

DOOR TO DOOR

The Arbors at Westfield

August, 2018



Welcome to Donna, our new full time Receptionist!

Don't forget to visit with our therapy dogs! Georgette made a new pal!



Sign up for one of our shopping trips! Everyone loves the Dollar Store! Right Ray!?



Residents and staff said a sad good bye and good luck to our Maintenance Director John!



Dates to Remember

- * **Every Tuesday is shopping day.**
- * **Catholic Mass, Aug. 8th @ 2:00.**
- * **Therapy Dogs visit Aug. 9th @ 2:00.**
- * **Rosary & Prayers Aug. 15th @ 2:00.**
- * **Picnic at a park with friends from Chicopee Arbors on Aug. 16th.**

Please join us in our every day activities

REMINDERS:

Integra Health Care will be here the 1st & 3rd Tuesday of each month at 9:15 for Blood Pressure Clinic in the Activity Room!

Hairdresser Debbie is here every Wednesday from 7:00-12:00.

Baystate Hearing Clinic is the last Tuesday of the month at 10:00 AM.

Foot Care with Sharron is every 3rd Wednesday of every month at 9:30. Please see Front Desk for appointment.

DOOR DOOR

The Arbors at August, 2018

Westfield Traditional Community

Our July has been busy spending as much time outside as we can! We love our weekend ice cream trips! We never know where we will stop!



We also enjoyed our Court Yard for some summer entertainment!

We listened to Irving Lewis as we enjoyed the evening air!




Evening music in our court yard

Westfield Reflections Community

The Arbors at Westfield Reflections

The Month of July was filled with patriotic activities such as decorating our seasonal tree and making red, white & blue ice cream sandwiches.

Our residents also enjoyed making patriotic rice puffs.



Look at our Carol go - showing us how to make the puffs



On the left, we have our Reflections residents and our staff making the ice cream sandwiches

DOOR DOOR

Welcome

To the Arbors Family
Where good friends are made

Doris P.

Phyllis T.

Joan P.

Jo Ann B.

Verda G.

REMEMBER, WE ARE A FAMILY!!
PLEASE WELCOME OUR NEW
RESIDENTS AND HELP THEM
FEEL AT HOME!

In Loving Memory...

Sharon L.

Arne H.



Lois, Good luck in
your
new home!

Get Well, we are
thinking of you!

Iris B.

Irene C.

Peter B.

Fran B.

Dottie F.

Advice for New Residents

When one moves into an assisted living facility, the lack of familiarity with both the environment and the other residents can be intimidating. Adjustment can take anywhere from 30 to 90 days. It is crucial during this time period that new residents takes all possible measures to adjust to a new home. Here are a few things to keep in mind:

- *Keep an open mind. Since the move into assisted living requires change and adjustment, seniors are more likely to adapt well if they understand and prepare for this.*
- *Socialize. There is nothing worse than for a new resident to be holed up in their apartment all day long. When moving into a new place, making acquaintances and friends can make all the difference in the world; it can help make a new house feel like a home.*
**Ask questions. With all of the changes involved, new residents should ask the staff any questions that come to mind. If they are unsure about something, they should ask the staff – that's why they are there!*

As for residents that have been part of the Arbors family, please remember, you were new once too! We enjoy our family growing!

Happy Birthday

August Babies!

Cam C. 8/1

Joan P. 8/4

Fran D. 8/6

Carole M. 8/13

Doris P. 8/17

Jo Ann B. 8/24

Marion S. 8/25

