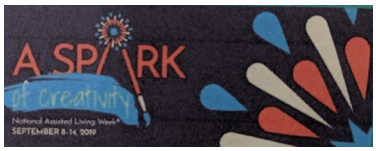
DOOR TO DOOR

THE Arbors
Assisted Living Residential Communities

Celebrating National Assisted Living Week

"No matter your age, we should all be living life to it's fullest. Assisted living caregivers help seniors realize this by supporting them with everyday tasks, while maximizing their independence and honoring their individuality."

The National Center for Assisted Living, which is the assisted arm of the American Health Care Association, promotes the week, **September 8th - September 14th**, to recognize the role assisted living facilities play in caring for more than one million, seniors. This year's theme, **"A Spark of Creativity"**, hopes to inspire assisted living residents to connect with their creative side! Many adults, 65 and older, battle isolation and loneliness as they age, which can impact their mental, emotional, and physical health. Community engagement may be the key to combatting this issue, and the Arbors' offers life-enriching social activities to help residents continue to lead fulfilling lives.



Coming Events to Honor NALW

Sunday, September 8th: Join us in the courtyard for a BBQ and music under the big tents as we kick off National Assisted Living Week on Grandparent's Day. Family and friends will enjoy good food from our amazing kitchen crew, lively music from Dynamic Duo, and great company!

Monday, September 9th: Join a Chair Chi class in the morning, then stop on down to the Pub for some "Fun and Creative Science", followed by creative with word-play in the afternoon.

Tuesday, September 10th: Enjoy some creativity with "Recycled Art" in the morning, Music with "Rockin' Robin" at 2:00, our 3:00 "Discovery" documentary will be exploring Thomas Edison, and in the afternoon we will continue our "Recycled Art" projects.

Wednesday, September 11th: We will focus on Creative Art in the morning, and afternoon, and enjoy Music at 2:00 with Freddie Marion.

Thursday, September 12th: Tickle your mind with World Affairs in the morning, Music with Dave Bartley at 2:00, then more "Creative Science" in the afternoon.

Friday, September 13th: Spend your morning "Creating a Cross Word", then enjoy Piano with Ethan Stone at 1:45, followed by a "Happy Hour and Creative Gallery" in the afternoon.

Saturday, September 14th: Winding down the week with Chair Chi in the morning, and Music by Jesse Luke at 2:00.

L'Shanah Tova Tikatevnu!

A traditional Jewish New Year's greeting - May your name be inscribed for a good year. This is the holiest month of the Jewish calendar. It is a time of self-examination and for setting new goals that lead to a better life. Rosh Hashanah begins at sundown on Sunday, August 29th and ends at nightfall on Tuesday, September 1st.

Join us in the library for the blowing of the Shofar and holiday chat at 4:00pm on Tuesday, October 1st.

May you have a sweet and good year!

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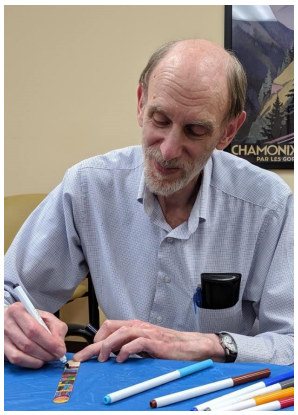
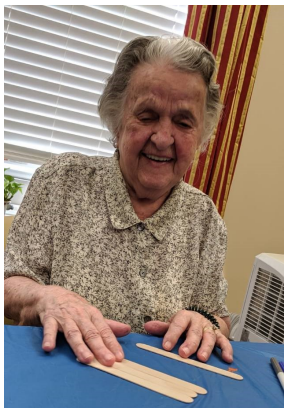
The Arbors at Amherst

Volunteers Returning

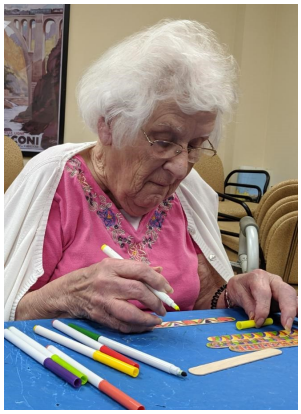
With school back in session, we will be welcoming back our student volunteers from UMASS and Amherst College. If you would like a volunteer to assist you in some way (other than activities), let Judi know and she will set that up for you.

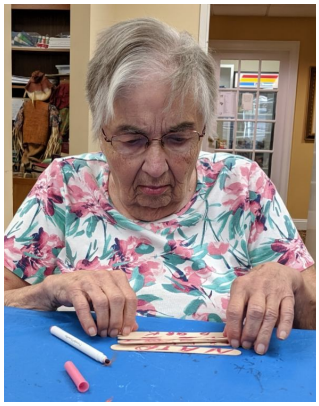
Above: It is not too unusual to look outside and see a beautifully cared for classic car under the portico. When our car enthusiast and master mechanic, Fred, goes out with his buddies...they usually do it in style! This was taken as "the boys" were heading out for their weekend breakfast get-together….with the top down, oldies on the radio, and the classic sound of a "muscle car", they were off for some fun!





Left and Below: For a couple of weeks, during "Quick Craft", we have been working on decorating popsicle sticks with a variety of creative designs. There was some concern as to how these mini works of art were going to be pulled together but despite their concerns, they trusted me and kept creating. Everyone was so surprised and proud of the finished product which has been framed and will be displayed in our activity room. A truly lovely communal piece of art!





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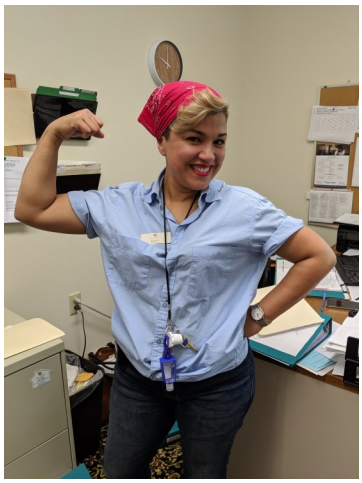
The Arbors at Amherst | September 2019

Reading Aloud in the Sunroom

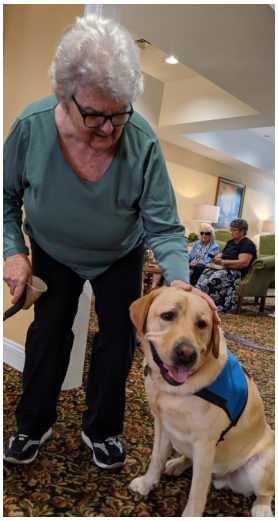
If you have been in search of a relaxing, yet social, activity to wind down your week, join us in the sunroom on Fridays at 2:00 for "Reading Aloud". We enjoy poetry, short stories, news articles, and essays. You can join in the reading or sit back and listen. A lovely activity!

Right: A group of ladies in the Reflections Community enjoyed a fun afternoon of decorating hats to wear during time outdoors on the deck. There was much conversation, idea sharing, reminiscing, and laughter amongst the group. The finished products were truly wearable art!



Left: During Staff Appreciation Week, our staff dressed up in the "Theme of the Day". During "Throw Back Thursday" Callie (wait staff) pulled out her best Betty Boop, Sam (wait staff) rocked it out as Prince, and Kelly (Nurse) showed "We can do it!" as Rosie the Riveter. A big kudos to all our amazing staff for all they do every day!

Right: Marjorie has made a friend with our newest pet visitor, Gus. Look for him on your Weekly Calendars, along with visit with Niko, and also Dusty… enjoy some Puppy Love!



Left: How do you spend your "down time"? Nan, with the help of a friend, enjoyed time on the exercise bike while Janice, Fred, and Marjorie enjoyed fresh air and conversation.

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September is…

National Assisted Living Month, National Cholesterol Education Month, National Ovarian, Thyroid and Skin Cancer Awareness Month, and National Chicken Month!

FLU CLINIC

9/24

Foot Clinic
9/5

Hairdresser
Tuesdays

Welcome Home New Residents

Ruby M. (Apt 117)

Lalita R. (Apt 102)

Duane & Janice C. (Apt 205)

Birthstone - Sapphire

(Love & Clear Thinking)

Flower - Aster

Happy Birthday !

9/17 Chris O.

9/20 Lois C.

9/21 Herbert B.

9/24 Rachel H.

9/25 Jennifer P.

9/25 Solange M.

9/30 Georgia W.

CELEBRATE POSITIVE AGING

SOME TIPS…

- Do not be on the lookout for ill health.
- Choose to exercise and stick with it. You will have fun and feel better about yourself immediately.
- Become a life long learner. Your mind is like a muscle...use it. This month, choose a new activity that will sharpen your mental skills.
- Stay in contact with friends and family. Write a letter, email, or phone. Take the time to meet new people and foster new friendships, you can never have too many friends.
- Develop a hobby… it's never too late.
- Accept the things you cannot change.
- Smile. Smiling can change your mood.
- Be mindful with all you do and say.
- Say something pleasant every time you get the opportunity.
- Take time to "stop and smell the roses".