

# Magnolia Heights

## Gracious Retirement Living

485 East Central Street • Franklin, MA 02038 • Phone (508) 520-3471 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

APRIL 2021

### MAGNOLIA HEIGHTS STAFF

Managers..... ROBERT & SAMANTHA ONOFRIO  
Assistant Managers ..... CHARLES &  
LORETTA "SIS" GOULDING  
Executive Chef ..... JASON CARFAGNA  
Community Sales ..... CAROLYN PEREIRA  
Activity Coordinator ..... MAUREEN BECKERMAN  
Transportation ..... PETER CHENEVERT

### TRANSPORTATION

**Monday, 10 a.m.-Noon and 2-4 p.m.:**

Local Shopping and Errands

**Tuesday, 9 a.m.-Noon and 2-4 p.m.:**

Doctor Appointments

**Wednesday, 10 a.m.-4 p.m.:** Special Outing

**Thursday, 9 a.m.-Noon and 2-4 p.m.:**

Doctor Appointments

**Friday, 9:45 a.m.:** Local Errands and Shopping

**HAWTHORN**  
SENIOR LIVING

## Meet Sendy Morales, the Owner of First Choice Home Care

"I have been providing professional care to clients for over 12 years. I understand that living well means the freedom to have quality care and a lifestyle without worry. My mission is to provide not only clients, but their family members and to the healthcare professional, services with high integrity and quality."

Why First Choice Home Care?

We are a leading personal care provider assistance in Eastern Massachusetts. We provide skilled private duty and companion care services.

Our mission is to help you or your loved ones live safely and comfortably in your apartments.

First Choice offers essential personal care services to aging, recovering, disabled, or chronically/terminally ill individuals wishing to stay in the comfort of their own home, while needing medical attention and/or assistance with their daily activities.

I'm sure that many of you have already met Sendy or have seen her around the community. She now has an office on the first floor. Be sure to stop by and say "hello"! She is available to answer any questions you might have.





One of the principal holidays or feasts of Christianity, Easter marks the Resurrection of Jesus three days after his death by crucifixion. For many Christian churches, Easter is the joyful end to the Lenten season of fasting and penitence. The earliest recorded observance of Easter comes from the 2nd century, though it is likely that even the earliest Christians commemorated the Resurrection, which is an integral tenet of the faith.

Easter is a joyous holiday seen as the fulfillment of the prophecies of the Old Testament and the revelation of God's salvific plan for all of humankind. In commemorating the Resurrection of Jesus, Easter celebrates the defeat of death

and the hope of salvation. Christian tradition holds that the sins of humanity were paid for by the death of Jesus and that his Resurrection represents the anticipation believers can have in their own resurrection.

In 325 the Council of Nicaea decreed that Easter should be observed on the first Sunday following the first full moon after the spring equinox (March 21st). Easter, therefore, can fall on any Sunday between March 22nd and April 25th. Eastern Orthodox churches use a slightly different calculation based on the Julian calendar. As a result, the Orthodox Easter celebration usually occurs later than that of Roman Catholics and Protestants.

### Interesting Easter Facts

Easter is the most popular church day of the year.

After Halloween, Easter is the biggest candy-consuming holiday of the year.

In the USA, 12 of the 50 US states recognize Good Friday as a holiday.

There were over 500,000 eggs hidden in the world's largest Easter egg hunt that took place in Winter Haven, Florida in 2007.

The idea of the Easter bunny giving candies and eggs is said to have originated in Germany during the middle ages.

There are 35 possible dates for Easter — the cycle repeats itself once every 5.7 million years.



We have been displaying resident Joan DiPalma's beautiful paintings outside the Activity Room for the past few weeks. She has an extensive collection of work. We look forward to seeing more. If you would like to share any of your paintings, drawings,

sketches, or creations, please let us know. We have a lot of talented people in our community!







## St. Patrick's Day Fun



Passover is one of the most widely celebrated Jewish holidays. It commemorates the Biblical story of Exodus, when Hebrew slaves were released by God from bondage in Egypt. Called Pesach

(pay-sak) in Hebrew, Passover is a celebration of freedom observed by Jews everywhere.

The seder, a festive holiday meal, actually means “order.” It is called this because the meal is done in a certain order which takes us from slavery to freedom. The Haggadah — which means “the telling” — is the book used at the Passover seder. The Haggadah explains the foods on the seder plate, recounts the highlights of the Exodus, and includes songs, prayers, questions, and vignettes. Seders are meant to be low-key and fun. Questions are welcome and a lighthearted spirit is in order. After all, we are celebrating that we’re not slaves anymore! At the seder, we can rejoice, take our time, and ponder the questions of freedom and service to God. Many people recline at the seder to celebrate being free.

The Passover dietary rules restrict the use of grains that can ferment and become leavened. During Passover, people can only eat unleavened grains. When the Jews escaped Egypt (led by Moses), they didn’t have time to let their breads rise before going into the desert. Because of this, any type of leavened bread or bread product is prohibited during Passover. These leavened products include certain grain-based foods like breads, pasta, pastries, breadcrumbs, crackers, etc. Unleavened bread, aka “matzo,” traditionally takes the place of bread during Passover.



Rummikub is the popular family game of strategy and luck. Players try to be the first to play all of the tiles in their rack by placing them in runs and groups, rummy style. If you are interested in playing Rummikub, or learning how to play the game, please sign up in the Activity Room.



APRIL 2021

Birthdays

Gina Colasacco, 1st  
Claire Forbes, 8th  
Maureen Bernard, 25th  
Ozzie Denecke, 27th  
Lorraine Robin, 28th

Locations

Activity Room, AR  
Atrium, AT  
Billiards Room, BR  
Bistro Kitchen, Bistro  
Bocce Court, BC  
Chapel, Chpl  
Computer Room, CR  
Dining Room, DR  
Exercise Room, EX  
Fireplace, FP  
Library, Lib  
Lobby, LBY  
Movie Theatre, MT  
Private Dining Room, PDR  
Shuffleboard Court, SC  
TV Room, TV

“Try to leave the Earth a better place than when you arrived.”

—Sidney Sheldon

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>EASTER4</div> <div>10:00 Indoor Walking, LBY 11:00 Senior Coloring, AR 2:00 Movie, MT 3:00 Bingo, AR</div>	<div>5</div> <div>10:30 Exercise Class, AR 11:00 Brain Game, AR 2:00 Movie, MT 2:00 Yahtzee, AR 2:00 Bridge Club, TV 7:00 Bingo, AR</div>	 <div>6</div> <div>10:30 Exercise Class, AR 11:00 Pictionary, AR 2:00 Movie, MT 2:00 Show &amp; Tell, AR 2:45 Name That Tune: The ‘70s, AR</div>	<div>7</div> <div>8:45 St. Mary’s Mass 10:30 Exercise Class, AR 2:00 Movie, MT 3:00 Knit &amp; Chat, AR 3:00 Brain Game, AR 3:00 Beach Ball Volleyball, AR 6:45 Featured Movie 7:00 Bingo, AR</div>	<div>1</div> <div>10:30 Exercise Class, AR 11:00 Magnolia Store Open, AR 2:00 Movie, MT 2:00 Word Challenge Competition, AR 3:00 Name That Tune: Oldies</div> 	<div>2</div> <div>GOOD FRIDAY 10:30 Ageless Grace, AR 11:00 Blood Pressure Clinic, AR 2:00 Movie, MT 3:00 Knit &amp; Chat, AR 3:00 Spelling Bee, AR 6:45 Featured Movie 7:00 Bingo, AR</div>	<div>3</div> <div>10:00 Indoor Walking, LBY 11:00 Wii Bowling, AR 2:00 Movie, MT 2:00 Board Games, AR 2:00 Beach Ball Volleyball, AR 6:45 Let’s Reminisce, AR</div>
<div>11</div> <div>10:00 Indoor Walking, LBY 11:00 Senior Coloring, AR 2:00 Movie, MT 3:00 Bingo, AR</div>	<div>12</div> <div>10:30 Exercise Class, AR 11:00 Brain Game, AR 2:00 Movie, MT 2:00 Yahtzee, AR 2:00 Bridge Club, TV 7:00 Bingo, AR</div>	<div>13</div> <div>10:30 Exercise Class, AR 11:00 Trivia 11:00 Pictionary, AR 2:00 Movie, MT 2:00 Show &amp; Tell, AR 2:45 Name That Tune: The ‘70s, AR</div>	<div>14</div> <div>8:45 St. Mary’s Mass 10:30 Exercise Class, AR 11:00 Let’s Bake!, AR 2:00 Movie, MT 3:00 Knit &amp; Chat, AR 3:00 Brain Game, AR 3:00 Beach Ball Volleyball, AR 6:45 Featured Movie 7:00 Bingo, AR</div>	<div>15</div> <div>10:30 Exercise Class, AR 11:00 Magnolia Store Open, AR 2:00 Movie, MT 2:00 Word Challenge Competition, AR 3:00 Name That Tune: Oldies</div> 	<div>16</div> <div>10:30 Ageless Grace, AR 11:00 Blood Pressure Clinic, AR 2:00 Movie, MT 3:00 Knit &amp; Chat, AR 3:00 Spelling Bee, AR 6:45 Featured Movie 7:00 Bingo, AR</div>	<div>17</div> <div>10:00 Indoor Walking, LBY 11:00 Wii Bowling, AR 2:00 Movie, MT 2:00 Board Games, AR 2:00 Beach Ball Volleyball, AR 6:45 Let’s Reminisce, AR</div>
<div>18</div> <div>10:00 Indoor Walking, LBY 11:00 Senior Coloring, AR 2:00 Movie, MT 3:00 Bingo, AR</div>	<div>19</div> <div>10:30 Exercise Class, AR 11:00 Brain Game, AR 2:00 Movie, MT 2:00 Yahtzee, AR 2:00 Bridge Club, TV 7:00 Bingo, AR</div>	<div>20</div> <div>10:30 Exercise Class, AR 11:00 Pictionary, AR 2:00 Movie, MT 2:00 Show &amp; Tell, AR 2:45 Name That Tune: The ‘70s, AR</div>	<div>21</div> <div>8:45 St. Mary’s Mass 10:30 Exercise Class, AR 2:00 Movie, MT 3:00 Knit &amp; Chat, AR 3:00 Brain Game, AR 3:00 Beach Ball Volleyball, AR 6:45 Featured Movie 7:00 Bingo, AR</div>	<div>22</div> <div>EARTH DAY 10:30 Exercise Class, AR 11:00 Magnolia Store Open, AR 2:00 Movie, MT 2:00 Word Challenge Competition, AR 3:00 Name That Tune: Oldies</div>	<div>23</div> <div>10:30 Ageless Grace, AR 11:00 Blood Pressure Clinic, AR 2:00 Movie, MT 3:00 Knit &amp; Chat, AR 3:00 Spelling Bee, AR 6:45 Featured Movie 7:00 Bingo, AR</div>	<div>24</div> <div>10:00 Indoor Walking, LBY 11:00 Wii Bowling, AR 2:00 Movie, MT 2:00 Board Games, AR 2:00 Beach Ball Volleyball, AR 6:45 Let’s Reminisce, AR</div>
<div>25</div> <div>10:00 Indoor Walking, LBY 11:00 Senior Coloring, AR 2:00 Movie, MT 3:00 Bingo, AR</div> 	<div>26</div> <div>10:30 Exercise Class, AR 11:00 Brain Game, AR 2:00 Movie, MT 2:00 Yahtzee, AR 2:00 Bridge Club, TV 7:00 Bingo, AR</div>	<div>27</div> <div>10:30 Exercise Class, AR 11:00 Trivia 11:00 Pictionary, AR 2:00 Movie, MT 2:00 Show &amp; Tell, AR 2:45 Name That Tune: The ‘70s, AR</div> 	<div>28</div> <div>8:45 St. Mary’s Mass 10:30 Exercise Class, AR 11:00 Let’s Bake!, AR 2:00 Movie, MT 3:00 Knit &amp; Chat, AR 3:00 Brain Game, AR 3:00 Beach Ball Volleyball, AR 6:45 Featured Movie 7:00 Bingo, AR</div> 	<div>29</div> <div>10:30 Exercise Class, AR 11:00 Magnolia Store Open, AR 2:00 Movie, MT 2:00 Word Challenge Competition, AR 3:00 Name That Tune: Oldies</div>	<div>30</div> <div>10:30 Ageless Grace, AR 11:00 Blood Pressure Clinic, AR 2:00 Movie, MT 3:00 Knit &amp; Chat, AR 3:00 Spelling Bee, AR 6:45 Featured Movie 7:00 Bingo, AR</div>	



## “Five Lessons That Will Stay With Me After the Quarantine” by Kim Perell, CEO of Perell Ventures

I can't tell you how many times I've heard people express their excitement about things returning “back to normal.”

But I'll be honest with you — that's the last thing I want.

I want our lives to be even better than they were before. I want all of us to collectively move forward, not backward. I want us to take all the lessons we learned when life slowed to a grinding halt, and use them with intention to make our future that much brighter.

I want us to continue to make time for the things that matter instead of getting right back to the things that never really did.

As life slowly starts returning to “normal,” I invite you to reflect on the things you've learned in the past few months and commit to change one thing going forward. There are so many lessons but by picking one thing to do differently, your odds of success increase dramatically.

Here are a few of the major lessons I've learned — and how we can do things differently from now on.

### **1. The little things make a big difference**

When life slows down, you tend to notice more. Though we usually miss it, we're surrounded by so much beauty all the time. My mom opened my eyes to so much of it.

When the pandemic started, my mother moved into our house for a few months and brought her positive spirit with her. Every single morning, she'd go out on a walk and take

photos of the beautiful things she saw. Then, without fail, she'd come home and show them to me and my family. Textured bark on trees, snails on the ground, a rainbow, or colorful wildflowers. Her enthusiasm was contagious. She taught me that in the midst of change, we can either find beauty in what life is or complain about what it isn't. Since then, I've appreciated the little things so much more — from my kids' infectious laughter to a gorgeous sunset to a bowl of mint chocolate chip ice cream.

Try to keep creating moments of stillness, where you can notice your surroundings and appreciate them.

### **2. Kindness first**

COVID-19 may have rocked our world — but it's something nearly all of humanity is going through together. I've been so impressed and moved by the simple acts of kindness I've seen from friends, family, and even strangers on the Internet. When you focus on the good, the good gets better. When you look outside yourself and serve someone else, your problems seem to matter a lot less.

Of course, kindness goes beyond just giving someone a compliment or writing a thank-you note. Sometimes, kindness means fighting for change and speaking up against injustice.

Make it a point to always be kind. You never know what someone else is going through — especially during these trying times. Be generous

on every occasion. I promise you'll never regret it.

### **3. You decide how you spend your time (and who you spend it with)**

How many times have you said to yourself, “I'm too busy to do this,” or “I wish I had the time to do that”? Here's the thing: We all have the same 24 hours in a day, but what you do with it is up to you.

During the pandemic, many of us found ourselves with more time. Time to daydream, create, reflect, and plan. But as life starts to pick up speed again, you don't have to surrender all of that time. Be intentional with the way you plan your day. Think carefully about the things you'll start doing and the things you'll stop doing.

Along with that, be careful about who you let back into your circle. Continue to keep your distance from people and relationships that aren't healthy for you.

You have the ability and power to make decisions in every area of your life. You are responsible for your happiness, your friendships, and your job. If you don't like them and want to change them — you can.

### **4. Change is inevitable — embrace it**

Don't resist change. Adapt along with it. The future may seem especially uncertain these days, but honestly, it always has been. When I graduated from college, I went to work for a company I thought was “stable.” A few years later, it went bankrupt. The only certainty is





uncertainty. Plan for the future as best as you know how, but be flexible when things don't turn out the way you'd expected. Look at change as an opportunity, not an obstacle.

This is especially relevant if you have a business that's had to pivot during COVID-19. If the things you used to do aren't working, this is a good time to pivot your business. Use this time to try new things and experiment. Not everything you try out will work. And that's okay. It may take multiple attempts to figure out what works for you. There has never been a better time to try something new. Resisting change halts progress — embracing change stimulates growth.

### **5. The most important things in life aren't things**

I know so many parents who have spent more time with their kids and family than ever before due to the pandemic. I've been traveling extensively for the last 20 years, and I like to look at these last 3 months in quarantine as a gift.

Life isn't about work or money or even success. In the end, relationships are truly what matters most. As life starts to get busier, make sure you're devoting time to what's most important. Give your family, friends, and loved ones the gift of your time. Love your family (and yourself) enough to say no to things that aren't a priority. Be intentional about your relationships and invest the time to nurture them.

As our lives start to pick up again, I hope we can all be intentional about the way we spend our time and the things we choose to focus on.

Instead of going back to normal, let's move forward together.

What lessons has this unprecedented time taught you? How are you planning on changing your perspective or your habits as life starts picking back up again?



We have many of volunteers in our community. Each month, we will highlight at least one of them in our newsletter. Please let Maureen know if you wish to be featured.

This month's volunteer is Marion Evans. She has been knitting hats for premature babies on her loom for years. How wonderful it must feel to give back and to do something so meaningful. Thank you, Marion!



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## **SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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