

# DOOR DOOR

The Arbors at Greenfield

JANUARY 2019



## *Deck The Halls*

On December 14th we celebrated the Holidays with our annual family party! We had a spread of delicious foods prepared by our kitchen, including: kielbasa, steak skewers, shrimp cocktail, wings, egg rolls, bruschetta, stuffed mushroom caps, meatballs, fruit/veggie platters, and an assortment of cakes and desserts. Music entertainment for the evening, was provided by Eric Weld. Overall it was an evening of good food, good music, and even better company!

Thank you to all of our staff for all the hard work put in to making our family Holiday party a success!

Our Arbors family spent time decorating for the Holidays! Staff and residents sang along to holiday tunes, while each resident and staff member took a moment to add an ornament to our community tree. After finishing decorating, we enjoyed looking at our handiwork with cookies and Hot chocolate.



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**A Small group of residents got festive, decorating (and eating) some gingerbread houses in the pub!**



**Lily P. and her daughter spent time one afternoon cooking latkes in the pub for residents.**



**We tried another paint pour project this month, with metallic colors on stretched canvas.**



**One of our crafting days this month was wreath making! Our group did a great job decorating their wreaths.**

**The Arbors Chorus gets together Monday afternoons to sing. In December, the chorus performed a mix of seasonal and holiday songs for the rest of the residents.**





## Reflections

*Highlights:* This December, Eveline M. and some students from the Four Rivers Charter School, spent a morning with Reflections residents. The students joined in and participated with our morning chair exercise, then the students sang while residents enjoyed their morning coffee! A few students played some instruments as well, and Eveline played the guitar. Later in the morning, the students worked with residents on various projects. The students were so polite and so patient! It was a great visit!



*The most wonderful time of the year!*

After raising money this past July with our “Arbors Believes” Calendar fundraiser, we used the funds to purchase gifts for our local *adopt-a-family* organization. Reflections residents spent a few days wrapping most of the gifts ...it is one of our favorite traditions!



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## MONTH OF MYSTERY

Don't forget to check your calendar and the daily events sheets, and join us for some mysterious activities in January!

### **Welcome Home**

Constance LaPonite

Martha Stiles

Barbara Ralicki



### **BRAIN GAMES**

As you age, your brain inevitably begins to slow down in performance and it becomes harder to remember. Utilize brain games, at any age, to improve memory. Staying mentally active and playing brain games can help improve your memory, improve recall, and even delay the onset of Alzheimer's disease as well as other forms of dementias. For youth and seniors alike, if you are already experiencing memory loss, playing some brain games for memory improvement can not only slow your cognitive impairment further, but it can also be fun!

**What are Brain games?** Brain games are activities that challenge and jog your mind. They make you think hard, strategize, plan, and train your brain to remember information. Think of your brain cells as spark plugs in a car. If spark plugs are left to get old, rusty and gunky, the car starts backfiring, takes longer to start, and just declines in performance. If your brain cells are not frequently stimulated to act, perform, reason, and try to solve some challenges, they get reluctant in their functionality.

Here are a few types of games that help exercise your mind:

- **Card games-** Card games are among the best and easiest way to keep your mind active. By memorizing the patterns and strategies of each game, you get to help your brain's memory stay in top shape.
  - **Board games-** Games such as chess, draft and scrabble are perfect for you to improve your strategic thinking. Regularly engaging in each of them will enhance your thinking by far.
  - **Puzzle games-** Games such as Sudoku that require you to solve puzzles also help jog your mind to think hard and get solutions for the set challenges.
- Computer games-** There is a wide range of computer games today that you can engage in. Call your kids or grandkids and challenge them to a game, they may win but your mind will have been worked up in a good way.

