fresh gluten-free gingerbread men cookies!

'Tis the Season to Be Hydrated

All year long it is important to stay hydrated!

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.

Merry Christmas!





Gingerbread Fast Facts

Gingerbread is loved all over the world and has become a holiday tradition for many. Below are 10 fun facts all about this sweet treat!

1. Gingerbread houses originated in Germany.
2. It is said that Queen Elizabeth I came up with the concept of the gingerbread man after wanting to present them to visiting officials as gifts.
3. Unmarried women in England would often eat gingerbread men for good luck in meeting a husband.
4. The largest gingerbread house in the world is 60 feet by 42 feet and is worth 35,823,400 calories.
5. To be considered gingerbread, the recipe must feature ginger as a dominant flavor and use either honey or molasses to add sweetness.
6. According to the Swedish tradition, you can put the gingerbread in your palm and make a wish. You then have to break the gingerbread with your other hand. If the gingerbread breaks into three, the wish will come true.
7. At the Ritz-Carlton Dove Mountain in Tucson, Arizona, there's a life-size gingerbread house that you can book for a private lunch or dinner during the holiday season.
8. During the holiday season, gingerbread spice is a popular purchase.
9. Over time, gingerbread baking became a highly regarded profession. In fact, in the 17th century, only professional gingerbread bakers were allowed to bake gingerbread. The only exceptions were at Christmas and Easter.
10. Although gingerbread houses had been around since the 1600s in Germany, they really became popular after the Brothers Grimm published their "Hansel and Gretel" fairy tale in 1812. Bakers in Germany, where the Grimm brothers were from, showed off their gingerbread houses at annual Christmas markets. Soon gingerbread houses became a Christmas tradition around the world.



What Makes You Smile!

Wearing a mask, and still wearing a smile! Here are a few residents who told me what makes them smile!



Don and Frances



Barbara



Jane



Roland



Deolinda



Benefits of Exercise

I know there are folks out there who feel it's too late to begin an exercise program. It's not! Any form of exercise is good for you, no matter how young or old you feel, and no matter your size.

Here are a few good reasons:

1. Improved circulation
2. Improved breathing
3. Improved appetite
4. Improved digestion and elimination
5. Improved mood
6. Increased energy
7. Improved sleep
8. Improved strength, balance, flexibility and endurance
9. Improved overall health
10. Reduced arthritis pain
11. Prevention or improved management of some diseases, such as diabetes and heart disease
12. Weight management promotion
13. Reduced potential for falls and related injury
14. Relief of boredom
15. Boosting of self-confidence
16. Inspiration to others

Our Strength and Balance class meets every morning at 10 a.m. in the Activity Room. Give it a try — come join us and see how good you can feel!



Activities and Social Distancing

Wearing a mask and social distancing are essential ways 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. Wear a mask:** When in common areas and participating in activities we ask that you wear a mask, covering your mouth and nose, unless you are unable due to a medical condition.
- 2. 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.
- 3. 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 Heart That Gives, Gathers

Residents created a wreath to donate to our local first responders at Station 6 as a small token to say thank you for all they do for our Community.



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Bangor, ME 04401



It's always Warm at

Winterberry Heights
Assisted Living & Memory Care

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

207-942-6002

DEC 2020

Birthdays

Geraldine Schmerder, 1st
Helen Finlayson, 5th
Jane Seekins, 5th
Donald Sanborn, 6th
Barbara Richards, 12th
Margaret Parker, 26th
Ruth Hurd, 29th

“Time together
as a family is
a gift.”
—Joanna Gaines

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00 News Hour/ Daily Chronicles 1 10:00 Strength and Balance 11:00 Make Homemade Dog Treats for the Humane Society 2:00 Mandala Art Coloring 3:00 Holiday Photos 6:45 Puzzles 	9:00 News Hour/ Daily Chronicles 2 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	<i>Christmas Sweater Day</i> 3 9:00 News Hour/ Daily Chronicles 10:00 Strength and Balance 11:00 Gingerbread Committee 2:00 Movie Matinee 6:45 Famous December Birthdays: Word Search	9:00 News Hour/ Daily Chronicles 4 10:00 Strength and Balance 11:00 Welcome Committee Meeting 2:00 Painting Ornaments 3:00 Cookie Day Social 6:45 Knitting with Friends	9:00 News Hour/Daily Chronicles 5 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Ring Toss 6:45 Relax and Chat with Friends 
9:00 Catholic Mass in the Chapel 6 10:00 Strength and Balance 11:00 Make Homemade Holiday Cards 2:00 Sudoku Puzzles 3:00 Heather’s Holiday Ice Cream Soda Shop 6:45 Word Scrambles 	9:00 News Hour/ Daily Chronicles 7 10:00 Strength and Balance 11:00 Crosswords 2:00 Heather’s General Store 3:00 Snowman Craft 6:45 Monday Night Movie	9:00 News Hour/ Daily Chronicles 8 10:00 Strength and Balance 11:00 T-Rexercice 2:00 Mandala Art Coloring 3:00 Manicures 6:45 Puzzles	9:00 News Hour/Daily Chronicles 9 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Gingerbread Martini Mocktails 6:45 The Nutcracker: Word Search	HANUKKAH BEGINS AT SUNSET 10 9:00 News Hour/Daily Chronicles 10:00 Strength and Balance 11:00 Gingerbread Committee 2:00 Make Cinnamon Gingerbread Man Ornaments 3:00 Armchair Travels 6:45 Word Search	9:00 News Hour/ Daily Chronicles 11 10:00 Strength and Balance 11:00 Gingerbread List Challenge 2:00 Swatterball 3:00 Christmas Carol Singalong 6:45 Knitting with Friends	9:00 News Hour/Daily Chronicles 12 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Holiday Word Scrambles 6:45 Relax and Chat with Friends 
9:00 Catholic Mass in the Chapel 13 10:00 Strength and Balance 11:00 Word Search 2:00 Hot Cocoa and Watch “The Polar Express” Movie 6:45 Old-Time TV Shows	9:00 News Hour/ Daily Chronicles 14 10:00 Strength and Balance 11:00 Holiday Word Search 2:00 Heather’s General Store 3:00 Singalong 6:45 Monday Night Movie	9:00 News Hour/ Daily Chronicles 15 10:00 Strength and Balance 11:00 Paint Nutcrackers 2:00 Mandala Art Coloring 3:00 Hand/Foot Soaks 6:45 Puzzles	9:00 News Hour/ Daily Chronicles 16 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Afternoon Social 6:45 December IQ Quiz	9:00 News Hour/ Daily Chronicles 17 10:00 Strength and Balance 11:00 Gingerbread Committee 2:00 Photo Reminisce 3:00 Drumming Exercise 6:45 Crosswords	9:00 News Hour/Daily Chronicles 18 10:00 Strength and Balance 11:00 Christmas A-Z 2:00 Painting 3:00 Dice Fitness 6:45 Knitting with Friends	9:00 News Hour/ Daily Chronicles 19 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Holiday Trivia 6:45 Relax and Chat with Friends
9:00 Catholic Mass in the Chapel 20 10:00 Strength and Balance 11:00 Puzzles 2:00 Holiday Mandala Art 3:00 Daniel O’Donnell Songs: Video 6:45 Word Mining	WINTER BEGINS 21 9:00 News Hour/Daily Chronicles 10:00 Strength and Balance 11:00 Cut and Bake Christmas Cookies 2:00 Heather’s General Store 3:00 Decorate Christmas Cookies 6:45 Monday Night Movie	9:00 News Hour/ Daily Chronicles 22 10:00 Strength and Balance 2:00 Mandala Art Coloring 3:00 Manicures 4:00 Christmas Lights: Bus Ride 6:45 Puzzles	9:00 News Hour/ Daily Chronicles 23 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Festivus Social 6:45 Holiday Word Scrambles	9:00 News Hour/ Daily Chronicles 24 10:00 Strength and Balance 11:00 Christmas Story Game 2:00 Christmas Carol Singalong 3:00 Christmas Cookie Social 6:45 Movie: “It’s a Wonderful Life”	CHRISTMAS DAY 25 9:00 Christmas Mass 9:30 Cocoa by the Fireplace 10:00 Gifts for Residents From Staff: By the Tree 12:30 Christmas Dinner 3:00 Movie: “White Christmas” 6:45 Knitting with Friends	9:00 News Hour/ Daily Chronicles 26 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:30 Pictionary 6:45 Relax and Chat with Friends 
9:00 Catholic Mass in the Chapel 27 10:00 Strength and Balance 11:00 Bible Word Search 2:00 Mad Lib Stories 3:00 Hymn Singalong 6:45 Old-Time TV Shows	9:00 News Hour/ Daily Chronicles 28 10:00 Strength and Balance 11:00 Wheel of Fortune 2:00 Heather’s General Store 3:00 Beach Ball Volleyball 6:45 Monday Night Movie	9:00 News Hour/ Daily Chronicles 29 10:00 Strength and Balance 11:00 “Hokey Pokey” with Teddy the Bear 2:00 Mandala Art Coloring 3:00 Brain Drain Game 6:45 Puzzles 	9:00 News Hour/ Daily Chronicles 30 10:00 Strength and Balance 11:00 Bingo: 1st Floor Residents 2:00 Bingo: 2nd Floor Residents 3:00 December Birthday Celebration 6:45 Sudoku Puzzles	NEW YEAR’S EVE 31 9:00 News Hour/Daily Chronicles 10:00 Strength and Balance 11:00 Chair Dancing Through the Decades 3:00 New Year’s Eve Social 6:45 Movie Night		

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Birthdays

Geraldine
Schmerder, 1st

“Time together
as a family is
a gift.”
—Joanna Gaines

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:00 Beach Ball Fitness 1 11:00 Mandala Art Coloring 2:00 Christmas Decorating 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie 	2 10:00 Drumming Exercise 11:00 Word Games 2:00 Painting 3:00 Snack Social 3:30 December Quiz 6:00 Movie	3 10:00 Weights and Stretches 11:00 Make Homemade Cards for Family 2:00 Hand and Nail Care 3:00 Snack Social 3:30 Pictionary 6:00 Movie	4 10:00 Chair Fitness 11:00 Morning Walks 2:00 Arts and Crafts 3:00 Snack Social 3:30 Beach Ball Volleyball 6:00 Movie	5 10:00 Fun with Fitness 11:00 Bingo! 2:00 Foot Soaks 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie
6 10:00 Move to the Music 11:00 Hymn Singalong 2:00 Painting Ornaments 3:00 Snack Social 3:30 Puzzles 6:00 Movie	7 10:00 Fun with Fitness 11:00 Favorite Holiday Traditions 2:00 Gingerbread Craft 3:00 Snack Social 3:30 Current Events 6:00 Movie	8 10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 2:00 History About Gingerbread 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie	9 10:00 Drumming Exercise 11:00 Word Games 2:00 Painting 3:00 Snack Social 3:30 Pictionary 6:00 Movie	HANUKKAH BEGINS AT SUNSET 10 10:00 Weights and Stretches 11:00 Gingerbread Fast Facts 2:00 Hand and Nail Care 3:00 Snack Social 3:30 Putt-Putt Golf 6:00 Movie	11 10:00 Chair Fitness 11:00 Morning Walks 2:00 Arts and Crafts 3:00 Snack Social 3:30 Name 10 6:00 Movie	12 10:00 Fun with Fitness 11:00 Bingo! 2:00 Gingerbread Fun 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie
13 10:00 Move to the Music 11:00 Hymn Singalong 2:00 Swatterball 3:00 Snack Social 3:30 Word Search Puzzles 6:00 Movie	14 10:00 Fun with Fitness 11:00 Holiday Song Match 2:00 Sing Christmas Carols 3:00 Snack Social 3:30 Current Events 6:00 Movie	15 10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 2:00 Dice Fitness 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie	16 10:00 Drumming Exercise 11:00 Word Games 2:00 Painting 3:00 Snack Social 3:30 Finish the Phrase 6:00 Movie	17 10:00 Weights and Stretches 11:00 Make Hot Cocoa 2:00 Hand and Nail Care 3:00 Snack Social 3:30 Holiday Word Search 6:00 Movie	18 10:00 Chair Fitness 11:00 Morning Walks 2:00 Arts and Crafts 3:00 Snack Social 3:30 Magazine Scavenger Hunt 6:00 Movie	19 10:00 Fun with Fitness 11:00 Bingo! 2:00 Have You Ever? 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie
20 10:00 Move to the Music 11:00 Hymn Singalong 2:00 Odd News Stories 3:00 Snack Social 3:30 Puzzles 6:00 Movie	WINTER BEGINS 21 10:00 Fun with Fitness 11:00 Winter Craft 2:00 Ring Toss 3:00 Snack Social 3:30 Current Events 6:00 Movie	22 10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 2:00 Holiday Mad Libs 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie	23 10:00 Drumming Exercise 11:00 Make and Decorate Cookies 2:00 Painting 3:00 Snack Social 3:30 Holiday Trivia 6:00 Movie	24 10:00 Weights and Stretches 11:00 Holiday Cooking 2:00 Hand and Nail Care 3:00 Snack Social 3:30 Sing Christmas Carols 6:00 Movie	CHRISTMAS DAY 25 10:00 Chair Fitness 11:00 Visit From Santa 12:00 Christmas Dinner 2:00 Arts and Crafts 3:00 Holiday Social 6:00 Movie	26 10:00 Fun with Fitness 11:00 Bingo! 2:00 Art by Picasso 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie
27 10:00 Move to the Music 11:00 Hymn Singalong 2:00 Big Pin Bowling 3:00 Snack Social 3:30 Word Search Puzzles 6:00 Movie	28 10:00 Fun with Fitness 11:00 Creative Drawing 2:00 The Name Game 3:00 Snack Social 3:30 Current Events 6:00 Movie	29 10:00 Beach Ball Fitness 11:00 Mandala Art Coloring 2:00 Beanbag Toss 3:00 Snack Social 3:30 Afternoon Walks 6:00 Movie	30 10:00 Drumming Exercise 11:00 Word Games 2:00 Painting 3:00 Snack Social 3:30 Matching and Sorting 6:00 Movie	NEW YEAR'S EVE 31 10:00 Weights and Stretches 11:00 Make Pinecone Bird Feeders 2:00 Hand and Nail Care 3:00 New Year's Eve Social 3:30 Short Stories 6:00 Movie		