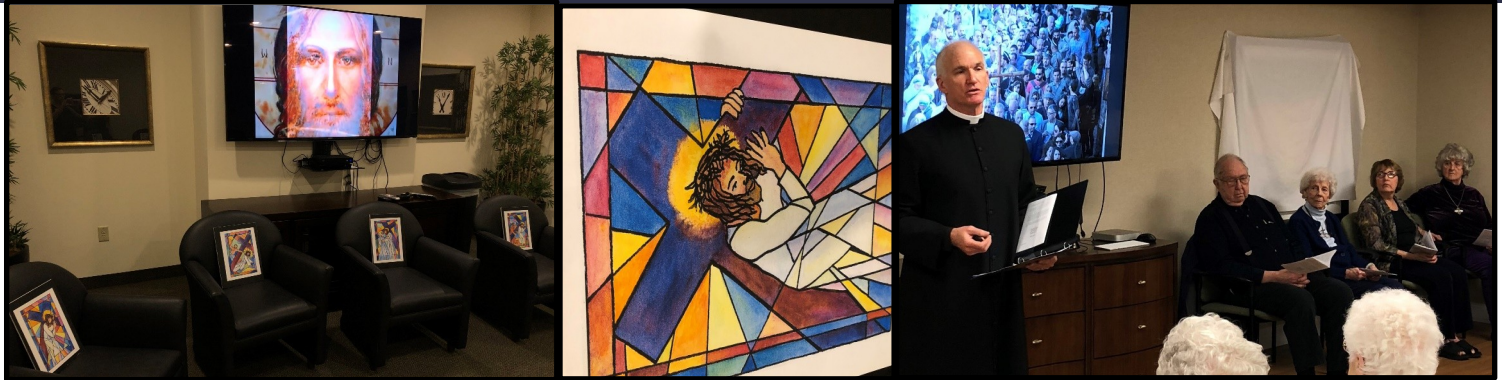


DOOR DOOR

The Arbors at Winthrop

May /



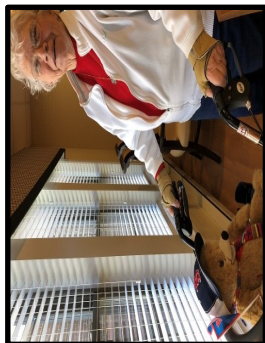
“Stations of the Cross”

Our residents recognized Good Friday in a couple different ways. In the morning residents meditated in a room that was set-up with the "Stations of the Cross." There were pictures of each station as well as a video that talked about each station. In the afternoon an Anglican priest, Father Kelly Madden, who is also our Activity Director's husband led a service. Several of the residents helped out during the service as readers.



Join
Da

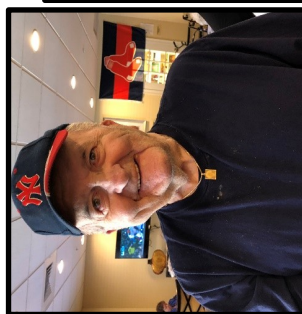
Mother
May



Red Sox Opening Day Party

We love the Red Sox at The Arbors at Winthrop.

Each year we have a special party on the day of the first game at Fenway Park. Staff and residents dressed in Red Sox gear. We watched the game and munched on popcorn, peanuts and pretzels while we rooted for our home team. We do have one Yankees fan, who we let in even though he rooted for the wrong team. We hope it's the beginning of a great season for the Red Sox!



DOOR DOOR

The Arbors at Winthrop



Can't Egg-nore Our Door Décor

Our crafters were preparing their Spring decorations. They made their own chicks inside an egg. After assembling a chick and adding a feather, they put together the egg and then added washi tape to make it festive! They will hang it on their apartment doors.



Men's Club

Our Men's Club gathers a couple of times a month. This time our men played pool, chatted and enjoyed munching on homemade chips and salsa. They also each thoroughly enjoyed drinking beer and connecting.

We've Got Great Moves

Dance Instructor, Hillary MacDonald joined us before a Happy Hour. She taught us some fun dance moves to some of our favorite old tunes. We had a great time moving and singing along. Even our staff joined in on the fun. They couldn't help themselves and danced too! We also really enjoyed the trivia that Hillary challenged us that was based on the songs, singers and great dancers of the past. We can't wait for her to come back!



The Arbors at Winthrop

Reflections Community



Spring Has Sprung

Our crafters have been super busy this month!! We started out the month with Door Décor Tulips and then we moved on to make Rain Drops, which we did on a very stormy and rainy day! Then, to keep up with our "rain theme," we arranged Rainforest Centerpieces which the group loved making. We finished out the month of April with our Spring Stick Bugs. Some residents made Ladybugs while others made Bees. Our community really looks like Spring has sprung!



DOOR DOOR

Flash Lights

Please make sure you have a flashlight and/or table-top lantern in proper working order with batteries that are functioning.



Happy Birthday, May Babies!

Harvey P. 5/3

Mary L. 5/5

Pat K. 5/27

Gussy P. 5/28

Welcome New Residents!

Vinny W.

Rita B.

Patricia P.

How to Prevent Arthritis

The fact is, there is no sure way to prevent arthritis. But you can help to prevent, that is, reduce your risk, and delay the potential onset of certain types of arthritis. If you have healthy joints right now, do all you can now to maintain mobility and function and avoid the pain and disability associated with arthritis.

There are more than 100 types of arthritis and related conditions, and have all have risk factors, individual features, behaviors and circumstances that are associated with the disease.

There are risk factors that are not modifiable. That means there is nothing you can do about them. Being female and having a family history of arthritis (genetic profile) are two examples of factors that make people more likely – but not certain -- to get some types of arthritis.

In contrast, some risk factors are considered to be modifiable. They are the behaviors and circumstances that can be changed in order to reduce risk, delay onset or altogether prevent arthritis. Here are just a few examples arthritis and related diseases and associated modifiable risk factors:

Osteoarthritis – Maintain a healthy weight

Rheumatoid arthritis – Do not smoke

Gout – Eat a healthful diet, low in sugar, alcohol and purines

In some cases, preventing a prior incident can significantly reduce the risk of arthritis. Avoiding sports injuries through proper equipment, adequate training and safe play can prevent ACL (anterior cruciate ligament) tears that may lead to osteoarthritis in a few years or several decades later.