

DOOR DOOR

The Arbors at Stoughton

SEPT 2018

IT'S TIKI TIME!



On a rainy, Wednesday afternoon we brought the sun inside for our family luau! Family after family came gliding through the doors in their best possible luau attire!

We had multiple ensembles ranging from dresses to short sets with exciting bright and vibrant Hawaiian flower prints. Residents and family members were in awe walking into the community and seeing the Arbors Tiki Bar with our specialty cocktail of the night the Blue Hawaiian: filled with rum, pineapple, and coconut but best of all, it's blue! There's something alluring about blue cocktails. They're exciting and exotic and they're almost always tropical, which is exactly why people love them, and boy did our community love them!

Families and Residents were even more in love with the food. Our community's Chef Jackie, did an amazing job from the scrumptious sweet and sour shrimp to BBQ pulled pork sliders. Residents were amazed by the beautiful Palm tree made out of pineapples and real palm leaves. Can't forget our desserts including creamy pina colada cupcakes and pineapple mousse!

To make the perfect night even better we had Bill Burke stop by and perform his Hawaiian Showcase! He got our families and even some of the staff up and dancing to our favorite songs! What a great night we all had!

National Assisted Living Week



September 9th-September 15th

A weeklong celebration kicks off Sunday, September 9, and The Arbors is joining tens of thousands of assisted living communities across the country for the festivities. National Assisted Living Week continues through Saturday, September 15, and The Arbors is honoring this year's theme, "Capture the Moment."

"Capture the Moment" hopes to inspire assisted living residents to enjoy the present while still celebrating the past. Many adults 65 and older battle isolation and loneliness as they age, which can impact their mental, emotional and physical health. Community engagement may be the key to combatting this issue, and the Arbors offers life-enriching social activities to help residents continue to lead fulfilling lives.

"We encourage family and friends of the community to come visit the Arbors during National Assisted Living Week," said Heather Payne, Activities Director and Brittany Ricketts, Reflections Program Director.

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Shipping off to Boston!

Listen, my children, and you shall hear...as The Arbors community dives into the history of Boston and Paul Revere. On a bright and sunny day, the Traditional and Reflections communities gathered together in our media room for a trip back in time. We enjoyed each other's company while hearing and reminiscing about Boston's past. To us it is a place that holds some of our dearest memories with family and friends, but we all agreed however without Boston's intricate past it would not be the place it is today. To top it all off we were served mini franks and baked beans as a tasty treat. Cheers to another fantastic program with wonderful friends!



Sun Tan Strolling!

Reflections Members joined in the dining room in preparations for an exciting Sun Tan stroll. No sweaters needed for this one! As we walked through the beautiful entry way we were greeted by a bright and warm sunny day. We spent time venturing through out our yard and taking in that summer air. Some of us even took, a break in the front of the house where we drank refreshing cucumber water and rocked in our favorite chairs.



GOING ONCE , GOING TWICE

Heather conducted a fun-filled, fast-paced, sometimes very competitive Community Auction on August 31st. The auction included a wide array of interesting items to bid on. House hold items to childhood comforts, and everything in between.

The best part of the auction was that all attendees needn't bring their own money, each was given "funny money" with which to pay for their winnings. Some of us were lucky enough to take home a number of items at the end of the afternoon. In fact, several residents needed help bringing home some of their prizes!



LIFE IS GOOD AT THE ARBORS!

Traditional and Reflections Residents headed down to the Activities Room for a fun filled morning. Luckily for them, they had both Brittany and Heather to make for a perfect morning exercise program. We even put on our favorite music from the 50's to make our morning that much brighter! We then moved on to our favorite morning program the Word Find! Residents eagerly tried to find words within **Life is Good at the Arbors**. Minds were searching trying to find as many words, and by the end of it we had over 250 words! We can't wait to see what our next word find will be!



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Fun in the Sun!

What a beautiful day we had! Members of our Traditional and Reflections community excitedly boarded our van for some delicious seafood and terrific sightseeing. We enjoyed a meal fit for kings at the Lobster Pot in East Wareham. The menu featured traditional items that we all know and love! Our top crowd favorites were Lobster Rolls, Fish n' Chips, and Clam strip plates! To say we left satisfied is an understatement.

We then took a scenic ride down towards the canal and even rode over the Sagamore Bridge allowing us to get a breathe taking view. Our Directors didn't stop there! Next stop Plymouth where we viewed the beautiful water front, the jetty, and even those tourists! Although it was crowded it didn't stop some of us from getting off our van and joining the fun. Some of us even used the ever so popular viewfinders to get a closer look around. After such a busy and exciting day we returned home to reenergize and prepare for the next days festivities.



Lobster Anyone?

On Thursday, August 2nd, fourteen of us from the Traditional Community eagerly climbed aboard for a leisurely backroads ride to Plymouth and lunch at the Lobster Hut. The popular restaurant sits right on the waterfront, offering fantastic views of Plymouth's scenic harbor, and since it was such a beautiful day we sat outdoors to enjoy our meals and the fresh crisp saltwater air. Our luncheon venue is renowned for its delicious, fresh seafood, and our choices included lobster rolls. Fish 'chips, clam plates, and scallop rolls! Last but not least we decided we couldn't head back to Stoughton without stopping at the infamous Plymouth Rock and taking a look for ourselves at a timeless piece of history!



As you know, The Arbors is very involved in the Alzheimer's Association and actively supports its fine work. Our residents and staff have started conducting various programs to raise money for the association's annual Memory Walk; this is the largest event the association does to help fund education and research in our community. Our goal here at The Arbors is twofold we will be putting together a "Team of Arbors Angels" to walk at the walk on September 22, 2018 at Gillette Stadium in Foxboro and to raise as much as we can for this wonderful charity through sponsorships, raffles and selling forget-me-nots.

At the Front Desk, we have "Forget-Me-Not," a purple daisy that will give you another opportunity to be part of our fund-raising efforts. Please write someone's name on the line provided (it can be a person with dementia, a caregiver or a staff member whom you feel has done a great job caring for our residents with dementia) and please consider a donation to the Alzheimer's Memory Walk, The size of your contribution is up to you. The daisies will be displayed here in our lobby as a sign of your support for this worthy cause.

Donating is easy!
Go to <http://act.alz.org/>
Click Find A Walk Near You
Click Donate
Under Team: Arbors Angels at Stoughton
Click the Team, Click Donate

With love and gratitude,
Heather Payne & Brittany Ricketts
Activities Director, Reflections Program Director



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THE Arbors™
Assisted Living Residential Communities

Reminder: **Annual Craft Fair**

Saturday, November 17th

10:00am to 2:00pm

Stoughton, MA. 02072

**Our Fair will feature a
Variety of Vendors
and Baked Goods!**

SENIOR **SPOTLIGHT**



Lynda B. has been living at the Arbors at Stoughton for almost a year. Over the course of the year she has become close to everyone around her. Lynda loves to make people happy. She decided to be a volunteer for the activities department. She loves many of the activities, but her favorite is our book club. She is an avid reader and really enjoys the social aspect of the book club. Lynda has a beautiful family of three loving kids, three grandchildren and one great grandchild. Lynda states, "I love living here, it feels like home. I love the activities, volunteering and playing games with the other residents. My favorite thing about the Arbors is the musical entertainment. You can always find me dancing and singing a long."

Welcome Home

New Residents!

Grace T,

Dorothy J.

Happy Birthday ***September Babies!***

Helen G. 9/6

Florence B. 9/11

Anne T. 9/14

Jeanette D. 9/16

Rose M. 9/19

Eleanore P. 9/28

Kathy F. 9/29



National Assisted Living Week Calendar

Sunday, September 9—2:00 Grandparents Day Music Social with Dave Valerio

Sunday, September 9—3:00pm Old Time Treats with Grandy's Icecream Truck

Sunday, September 9—9:45 Arbors Gym Class-Morning Stretch

10:00 Word Find: National Assisted Living Week!

1:30 Candid Catwalk

2:00 Capture the Moment Kick Off with Jen Mello

3:00 Rosh Hashanah with Rabbi

3:30 Polaroid Memories

6:30 Bingo

Tuesday, September 10—9:45 Arbors Gym Class-Weights

10:00 Oldies Music Bingo with Comforcare

11:00 Moment of Silence

11:30 Delivering Cookies to Police Station

2:00 Memorial Music Social with Richie Bern

3:00 Rosh Hashanah with Rabbi

3:30 "Getting to Know You" Ball Toss

6:30 Movie & Popcorn

Sunday, September 11—10:00 Arbors Gym Class-Therabands

10:30 Smile Your on Candid Camera Karaoke Party

1:30 Arbors Magazine Scavenger Hunt

2:00 Shake it with Chaboom!

3:00 Milk-Shake-It-Away

3:30 Snapshot Book Club

6:30 Bingo

Thursday, September 12—9:45 Arbors Gym Class-Posture Perfect

10:00 Daily Chronicle

10:30 Yearbook Club

2:00 Apple of My Eye Music Social with Johnny B.

3:00 Creamsicle Punch

Cocktails & Conversations

3:30 Arbors Class Photo 2018

6:30 Champagne & Cheese Bingo

Friday, September 13—9:45-Arbors Gym Class in Media Room

10:15 Morning Brain Teasers

11:00 Shabbat

2:00 Snap a Pic Music Social with Mike Dardis

3:00 Make your Own Sundae Social

3:30 Bird Watching on Patio

6:30 Bingo with Lynda

Thanks for joining us for a fun-filled week of events