

The Arbors at Greenfield August 2019

Some of our July Highlights



















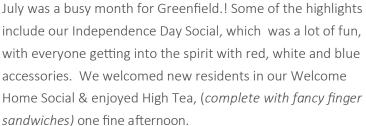
Fruit Infused Water Recipe

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.



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.

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!



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

"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*.



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

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 to1pm. Please see Sharon at the Front Desk to schedule yours!

Things to watch for in August:
Riverboat Cruise