

The Arbors at Winthrop

April/ 2018

## Flash Lights

Please make sure you have a flashlight in proper working order with batteries that are functioning.



## Happy Birthday,

### April Babies!

4/9 Pat C.

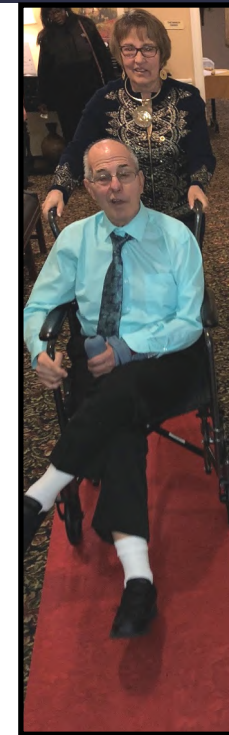
## Welcome New Residents!

Ed H.

## Diabetes Awareness Month

### 8 Facts About Diabetes:

1. There is an emerging global epidemic of diabetes that can be traced back to rapid increases in overweight, obesity and physical inactivity.
2. Total deaths from diabetes are projected to rise by more than 50% in the next 10 years. Most notably, they are projected to increase by over 80% in upper-middle income countries.
3. Type 1 diabetes is characterized by a lack of insulin production and type 2 diabetes results from the body's ineffective use of insulin.
4. Type 2 diabetes is much more common than type 1 diabetes, and accounts for around 90% of all diabetes worldwide.
5. Reports of type 2 diabetes in children - previously rare - have increased worldwide. In some countries, it accounts for almost half of newly diagnosed cases in children and adolescents.
6. A third type of diabetes is gestational diabetes. This type is characterized by hyperglycemia, or raised blood sugar, which is first recognized during pregnancy.
7. In 2005, 1.1 million people died from diabetes. The full impact is much larger, because although people may live for years with diabetes, their cause of death is often recorded as heart diseases or kidney failure.
8. Lack of awareness about diabetes, combined with insufficient access to health services, can lead to complications such as blind-



### The Luck of the Irish

In celebration of St. Patrick's day we watched a travel documentary on Ireland. Then we had an Irish Pub with: "Irish Paddy Cakes" (Our cooking club made them.), pretzels, Guinness beer and Irish Cream Coffee. One of our staff even danced



### Academy Awards Night

Our residents were treated to a very special afternoon and evening. It started with music by a favorite entertainer, Joe Barilone. Then each resident had an opportunity for his/her own walk down the red carpet into Happy Hour. Our evening concluded with fine dining which included: lobster ravioli with seafood sauce, rack of lamb, asparagus, and chocolate mousse. A great time



### Did You Know...

We have a Magazine Exchange Program.

Drop off magazines you are finished with and pick up one you haven't read yet.

The Magazine Exchange Program is located in the Activity Room.



Michelle's Fashions

Clothing Sale

Monday, April 16th

## The Arbors at Winthrop



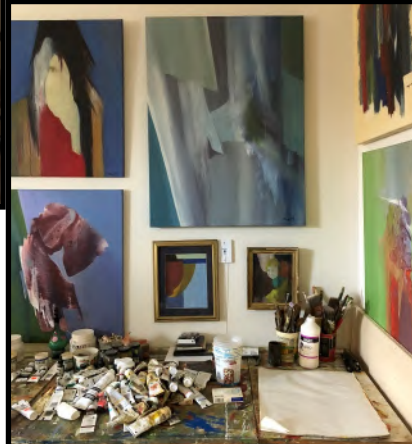
### Shamrock Pins

Our crafters were busy making shamrock pins. It took some patience and skill with tacky glue and ribbons. But, our efforts were well worth it. Because now we have fabulous pins to add to our green outfits for St. Pat-



### Open Studio

Mary D. is an artist and resident in our community. One wintry afternoon she held an open studio in her apartment. Our residents loved seeing her amazing artwork. It was also interesting to listen to her describe her painting process. We were so impressed with her art! She even served wine and cheese. It was a wonderful way to spend an afternoon. One resident said it was his most favorite event that we have had in



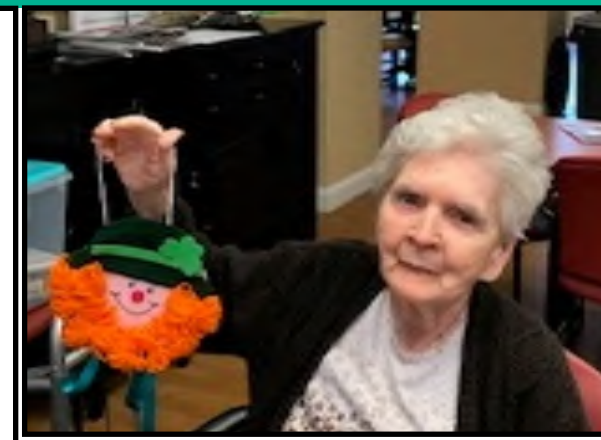
### Irish Paddy Cakes

Our cooking club made Irish potato cakes in preparation for our Irish Pub. After mixing mashed potatoes with eggs and spices, we fried the cakes in hot oil on the stove-top.



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# Reflections Community



### Everything to do with St. Patrick's Day

For the month of March our Reflections residents were getting ready for St. Patrick's Day. They made Pistachio cake and they all took turns adding ingredients. Then Shelia mixed it up with the blender after it cooled. Later they ate it on Reflections with coffee. Another day they made Leprechaun Door Décor. They used flesh color plates for the face, orange yarn for the beard and green felt for their hats. They all couldn't wait to display them on their doors for everyone to see. Then keeping with the spirit of St. Patrick's day they made "Lucky Shamrock Kisses." They used green scrapbook paper and Hershey kisses in the center of the cloves.

