

DOOR DOOR

The Arbors

April 2019

The Arbors at Chicopee



The North Hadley Sugar Shack & Market is a family-owned Maple Producer, Seasonal 'Sugaring-Breakfast' venue and Farm Fresh Market offering the best in sweet Maple items, unique specialty foods, local fruit and produce, seasonal potted annuals and country gift items. Established in 1992.



Spring Time is here!!
We love to sit in our beautiful
court yard enjoying the sunshine
& fresh air!

Can you imagine anything more magical than walking through a forest filled with colorful butterflies? That's just what we experienced on our trip to Magic Wings Butterfly Conservation & Garden. Magic Wings is an indoor butterfly paradise. There are over 4,000 native and tropical butterflies. The butterflies come in all different shapes, colors and sizes and fly freely through the air.



The Arbors at Chicopee

Traditional

Even on a rainy April day we enjoyed a afternoon of sunshine with song bird Vicky Rose. After her performance we headed to the pub where we enjoyed visiting with our Directors while we sipped on cocktails and munched on hors d'oeuvres. What a great way to end the week . We are looking forward to seeing Vicky Rose Again!



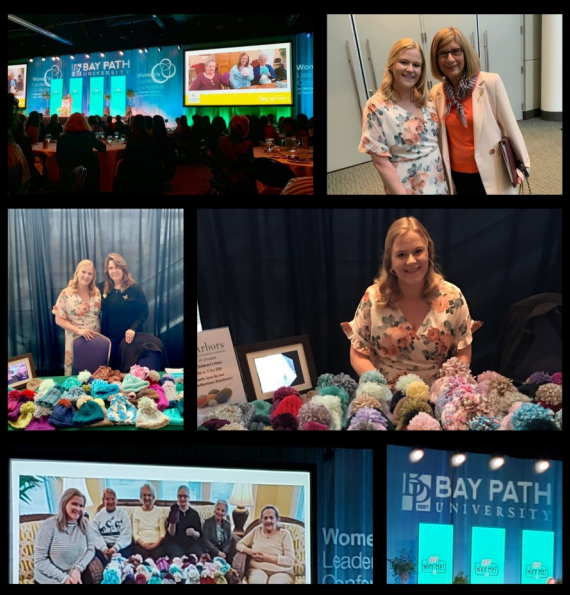
We always enjoy going to different restaurants. Many of our destinations included places frequented by the residents before they moved to the Arbors. This month 's spot was on the Connecticut river; the old Brunelle's restaurant now called The Boathouse. New owners took it over but they still have very good food and a beautiful view . The popular choice was the fish and chips.



Always a fun outing with the Arbors kids & Anne from the Chicopee Library We take a quick ride once a month. To the Arbor Kids Where we enjoy story time and a fun sing a long "she'll be coming around the mountain "

Reflections

The Arbors at Chicopee attended the Women's Conference at the Mass Mutual Center Friday. We displayed and sold the hats that we made by the residents and raised \$250 for the Alzheimer's Association! A big "thank you" goes out to Jordan, our activities assistant, who started this very rewarding activity.



RCA Jolanta made her famous "Easter Soup" called White Borscht. They residents loved helping Jolanta make this dish and reminisce about some traditions from Jolanta's home in Poland.



The residents enjoyed the Easter traditions by coloring eggs and decorating and eating egg shaped sugar cookies. We all laughed and sang some favorite songs like here comes Peter cotton tail.



The Reflections Residents made and delivered banana bread for the brave men and women at the Holyoke Soldiers' home. Happy Easter and thank you for your service!!!





Bridgett Sullivan 124

Happy Birthday**Geraldine D 5/2****Sophie C 5/5****Cecile C 5/8****Yvette M 5/14****Barbara S 5/15****Edward Z 5/24****Connie D 5/25****Renate K 5/26****Cynthia D 5/27****The Arbors at Chicopee**

929 Memorial Drive

Chicopee, Ma 01020

Phone: 413 593-0088

Fax 413 593-8866

www.arborsassistedliving.com**Wellness Corner:
Gardening Does the Body Good****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 in the body. People who spend more time outdoors 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 depression 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.

