

## Some of our July Highlights



## Fruit Infused Water Recipe

*Citrus fruits and fresh berries hold up nicely in fruit infused water. You can add some tropical fruits, like coconut or mango. Don't forget the fresh veggies and herbs! Cucumber, mint and basil are some that add amazing flavor.*

### 1. Add fruit to bottom of jar.

Place fruit in bottom of jar and pour water in. Stir fruit around.

### 2. Press lightly on fruit to release flavors.

Press on the fruit lightly with a spoon to release some of the flavors. Add mint leaves if desired.

### 3. Refrigerate, then serve!

Refrigerate for at least one hour (can even do overnight). Add ice just before serving. Enjoy!

July was a busy month for Greenfield.! Some of the highlights include our Independence Day Social, which was a lot of fun, with everyone getting into the spirit with red, white and blue accessories. We welcomed new residents in our Welcome Home Social & enjoyed High Tea, (*complete with fancy finger sandwiches*) one fine afternoon.

Included in the photos above are our Picnic Outing at Northfield Mountain Recreation area on the last day of June. We are going back in August and will be enjoying another picnic, then taking the Heritage Boat Tour down the Connecticut River.



# DOOR DOOR

The Arbors at Greenfield

MONTH / YEAR



## HAT MAKING

Was a big hit ,with Traditions & Reflections Communities. Our ladies spent a lot of time picking just the right embellishments for their custom hat, then enjoyed modeling them for each other. They were all happy to wear them for our picnic outing !



## The Benefits of Expressing Yourself Through Art

A recent article in *Geriatric Monthly* by Barbara Bagan, Ph.D., ATR-BC, details positive outcomes, in addition to improved physical health, that artistic outlets can provide for older adults. She explains that art can:

- Aid in relaxation, anxiety and depression
- Give feelings of control
- Improve communication and socialization (which are very important)
- Encourage humor and playfulness
- Improve cognition
- Offer sensory stimulation
- Foster a strong sense of identity
- Bolster self-esteem
- Nurture faith
- Reduce boredom
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“The socialization aspect of making art is profound when you consider that isolation often increases as we age, leading to loneliness and depression — which is now understood to be a public health crisis. Loneliness is as lethal as smoking 15 cigarettes a day, according to the Foundation for Art and Healing.

Participation in any form of art — including painting, pottery, dance, music, poetry, drama or oral history — has positive implications on older adults’ health. These are the findings of the Creativity and Aging Study led by Dr. Gene Cohen. His research confirmed that older adults who engaged in the arts improved their physical health, had fewer visits to their doctor, required less medication and reported fewer falls than those who didn’t...”

Give ART a try, you will love the benefits!



The Arbors at Greenfield

## Reflections Community

We have had to cancel a few outings this month with the heat and humidity, so we kept cool with ice cream sundae socials and floral arranging!



Along with our clay sculpting this month, Residents worked on some modern watercolor art. Residents each had their own unique canvas patterns, and just a few paint colors of their choice.



This month our Reflections community “traveled” to Italy! We started our day with an Italian coffee café then spent our morning preparing and cooking a homemade Italian style meal that we enjoyed for lunch. We tried out some Italian Gelato for dessert, and even made our own delicious Italian cannolis!



One of our favorite outings this month was our afternoon trip to Shelburne falls! A group of residents spent time walking along the beautiful Bridge of flowers, and ended our excursion with chocolate dipped waffle cone ice-creams, from **Mo's Fudge Factor**.

# DOOR DOOR

Seated Balloon Volleyball has become a popular activity for our community and serves as a fun alternative to traditional exercises. Some healthy benefits of Balloon Volleyball are that it:

- Gets heart rate up
- Improves blood circulation
- Increases flexibility
- Increases range of motion
- Enhances Mood
- Increases Stamina
- Boosts Circulation



## **\*\*New Foot Care Procedures\*\***

Starting this month (*August*), it will be necessary to call or visit the Front Desk to make an appointment for Foot Care with Piper.

If you need to **CANCEL** or **RESCHEDULE** please call the *FRONT DESK 24-hours* in advance. Please note, there are no guarantees on time or availability when rescheduling.

We will do our best to accommodate each person but there are limited appointment dates and times available.

### Upcoming Foot Care Clinics

Friday, August 30th  
Tuesday, September 3rd  
Wednesday, September 25th

## HAPPY BIRTHDAY

8/4 Suzanne G.	8/18 Joan K.
8/14 Jessica G.	8/20 Arlene C.
8/17 Chet P.	8/21 Marilyn C.
	8/26 Valerie W.

### WELCOME HOME

### NEW RESIDENTS

Joan B.  
Dean E.

**Flu Vaccines** will be available on **September 24, 2019** from 9am to 1pm. Please see Sharon at the Front Desk to schedule yours!

**Things to watch for in August:**  
Riverboat Cruise