

The Arbors at Winthrop

December / 2018



### Veteran's Day Service

At the Arbors we always make a point to honor our Veterans for Veteran's Day. Since Veteran's Day was on a Sunday, we held our remembrance service on Thursday, November 8th. Our service included a moment of silence, The Pledge of Allegiance led by our veterans, prayers, and patriotic singing.

### Resident Spotlight

Corinne M. has lived at the Arbors at Winthrop for a year and a half. She was a Home Economics teacher for seventh, eighth, and ninth graders for many years. She said she always tried to make the holidays special. The thing she enjoyed about teaching most was building relationships with colleagues and students.

Corinne loves living at the Arbors and really enjoys the three meals a day that she receives. She especially likes the main meal. Pork chops is her favorite entrée and always likes a nice dessert to end her meal. She also really appreciates getting to know her neighbors and being friendly with them.



PLEASE JOIN US FOR OUR ANNUAL  
RESIDENT & FAMILY

## HOLIDAY PARTY

December 6, 2018 | 5 to 7 PM  
The Arbors at Winthrop  
46 Lincoln Street | Winthrop MA  
RSVP 617-207-3009



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## The Arbors at Winthrop



### Musical Entertainment

We always love singing along with the great tunes that Tim Perry plays. He's one of our favorite entertainers. At his recent performance we especially enjoyed singing, "Sweet Caroline" in honor of our Red Sox who at that time had just won the World Series!



### Lunch Outing

We found a new place for lunch, Carrabba's, in Peabody. We enjoyed the Italian cuisine and everyone picked her favorite dish.

### Red Hat's Celebration

One of our residents, Marilyn M. is a member of the Red Hat Society. Recently they surprised her with a luncheon in our private dining room for her ninetieth birthday. Our chef provided the food for their party and they had a great time! We always enjoy it when the Red Hat Society visits our community!



### Fall Wreaths

We made our own festive harvest wreaths using wire rims and different kinds of ribbons. We know they will look great on our doors!

## Reflections Community



**Lunch at Fuddruckers**



**Edible Turkey Craft**

Our residents visited Fuddruckers for one of their weekly lunch outings. The ladies were super excited to try out the famous Fuddruckers burgers and fries. At the table once the food came out all that could be heard was “mmm, delicious” come out the ladies’ mouths. They were beyond thrilled on our way out with the red classic car; so they posed for a group picture!

Our residents were curious to find out how were we going to convert a cheesy stick into a turkey. Sheila said “never in a million years she would of ever came up with such a craft. Great invention.” The ladies love making edible crafts. These faces show how proud they were of their work.

**Sugar Club**

Our residents were beyond excited to try out a new cookie recipe. The main ingredients were chocolate chips and cashews.

We never had tried cashews and chocolate chips together before so we were extremely happy with the results. We didn’t even get to take a picture of the cookies before we ate them.



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## Happy Birthday,

### December Babies!

**Mary A.      12/2**

**Belva W.      12/16**

**Barbara N.    12/18**

## Welcome New Residents!

**Dino “Rip” V.**

### Health and Wellness: Hugs Matter

This month’s wellness program is one everyone can embrace. It’s about the importance of hugs. Science has concluded that hugs just don’t feel good - they actually help us be healthy! It is estimated that we need three hugs a day (estimated range from 3-12) and that hugs are beneficial to both the hugger and the one who is being hugged.

How does it work? Well, the very act of hugging releases a chemical from our brains into our bloodstream called oxytocin (which plays a role in social bonding and in love.) It also has pain-relieving and antidepressant-like effects. So, hugging makes us happy, helps you feel loving toward others, and it makes us hurt less. But there’s more. Hugging also releases the chemical serotonin, also known as the happy hormone. There are many hormones that make up happiness, of course, but this one is key. Hugging someone makes you and the person you hug feel important, happy, and elated. It gets even better. Dopamine, the “pleasure hormone” is released, too! Dopamine occurs naturally in our bodies and brains, and it is part of almost all bodily functions. Just like serotonin, it is a big component of happiness. Finally, hugging lowers the levels of cortisol in our bodies. Cortisol activates our stress response, which creates an increased risk of:

- Anxiety
- Depression
- Stress
- Digestive problems
- Headaches
- Heart disease
- Sleep problems
- Weight gain
- Memory and concentration impairment