

The Arbors at Chicopee

The Residents were so excited that our New England Patriots took home the 6th title of...

SUPER BOWL CHAMPS!!



VALENTINE'S DAY DINNER



On Valentines Day our chefs prepared a wonderful luncheon. We enjoyed Steak Tenderloin, Chilean Sea Bass , rice melody and asparagus. To top off the meal , we had a delicious variety of cheese-cakes for desert that our residents adored!

Happy Valentine's Day

As with many cultures around the world, family and friends gather together in celebration of the coming of the new year. The Arbors of Chicopee and Westfield came together to celebrate this new year of joy, love and friendship. We enjoyed a nice afternoon of socializing and Hibachi at K's Restaurant in Westfield. The chef was quite entertaining with his presentation of preparing our food— to the point, where he was tossing bits of broccoli for us to catch in our mouths. Some of us were successful and of course some of us were not. At the end of the day, the outing was a huge success! New friendships were built, laughter was shared and all we celebrated this Chinese New Year with joy.



The Arbors at Chicopee



We had the privilege of welcoming Alison O'Leary, author of "So Close to Home" to the Arbors in Chicopee. Our residents had the opportunity to hear a true story of determination during WWII. This wonderful program followed with a book signing and also with the chance to ask questions and socialize with Author O' Leary!



Wii bowling continues to be a fan favorite among us. It is a great way for our residents to build up energy and activity levels, all while having fun. This also fits into February's heart healthy month which makes it worthwhile. Plus, who doesn't love a little friendly competition!

National Margarita Day! Feb 22nd Cheers!!!!

Of course margarita's are something that can be celebrated 365 days a year but there is something that makes this day extra special. Julie, our Reflections Director made her "special" recipe for our residents to try. The residents soon learned that "the only thing better than a margarita is actually....

TWO MARGARTITAS!!!



The Arbors at Chicopee

Reflections Community



Our residents had a chance to meet Misty, the robotic cat. By the look of her, you would think she was real! Misty is designed to bring comfort, companionship and the feeling of love. Because she does not need cleaning or feeding, Misty is a great companion for those living with dementia. Our residents loved and adored her!



“Although our military serves us proudly abroad, when they return home it is time for us to serve them”. Our residents had the chance to give back to the community and payed the Veteran's at the Holyoke Soldiers Home with a memorable visit and some sweet treats!



February is love your heart month! Heart disease is the leading cause of death in the United States, so it is important for us to take steps for better heart health. We enjoyed our exercise with the parachute and kickball to get those hearts beating faster. Jeanne got so into it, she even lost a shoe!



“In stiches with Jordan” is a new popular activity within our reflection's community. Knitting has brought not only joy to our residents but also to the children in the community who now get a brand new hat. It is great for them to see a finished product and think “I did that?”



Welcome To The Arbors

Betty Bassett apt 223

Happy Birthday March Babies!

Louise D 3/1

Josephine T 3/6

Alice M 3/21



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Senior Fall Prevention and Making your Home Safe

Do you remember the first time you fell off a bike and skinned your knee? These common bumps and bruises probably didn't change your life dramatically. But now, a fall of any kind could be detrimental to your health. As we get older, our bones become more susceptible to fractures, so it's imperative to take extra precautions to avoid even the smallest of falls. Here are a few suggestions on how to lower your chances of falling, including:

- Finding an exercise program that you enjoy, walking, balance, exercise classes and recreation programs help to keep you strong and improve muscle tone.
- Learning about the side effects of any medications you are on. Medicines can affect your coordination or balance. If you notice that they are, you are encouraged to talk with your caregiver, pharmacist and doctor.
- Keeping your apartment at a consistent temperature. If your place gets too cold or hot, it can make you dizzy -- which then could lead to a fall.
- Holding handrails when using stairs or taking a shower.
- Be sure to place non-skid mats on floors that could get wet.
- Keep a night light on at night in case you get up, and make sure a telephone is near the bed.
- Tack down all carpets and area rugs firmly to the floor to prevent tripping.

Falls and accidents seldom "just happen." So the more you take care of your overall health and well-being, the more likely you'll be to lower your chances of falling.

Reminder Day Light Savings Time!!



The Arbors