



**“By all these lovely tokens September days
are here. With summer’s best of weather, and
autumn’s best of cheer!”**



Aloha from Stoneham...

What a great time we all had at our Luau social on Thursday August 16th. We played a competitive game of volleyball and luckily we used a beach ball because some of us got hit right on the head. Good thing it didn't hurt. We all were laughing so hard about how bad our aim was.

Once the game was over we all took part in some Hawaiian trivia and listened to a variety of Hawaiian island music while feasting on pineapple up-side-down cake and delicious tropical fruity rum beverages.



Please join us in celebration of
**NATIONAL ASSISTED LIVING
WEEK!**

September 9th-15th

This week is filled with many special events to celebrate assisted living life! Please see the separate schedule for events.

STAR OF THE MONTH!

Solene has demonstrated her dedication to the Arbors the past month. She has shown her strength as a team player and went above and beyond the call of duty. She has picked up extra hours and done so with a smile on her face. We are lucky to have her as part of the team.



DOOR TO DOOR

The Arbors at Stoneham



Rocking the Day Away...

We had a wonderful trip to Cracker Barrel in Tewksbury on Wednesday, August 16th. We enjoyed a great lunch and some shopping afterwards! It was such a great day we decided to sit on the front porch and watch the goings on in the iconic rocking chairs

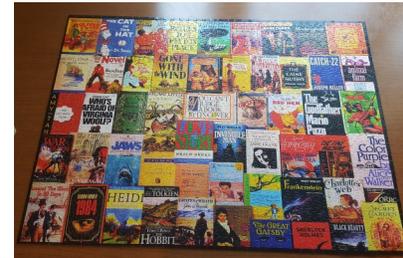


Join Rosie N. in the activity room evenings to help put together colorful puzzles. Pictured here is the latest one created. It was all different book covers. The next puzzle that is being worked on is of beautiful hot air balloons!



Join us Tuesday mornings at 10:30 AM for our newly formed Scrabble challenge. We have three boards and would like to see many more residents join in the fun!

Ann was enjoying her lunch of Lobster Roll and Fries at Friendly's!



No Women Allowed... All the women were hanging around the activity room door on Thursday, August 23rd to see what was going on inside the activity room that was set beautifully for a luncheon fit for a king. It was fit for 15 to be precise.

Our Men's Luncheon consisted of Chicken Parmigiana, Ziti, and Scala Bread which were served by waitress Kelsey D. daughter of Executive director Colleen and Business Office manager Sharon N. While we ate, Italian music was played and some of us even got into the spirit singing along. After we all finished our meals we were treated to deliciously sweet cannolis for dessert and we washed the whole affair down with our choice of chilled red or white wine. A big thank you goes out to Sal S. for bartending the event. We can't wait to hear what the next men's luncheon will consist of. Thank you to everyone that helped out.



Saying Good Bye is Never Easy! You will be greatly missed...

On Friday, August 17th we said a fond farewell to Reflections Program Director Rebecca Burke. We celebrated her last day with a music social provided by Tommy S. as all the residents gathered around the activity room to sing songs along with him.

It was so nice to have Rebecca's daughter Rianna with us for the day as many of us residents in Reflections were asking for her for a couple of weeks. We always enjoy being entertained by her. She not only sings for us but she dances and puts on shows. Rianna started her day helping us out with exercise and a word game on the white board.

After the music social all the residents and the staff gathered in the pub and the living room for a surprise party including margaritas and a beautiful cake for Rebecca. We are all sorry to see her leave but wish her good luck and the best in her new journey.



Don't forget to come
and visit!!

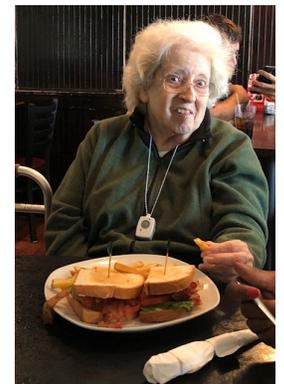


MONEY, MONEY, MONEY...

Everyone loves cold hard cash and on Tuesday August 28th that is exactly what multiple people won playing our Cash Prize Bingo! There were single bingos, double bingos, picture frame bingos and a giant T bingo. Many people were lucky to win but Dot G. won the four corner big bingo and Joan M. won the coverall and took home the prize of \$5.00! This will be on the calendar one time per month. Come and see what it is all about.



A great big
"THANK YOU!"
Goes out to
Evelyn M. and
Rosie N. for
helping with
proof reading
our newsletter!



Sophia G. enjoying her BLT at Bickfords on Thursday August 23rd. It was a beautiful day to be out of the house!



DOOR DOOR



National Cholesterol Education Month

Good vs. evil

HDL is the “good” cholesterol. You want to keep the “high” one high (over 40 mg/dL*).

LDL the “bad” cholesterol. You want to keep the “low” one low (under 100 mg/dL*).

When we talk about high cholesterol, we’re talking about LDL. Too much causes clogs in the plumbing.

How do I know I have it?

A very simple blood test (aka “lipid panel”) can tell you. The National Cholesterol Education Program recommends that adults aged 20 years or older have their cholesterol checked every 5 years.

Can you prevent or treat high cholesterol?

You can definitely influence it, though some may have inherited cholesterol issues. In general:

-Eat a healthy diet. Avoid saturated fats and trans fats. Other types of fats, such as polyunsaturated fats, can actually lower blood cholesterol levels.

-Exercise regularly. Physical activity can help raise HDL cholesterol and lower LDL.

-Maintain a healthy weight. Being overweight or obese can raise your cholesterol levels. Losing weight can help lower your cholesterol.

-Don’t smoke. If you smoke, quit as soon as possible.

CALLING ALL BRIDGE PLAYERS... IF YOU HAVE AN INTEREST IN PLAYING, PLEASE LET THE FRONT DESK KNOW!

Happy Birthday!!



Ann D

Alice S

Jeffrey B

Josephine B

Nancy T

Joan B

Dorothy G

Anna D

Donald R