

The Arbors at Greenfield

May 2019



MUCH ADO ABOUT APRIL!

This month, we have "much ado" about so many things. We are celebrating the life and works of William Shakespeare, who was born on April 23, 1564, and also Elizabethan times in England. This month's programming was, as Macbeth says, "the be-all and the end-all." Our residents participated in word games with an Elizabethan theme, visited England through our "Armchair Travels" program and partook of an authentic English Tea.

We also celebrated the life and times of America's sweetheart, with a Social featuring Shirley Temple "Mocktails", music and trivia. Other activities included treating our men to beer & pizza at the Monthly Men's Lunch, indulging our creativity with Flower Arranging and enjoying several different music programs..

Residents received a treat mid-month with interactive bell-chime instruction from Joanne, who quickly taught our participants how to play several songs as she conducted and cued them.

April is also the month of Earth Day, a time to be aware of our impact on the planet. To honor this day, residents RE-USED old canvas paintings, to create exciting, earth friendly pieces of art as they listened to poetry about the Earth! Finally, everyone enjoyed celebrating Easter in a variety of ways. Our residents all helped stuff over 300 eggs for a local family shelter, decorated cookies for them and even created Easter Baskets for the 15 children. Many people showed their competitive nature as they participated in our Easter Egg Scavenger Hunt. A few very lucky folks were heard to exclaim "I've found a Golden Egg!" Our Easter Spirit was replete as the lobby was filled to overflowing with Easter Lilies donated by the local Stop & Shop for residents to take home to enjoy. Stay tuned for exciting new programs in May!

RESIDENT SPOTLIGHT

Lili P.



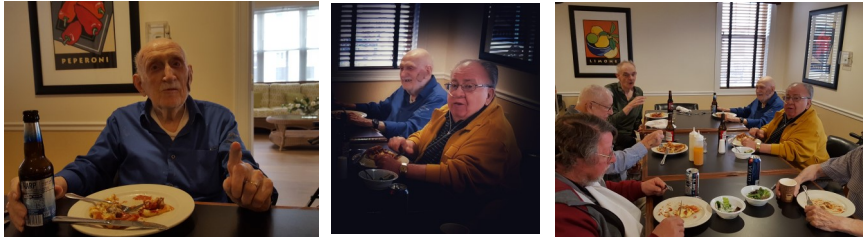
Born in Bielso, Poland in 1930, Lilly moved with her father to the United States in 1946. She learned English in boarding school from the nuns & her peers.

Graduating from Webster, MA high school, she went on to B.U. where she studied art. Working on the cape during the summer, she met her husband Mark, who was enlisted in the Navy. After marriage in 1954, she traveled Europe & met Mark's ship at each port. She studied, then taught, Yoga, Tai-Chi and Acupuncture. Later, she worked in a commercial art studio, while continuing her love of exercise and movement.

Lilly leads a morning exercise group here and shares her knowledge of Yoga and Tai-Chi with an eager group. She expresses how very blessed she feels to have 3 children and 3 grandchildren and an active life. Lilly loves the Arbors at Greenfield and proclaimed "It's like a camp or college for grown-ups!"

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Men's Lunch

Our Monthly Men's Lunch proved once again that our gentlemen love this special, once a month, men only get together and enjoy the camaraderie that comes with sharing a meal and a beer with their neighbors. This month, along with being treated to beer and pizza, they enjoyed ice cream pie.

ENTERTAINMENT WITH STEVE & TOM

was a hit. Our residents love this dynamic duo and can be seen singing along, tapping toes to the music and even dancing in their chairs



Who Knew that flower arranging could be so much fun? Our residents did! Many turned out to participate in this engaging and rewarding activity.

The Interactive Bell-Chimes program with Joanne was a big hit! Participants learned to play a song, by ringing their chimes, as Joanne conducted and directed each of them. It was an exercise in teamwork and timing and all agreed it was exciting and rewarding. We hope to have Joanne back again soon!



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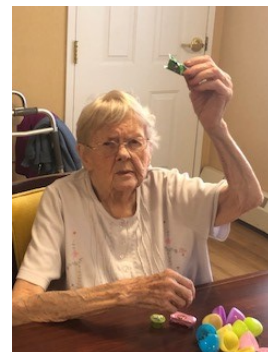
Reflections Community

Spring Is here!

With the weather warming up, the courtyard is open and Reflections residents have been enjoying getting to sit out in the sunshine again! This April we have been able to get outside for walks, coffee chats and games. We also spent a few rainy days indoors, decorating cookies and stuffing eggs for the kids at the local family Inn. Residents as always, had a great time putting together little Easter baskets of goodies for the kids, and overstuffing the plastic eggs with too many candies! We did have a surplus of chocolates, but Reflections residents happily took care of the remaining goods.



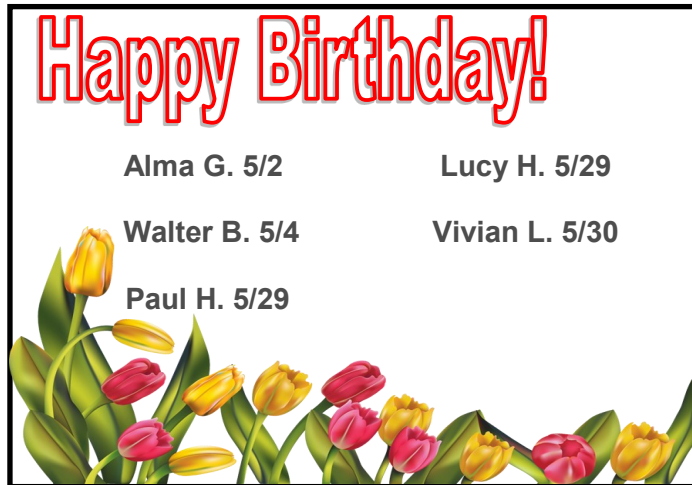
This April we welcomed new resident & neighbor, **Joyce** into our community!



DOOR DOOR

COMING UP: Remember to check your May calendar for upcoming activities and outings (*like our trip to Magic Wings: Butterfly Conservatory & Gardens*)

SAVE THE DATE: Tuesday June 4th is our annual family BBQ!



The Benefits of Gardening:

1. Strengthens the Immune System

Exposure to the microorganisms found in soil can help people, especially young children, build immunity against many types of diseases. It's important for people to spend time outside doing activities such as food or plant gardening.

2. Provides Stress Relief

Gardening has a calming effect by reducing the amount of stress hormones (cortisol) in the body. People who spend more time outdoors will feel less stressed, sleep better, and improve their overall health.

3. Elevates Happiness

Dirt contains a natural antidepressant called Mycobacterium vaccae. This particular antidepressant causes cytokine levels to increase, which in turn boosts the production of serotonin. Serotonin is also increased by sunlight. Being outdoors and in the sun enhances your mood which helps to decrease depres-

sion and stress, and lower anxieties.

4. Stimulates the Brain

Gardening has a positive influence on mental health due to its brain-stimulating properties. For example, regular gardening may help reduce the risks of dementia by 36%. The body's senses - Smell, sight, touch, and sound, (sometimes taste) are put to work when gardening and offer plenty of social interactions and cognitive learning. All the activities (e.g. planting, pruning, digging) helps to stimulate brain activity, and improves strength and dexterity.

5 Encourages a Healthier Diet

Access to fresh produce by Growing your own fruits and vegetables, means that you have foundation for a healthy diet. Gardening not only provides natural foods, but can make us more conscious about what we put into our bodies.