

DOOR DOOR

The Arbors at Westfield

January, 2019

WE NEED YOU.....

Many residents have been busy making beautiful hats for premature babies! If you knit or crochet, or even have time to roll yarn into balls, please join the group!! JoAnn is on a "roll" recruiting more residents! These ladies say even if it has been a while, it will all come back to you-and this group is just who you need to help you pick up a stitch again!!!

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.



The Arbors at January 2019

Westfield Traditional Community

We had a busy month of December as we shared our Christmas spirit with our therapy dogs, friends, family and Santa! Thank you all for making our family Christmas party such a wonderful event! And a huge thank you to Moe, one of our cooks, for bringing joy as Santa!



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The Arbors at Westfield

April 2018

Westfield Reflections Community

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Welcome

*To the Arbors Family
Where good friends are made*

*Jean H.
Wanda O.*

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

In Loving Memory...

Alma F.

You will be missed



**Get Well, we are
thinking of you!**

*Pat J.
Rose L.
Lucy S.
Gerry M.*

Happy Birthday

January Babies!

Gerry O. 1/16

Ann R. 1/16

Lucy S. 1/18

Pat B. 1/21

Wanda S. 1/25

Dan P. 1/26

Catherine G. 1/29



Keeping away the Winter Blahs

Winter months bring more than cold temperatures; they often usher in a wave of the winter blues. Many seniors experience varying degrees of depression due to lack of sunshine and limited activities throughout the winter season. Seniors are at a higher risk for depression due to a combination of factors, which include minimal contact with friends and family, not being able to get out and about, and not eating a proper diet.

Sometimes a simple afternoon spent with friends playing cards, listening to music, or just getting out of your apartment to chat with others is all it takes to boost your mood.

Daily diet plays an important role in those experiencing the winter blues. Choosing foods such as salmon, eggs, fortified breakfast cereal, all rich in vitamins, may help.