

The Arbors at Westfield

August, 2019

Stay Standing on your own 2 Feet!

We can all make small changes to help prevent falls. Did you know that more than 1 in 4 older adults fall each year? Falling can lead to broken bones, trouble getting around, and even getting out of chairs – especially if you are age 65 or older.

A fracture (broken bone) can cause pain and disability. It can also make it hard to do everyday activities without help, taking a walk or taking a shower. Broken hips can cause serious health problems. The good news is there are lots of things you can do to lower your risk of falling.

Do exercises to improve your balance and leg strength

Review all medicines with your doctor or pharmacist. Some medicines can make you dizzy or sleepy and cause you to fall.

Get your vision checked by an eye doctor every 1 to 2 years. Update your glasses.

Don't forget to make your home safer. For example, add grab bars inside and outside your bathtub or shower – and put a grab bar near your toilet!!

Ginny and Wanda love our therapy dogs! They bring such joy to all our residents!



REMINDERS:

Integra Health Care will be here the 1st & 3rd Tuesday of each month at 10:00 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 Donna at the front desk for your appointment.

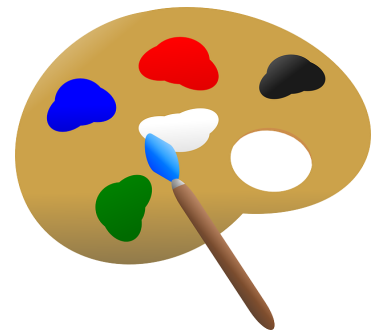
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Westfield Traditional Community



Our month of July was filled with different art projects, lunch trips at the park and of course, our favorite, ice cream trips! We also made home made baklava with the instructions from George!! It was delicious!!!!



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Westfield Reflections Community



Our Applebee's lunch outing !

Here we are enjoying a beautiful sunny day ,and delicious lunch at one of our favorite places to go !

Applebee's is definitely loved by not only our residents , but also our staff !

It always makes us happy ,and fills us with new memories .



Our seasonal tree

As many who visit know, in Reflections we love to keep our tree year round, and decorate it with themes based on the seasons. It's an activity both the staff, and residents really enjoy! We get together, craft, decide, and adorn our tree. We picked the color yellow, and not just for its immediate summer feel, but also for its underlying therapeutic energy! Yellow is not only the color of sunshine, but it also is the color of hope, happiness, positivity, clarity, energy, optimism, enlightenment, and remembrance! A perfect color if you ask us! As we decorated we also enjoyed freshly made lemonade, a perfect pairing for a sunny summer day.



DOOR DOOR

Welcome

To the Arbors Family
Where good friends are made

Pat & Deanna M.
Dick P.
Martha N.

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



Our friends that
are moving on...

Barbara B.
Jane S.

Happy Birthday

August Babies!

Cam C. 8/1

Jean H. 8/4

Joan P. 8/5

Fran D.

Pat M. 8/9

Leona P. 8/9

Carol M. 8/13

Doris P. 8/17

Dottie B. 8/19

JoAnn B. 8/24

Marion S. 8/25

Joyce D. 8/27

Attention Families...

We will be changing the pharmacy we use for bubble packs. The new pharmacy will be Partners Pharmacy based out of East Windsor, CT. We will begin the change on August 6, 2019. Please join us at a date to be determined for a family informational night. Any questions please contact Karen Detka, Resident Care Director.

Thank you,

Arbors at Westfield



In Loving Memory

Pauline Fedora

You will be missed