

The Highlands

Gracious Retirement Living

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

FEBRUARY 2021

THE HIGHLANDS STAFF

Managers KY & STEPHANIE MCELHANEY
 Assistant Managers.....JOHN & JOANNA BYERLY
 Executive Chef NELLIE FARBER
 Community Sales.....JEANNE SHAPIRO
 Activity Coordinator.....BONNIE ABIMERHI
 Maintenance.....CODY GRAHAM
 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

HAWTHORN
 SENIOR LIVING

Are You Up to the Word Challenge?

Twice a week here at The Highlands, we have a game that challenges our brains and is also easy to do and a whole lot of fun. The added fun of this is that one time during the



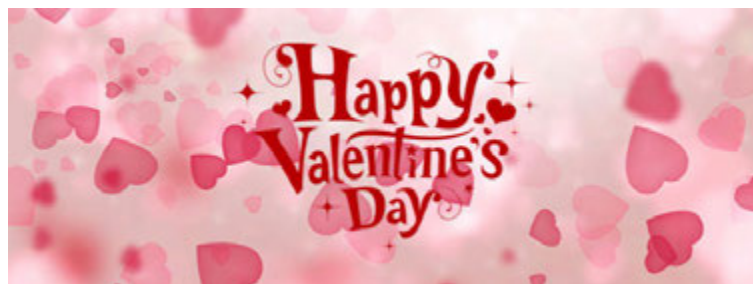
A good game of 162 words

week is an actual competition against our sister facility in Franklin, Magnolia Heights. We collectively choose a long word, preferably with a lot of vowels, and write it on our whiteboard. We then use all the letters of that word to make as many smaller words as we can. Sometimes the words just flow and I can hardly keep up writing them and other times we struggle to find more than 50 words. Our average is usually around 150; occasionally we get over 200. No matter the number of words, we always have a great time and even more so when we play against Magnolia Heights. Anyone can do this and we are always looking for fresh minds to join. We all know it is so important that we continue to challenge our brains every day. This is a guaranteed fun way to do so! If you want to exercise your brain while enjoying your neighbors, be sure to check out our Word Challenge game. Wednesday at 2 p.m. is the practice game and competition takes place every Thursday afternoon at 2 p.m. Hope to see you there!



How Chocolate Became a Valentine's Day Tradition

Conversation hearts, truffles galore and heart-shaped boxes of chocolates — these are the symbols of Valentine's Day for many around the world. But where did this tradition come from? While the roots of Valentine's Day go all the way back to Roman times, candy gift giving is a much more recent development. Valentine's Day is actually named for two different Roman saints, both called Valentine and both utterly unconnected to romantic love. Though legend persists that the original St. Valentine was a priest who performed illegal marriages for the Emperor Claudius' soldiers, there's no evidence to suggest this ever happened. The first mention of St. Valentine's Day as a romantic holiday appeared in the writings of Geoffrey Chaucer in 1382, and it is here that we see some of the familiar iconography begin to appear. Knights would give roses to their maidens and celebrate their beauty in songs from afar. But sugar was still a precious commodity in Europe, so there was no talk of exchanging candy gifts.



By the 1840s, the notion of Valentine's Day as a holiday to celebrate romantic love had taken over most of the English-speaking world. It was Cupid's golden age. Into this love-crazed fray came Richard Cadbury, scion of a British chocolate manufacturing family and responsible for sales at a crucial point in his company's history. Cadbury had recently improved its chocolate making technique so as to extract pure cocoa butter from whole beans, producing a more palatable drinking chocolate than most Britons had ever tasted. This process resulted in an excess amount of cocoa butter, which Cadbury used to produce many more varieties of what was then called "eating chocolate." Richard recognized a great marketing opportunity for the new chocolates and started selling them in beautifully decorated boxes that he himself designed. From that point, it was a quick jump to taking the familiar images of Cupids and roses and putting them on heart-shaped boxes. While Richard Cadbury didn't actually patent the heart-shaped box, it's widely believed that he was the first to produce one. Cadbury marketed the boxes as having a dual purpose: When the chocolates had all been eaten, the box itself was so pretty that it could be used again and again to store mementos, from locks of hair to love letters. The boxes grew increasingly elaborate until the outbreak of World War II, when sugar was rationed and Valentine's Day celebrations were scaled down. But Victorian-era Cadbury boxes still exist, and many are treasured family heirlooms or valuable items prized by collectors. Whether a priceless original Cadbury box or a pretty heart shaped box from a local department store, chocolates remain an iconic gift on Valentine's Day.

February: Special Days of the Month

February

1st: Freedom Day and Black History Month Begins — Today is the anniversary of President Lincoln's approval of the 13th Amendment abolishing slavery. Today is also the beginning of Black History Month.

2nd: Groundhog Day — Will the groundhog see its shadow?

3rd: Half Winter Day — Today marks the day when winter is halfway over!

4th: Rosa Parks' Birth Anniversary — Rosa Parks was born Rosa Louise McCauley in Tuskegee, Alabama, on this day in 1913. Parks was a seamstress who gained fame when she refused to give up her seat to a white man on a bus ride home from work in Montgomery, Alabama, in 1955. As a result, the police arrested Parks, and she was found guilty of disorderly conduct. This injustice prompted the civil rights movement and the boycott of the Montgomery bus system



A Grand New Year's Eve

We rang in 2021 in grand style here at The Highlands. We were most fortunate to have our Assistant Managers, John and Joanna, who happen to be great entertainers (and the favorite entertainers at The Highlands), put on a fabulous dinner show.

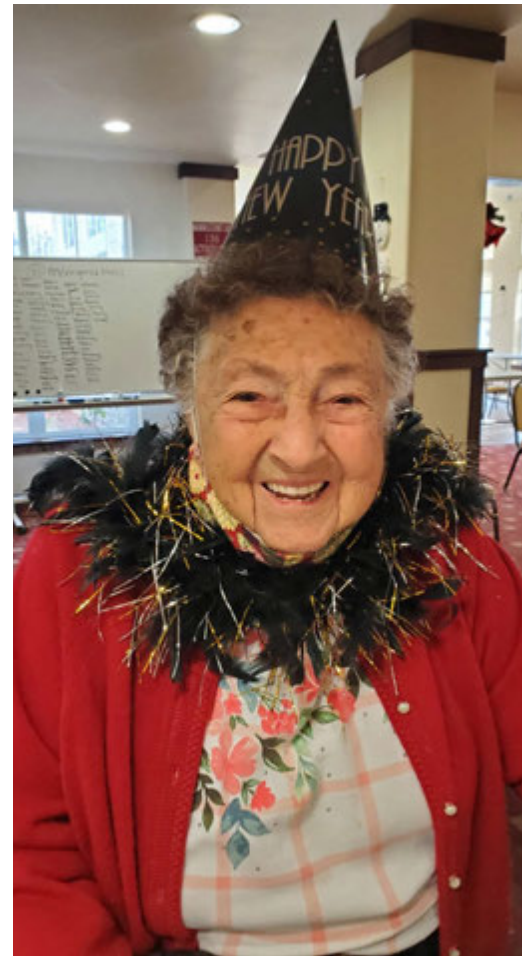
The Dining Room was resplendent in white table linens with gold runners reflecting in the candlelit glow. Joanna's voice filled the Dining Room with favorites such as "New York New York" and "It Had to Be You." Some of you decided to ring in the New Year with some dancing! The show was followed by a prayer and a toast, and then a most delectable meal



Madeline and Shirley



A lovely New Year's Dining Room



Helen decked out for New Year's

of tenderloin cooked to perfection, accompanied by delicate mushroom pastry stars resting upon a beautifully and festively tied fresh bunch of carrots and asparagus. Dessert was a luscious Brownie al a Mode nestled beside a plump, ripe, chocolate dipped strawberry. It was a perfect evening and beginning to a new year.

7th: Super Bowl Sunday — Super Bowl LV will be held today in Tampa, Florida.

9th: The "British Invasion" Officially Began — The Beatles first appeared on "The Ed Sullivan Show" on this day in 1964.

12th: The Ladies Are in Charge Day — On this day in 1870, the Utah Territory gave women the right to vote, long before women's suffrage was won nationally.

20th: Spring Is in the Air Day — Spring is only one month away. (March 20 is the first day.)

25th: Purim Begins at Sundown — Purim is one of the most joyous Jewish holidays.

26th: Grand Canyon Becomes a National Park Day — The Grand Canyon was established as a national park in 1919. The Colorado River and thousands of years of erosion formed this gigantic canyon in the northwest corner of Arizona.

27th: Full Snow Moon — February's full moon is known as the Snow Moon because the heaviest snowfall is usually at this time of year.

FEB 2021

Birthdays

Irma Ingram, 6th
Brett Louis, 8th
Mary Ann Whitton, 13th
Richard Peltier, 16th
Marge Vallier, 16th
Barbara Martin, 17th
Michelle Doherty, 19th
Sister Mary Joseph, 22nd
Lou Ballard, 23rd
John Guiou, 27th
Jean Meggisson, 29th

Locations

Activity Room, AR
Billiards Room, BR
Bistro, Bistro
Chapel, CH
Computer Center, CC
Dining Room, DR
Exercise Room, EX
Front Lobby, Lobby
Library, LBY
Movie Theater, MT
Private Dining Room, PDR
TV Room, TV

Home Care Solutions

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Susan The Hairdresser

Tuesday & Thursdays, 508-331-9571.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>7 9:30 Morning Worship with Pastor Tom Ballard, CH 10:00 Sunday Stretch with Carol, AR 2:00 Movie Matinee, MT 3:00 Bingo with Mac, AR 7:00 Movie Night, MT</div>	<div>8 9:30 Morning Stretch, AR 10:30 Mindfulness Meditation, MT 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT</div> 	<div>9 9:30 Morning Stretch, AR 10:30 Mindfulness Meditation, MT 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Tea & Talk, Bistro 7:00 Movie Night, MT</div>	<div>10 9:30 Morning Stretch, AR 10:30 Mindfulness Meditation, MT 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT</div>	<div>11 9:30 Morning Stretch, AR 10:30 Mindfulness Meditation, MT 10:45 Discussing Current Events, AR 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 2:00 Brain Stretchers!, AR 3:00 Freestyle Art 4:00 Social Hour, AR 7:00 Movie Night, MT</div>	<div>12 9:30 Morning Stretch, AR 10:30 Chair Volleyball, AR 10:30 Mindfulness Meditation, MT 10:45 Board Game of the Day, 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</div>	<div>13 10:00 Saturday Stretch with Carol, AR 2:00 Movie Matinee, MT 7:00 Concert Night at the Highlands, MT</div> 
<div>14 9:30 Morning Worship with Pastor Tom Ballard, CH 10:00 Sunday Stretch with Carol, AR 2:00 Movie Matinee, MT 3:00 Bingo with Mac, AR 7:00 Movie Night, MT</div>	<div>15 9:30 Morning Stretch, AR 10:30 Mindfulness Meditation, MT 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</div>	<div>16 9:30 Morning Stretch, AR 10:30 Mindfulness Meditation, MT 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Tea & Talk, Bistro 7:00 Movie Night, MT</div> 	<div>17 ASH WEDNESDAY 9:30 Morning Stretch, AR 10:30 Mindfulness Meditation, MT 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT</div> 	<div>18 9:30 Morning Stretch, AR 10:30 Mindfulness Meditation, MT 10:45 Discussing Current Events, AR 11:00 Hawaiian Shaved Ice with Chef Nellie, AR 11:30 Chicken Fat Exercise, AR 2:00 Brain Stretchers!, AR 2:00 Movie Matinee, MT 3:00 Freestyle Art 4:00 Social Hour, AR 7:00 Movie Night, MT</div>	<div>19 9:30 Morning Stretch, AR 10:30 Chair Volleyball, AR 10:30 Mindfulness Meditation, MT 10:45 Board Game of the Day, 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</div> 	<div>20 10:00 Saturday Stretch with Carol, AR 2:00 Movie Matinee, MT 7:00 Concert Night at the Highlands, MT</div>
<div>21 9:30 Morning Worship with Pastor Tom Ballard, CH 10:00 Sunday Stretch with Carol, AR 2:00 Movie Matinee, MT 3:00 Bingo with Mac, AR 7:00 Movie Night, MT</div>	<div>22 9:30 Morning Stretch, AR 10:30 Mindfulness Meditation, MT 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT</div> 	<div>23 9:30 Morning Stretch, AR 10:30 Mindfulness Meditation, MT 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Tea & Talk, Bistro 7:00 Movie Night, MT</div> 	<div>24 9:30 Morning Stretch, AR 10:30 Mindfulness Meditation, MT 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 3:00 Bingo, AR 7:00 Movie Night, MT</div>	<div>25 9:30 Morning Stretch, AR 10:30 Mindfulness Meditation, MT 10:45 Discussing Current Events, AR 11:30 Chicken Fat Exercise, AR 2:00 Movie Matinee, MT 2:00 Brain Stretchers!, AR 3:00 Freestyle Art 4:00 Social Hour, AR 7:00 Movie Night, MT</div>	<div>26 9:30 Morning Stretch, AR 10:30 Chair Volleyball, AR 10:30 Mindfulness Meditation, MT 10:45 Board Game of the Day, 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</div>	<div>27 10:00 Saturday Stretch with Carol, AR 2:00 Movie Matinee, MT 7:00 Concert Night at the Highlands, MT</div> 
<div>28 9:30 Morning Worship with Pastor Tom Ballard, CH 10:00 Sunday Stretch with Carol, AR 2:00 Movie Matinee, MT 3:00 Bingo with Mac, AR 7:00 Movie Night, MT</div> 						



Meet Jeanne, Highland's Community Sales Manager

Many of you see Jeanne around the community. She is always quick with a smile and a helping hand. I felt perhaps you would like to know a bit more about Jeanne and what her position here at The Highlands entails. Jeanne grew up in Connecticut and later attended Bentley University, where she met her husband. They have a son who lives in South Boston. Jeanne's prior experience before coming here was 12 years in Sales/Operations and HR Management for Jordan Marsh and Lechmere. We all remember those names? Those years were followed by a stint in producing short films and then several years in advertising sales at a global science magazine. Jeanne's inspiration in taking on the position here as Community Sales Manager stems from assisting her in-laws' transition into senior living a few years back. She felt that experience could translate into helping other seniors do the same. Jeanne's role is to help the team with marketing The Highlands to prospective residents who are looking for a beautiful residence and a secure, comfortable lifestyle. In addition to tours, calls, and emails, she also works at increasing our Facebook social media presence. You can check out our Facebook page to see the latest photos of residents in action. Sharing posts with family and friends can help them see the many facets of your life here at The Highlands!



*Jeanne Shapiro, Community
Sales Manager*

Also, if you have friends or family who might be interested in living The Highlands lifestyle, you, as well as Highland's employees, can earn \$1,000. If you or an employee refer a prospective resident to a Community Manager and they move in, you earn \$1,000 Referral Bonus in cash or applied to your account.

These are the details:

- The Referred Resident must take financial possession of the apartment and be paying full rent for 30 days before requesting the \$1,000 payment.
- The Referred Resident must be a new lead and not in our current Sherpa database or referred by others.
- You must provide full contact details to us — phone, email, address and either myself or a Manager will get in touch with them.
- Respite or Short Stays are not eligible for the bonus unless they have been converted to permanent agreements at full rate.
- Only one bonus can be paid per Referred Resident or Residents if they are a couple.
- There is no limit on the number of people that you can refer to us.
- If you know someone who may enjoy living at The Highlands, please see Jeanne for complete referral program details and descriptions.
- This is a great way to bring friends and family into the community and receive a nice bonus for doing so!

Be sure to stop in and say hello to Jeanne, as well as to ask her any questions you may have.



February, a Month for Honoring and Celebrating Black History

You may ask yourself out of curiosity: Why is Black History Month in February? In fact, from whom or where did Black History Month originate? To answer this, one must engage in a brief lesson in history.

It all began with historian Carter G. Woodson, who began what he called Negro History Week in February of 1926. He was a driven and passionate person who believed that all children should be educated about African American history. Woodson's entire purpose was to educate and highlight African American culture, and also to fight for equality through the positive celebration of black heroes.

The reason why he chose February was because the second week of February was birthday to both President Abraham Lincoln, and abolitionist Frederick Douglass. Along with Woodson's work to create a week to celebrate black history, the 1920s brought with it a heightened interest in black culture. In combination with movements throughout the United States, the idea of taking a period of time to celebrate black history began to catch on in many communities.

Afterwards, some communities adopted the entire month of February as an unofficial Black History Month, but it wasn't until 1976 when President Gerald Ford recognized it and encouraged Americans to participate in a month-long observance. Today, it still takes place in February, and serves as an important conversation point in schools and in our everyday lives. It is a great month to set aside some time to examine the many contributions made by many prominent figures in black history. Some examples include Dr. Daniel Hale Williams, who invented the open-heart surgery in 1893, or Jean-Michel Basquiat, a brilliant artist who invented graffiti. Black History Month is an excellent time to read about and honor the many contributions that African Americans have made to our country's history and for our society.

Highland's Happy Housekeeper, Isabel

Many of my mornings at The Highlands start with a very cheerful "Good Morning" from a very cheerful Housekeeper named Isabel. Isabel has been part of the Highlands family for some time now and is such a joy within the community. I recently asked Isabel to share a little bit about herself so that you could know more about her hobbies and interests, and what it is that she loves best about her job. She shared that she enjoys concerts and photography, and especially loves a day trip to a Cape Cod beach. She went on to say that she loves the many sweet and kind residents, and feels blessed by your love and friendship. Isabel always has a smile and friendly conversation to share. She is often seen going above and beyond to be sure that all of you are both pleased and satisfied, whether it be in her tidying your room or cheerfully serving your meals in the Dining Room. Isabel is yet another outstanding member of the Highland's extended family. Her courteous, happy demeanor is always a breath of fresh air. Thank you Isabel, for all you do and more so for all that you are.



Isabel and her ready smile



129 E. Main Street
Westborough, MA 01581



It's always Warm at
The Highlands
Gracious Retirement Living

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.

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