

DOOR DOOR

The Arbors at Amherst

June 2019



Above: With summer just around the corner, Laura, Janice, Wanda, Marjorie, Margaret, and Dorothy got busy creating beautiful flower wreaths to brighten up their apartment doors. You can enjoy their handy work as you move around the building. Nice job ladies!



Left: We celebrated this Memorial Day with a social in honor of all those who fought and gave their lives. We had a table of sweet treats, wine, fruit punch, readings, shared memories, some tears, and good company. Lest we forget...

The annual pilgrimage for the sixth grade students from the Doshisha School in Japan will be happening this month on **Wednesday, June 12th**. Come on out and help us welcome these brave young travelers. They spend a week every year in Amherst, and visit us to share songs, art, pictures of their homes and families and a little of their culture. This is truly a wonderful cross-cultural experience and opportunity for all!

Below: Previous Doshisha students and their Arbors friends.



Dads still say...

- Go ask your mother.
- I'm not sleeping, I'm thinking.
- Stop crying or I will give you something to cry about.
- Were you raised in a barn?
- Do you think I'm made of money?
- They don't make em' like they used to?
- Righty tighty, lefty loosey.
- Wait till your mother gets home.
- When I was your age...

DOOR TO DOOR

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Above: We bid a fond farewell to our amazing UMass volunteers. Some of them graduated and will move on, and others we hope to see again in the fall along with some new faces and talents.

“It is not flesh and blood, but the heart which makes us fathers and sons.”

- Johann Schiller

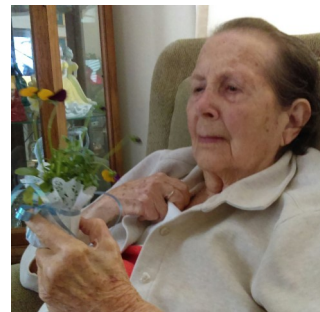
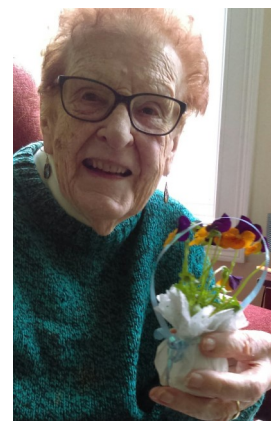
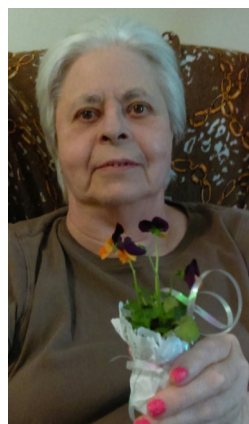
“When I was fourteen, my father was so ignorant I could hardly stand to have him around. When I got to be twenty one, I was astonished at how much he had learned in seven years.”

- Mark Twain



Above: The best times are spent enjoying friends and loved ones.

Left, Right, Center: Thank you to our neighbors, CAIA Associates, for the beautiful little hand-made flower baskets to celebrate the joy of springs arrival. What a gift!



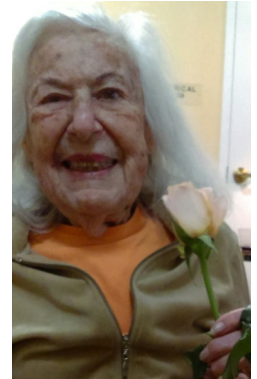
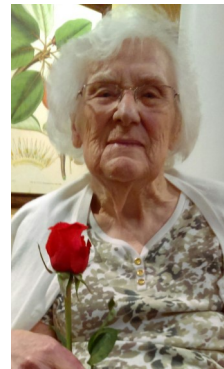
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PET THERAPY ... PUPPY LOVE

For all you Pet Lovers...If you have not yet met Niko or Gus, I suggest you watch your weekly calendars for their visits. If you would like to have a “home visit” by Gus, let Judi or the front desk know and we will be sure to arrange that for you.



Left and Above: We celebrated our Mother’s Day early with a social, following a performance by Richard Eriksen. We enjoyed cocktails, sweet treats, stories and jokes about motherhood, and a beautiful rose for each

BOOK CLUB

DO YOU ENJOY A GOOD BOOK AND STIMULATING CONVERSATION?
BOOK CLUB MEETS ON THE SECOND MONDAY OF EACH MONTH AT 2:00PM!

Below: Frederic, from the kitchen, has been lending his beautiful reading voice to the “Reading Aloud” activity. He is reading from “To Kill a Mockingbird”. Look for it on your weekly calendars.



DOOR TO DOOR



June Is...

National Safety Month, National Camping Month, Vision Research Month, National Ice Tea Month, and National CANDY Month!

Welcome Home New Residents

Helene C. (Apt. 110)

Carol T. (Apt. 233)

Happy Birthday !

6/1 Paul D.

6/4 Jeanne W.

6/20 Marjorie Z.

6/22 Jean D.

6/23 William P.

6/28 Alice P.



DOOR

Birthstone - Pearl

(Longevity & Health)

Flower - Rose



THE Arbors™
Assisted Living Residential Communities

Foot Clinic

6/6

Hairdresser

Summer is a time for enjoying the outdoors! Unfortunately, the summer sunshine, UV rays, and heat can bring a few dangers, especially for seniors, including sunburn, eye damage, dehydration, heat exhaustion, and more. With some precautionary steps, everyone can enjoy the blue skies and warm weather.

1. Drink plenty of water. Aim to drink 6 to 8 glasses of water per day. By the time you are thirsty, your body is already dehydrated. The feeling of thirst decreases as we age, so be sure to increase your water intake!

2. Dress appropriately. When possible, wear loose, light-weight, and light colored long sleeves to help protect your skin from sun, while also allowing your skin to breathe. Use wide brimmed hats to keep sun off your face and neck, as well as full coverage sunglasses for the best eye protection.

3. Turn on your air conditioning. Air conditioning is important when it is hot and humid outside. During a heat wave, stay indoors in air conditioned areas.

4. Be an early bird or a night owl. The sun is strongest between 10am and 4pm. The best time for that fresh air stroll is either morning or evening, when the temperature is lower and the sun is less intense.

5. Watch for heat stroke. Some signs to look for include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and a rapid pulse. If you experience any of these symptoms, notify staff immediately.

6. Review your medications. Some medications can cause side effects, like increased sensitivity to ultraviolet (UV) rays. Review your medications and check with your doctor or pharmacist for any questions.

7. Wear sunscreen. Sunscreen is a major component to preventing sunburn. Look for a sunscreen that block both UVA and UVB rays, and also has a sun protection factor (SPF) of 15 or more. Be sure to apply it 15-30 minutes before heading out into the sun.

Follow these simple tips when you head outdoors this summer to help keep potential problems at bay.