

DOOR DOOR

The Arbors at Westfield

October, 2019

Joyce Peregrin from the Westfield Senior Center's Companion Program gave us some information on they many services they provide. If you were unable to attend, please see Mary for a pamphlet on all they have to offer.

Thank you Joyce for all your information!!

Up coming Events....

Oct. 1st @ 6:30 Irving entertains

Oct. 2nd @ 1:30 Hayride & apple picking

Oct. 3rd @ 1:30 trip to Dunkin Donuts

October 8th @ 1:30 ice cream trip

Oct. 10th @ 2:00 Cooking Demo

Oct. 16th @ 1:30 Walmart Trip

Oct. 17th@ 2:00 Dark & Stormy in lobby

Oct. 18th @ 2:00 Decorate a pumpkin

Oct. 22nd @ 2:00 Bat's & Spiders w/Lois

Oct. 28th @ 6:00 Halloween party we have the costumes!! Spooky fun in lobby

Oct. 29th@ 2:00 Baking Fall treats

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.

Keep your eyes peeled for new activities!

- ◆ ***Thursday mornings @ 10:00 in sun-room –Walking through the Bible***
- ◆ ***Saturday evenings in act. rm. Either a movie or a craft with Nancy & Jo***
- ◆ ***Tuesday evenings @ 6:30 3rd floor poker for pennies & in act. rm. Crafty corner with Nancy & Jo***

Do you have any new ideas you want to try? Please let me know!

The Arbors at Westfield

October, 2019

Westfield Traditional Community

Talent comes in many ways. From drawing to painting to writing. September was National Assisted Living month with a theme of “A Spark of Creativity.” Which our residents and staff have an abundance of! For all that participated and came to enjoy we thank you!

The thought process and creativity required to create art helps seniors improve the health of their brains. An artist uses many parts of their brain during the creative process. They will access memories, use the visual cortex, use fine motor skills, access their emotions, and combine it all with creativity. Even if it's our first time creating art, the social interaction is hard when communication is severely limited, and not being able to express oneself is intensely isolating. However, art therapy excels at improving the communication abilities of our residents. Continue your spark and make more art!!



DOOR DOOR

The Arbors at Westfield

Westfield Reflections Community



The Reflections Community welcomes Autumn with open arms and warm hearts .

With autumn comes an array of beautiful colors, it is like the world is given a second spring when every leaf becomes a magnificent “flower”. Probably one of the reasons why we love autumn as much as we do!

Autumn brings forth the bounty of the harvest, and we couldn’t pass that opportunity up! The farm was the perfect place to go visit, and enjoy the abundance of what autumn has to offer. Our residents, and staff relished this seasons fresh fruits, and vegetables.

While keeping in sync with the seasons, we decorated our tree as we regularly do each time a new season draws near. Our theme was Autumn. Brightly colored red apples were placed upon our tree for an eye catching, energizing feel.

While we are on the topic of apples, our residents prepared homemade applesauce! Not only is applesauce delicious, it’s holistically nutritious! It aids in digestion, contains great amounts of fiber and vitamin c, and the flavonoids in apples (their skins) reduce inflammation, and regulate blood pressure! Let’s face it, it was as good for us, as it was as fun for us to make!



DOOR DOOR

Welcome

To the Arbors Family
Where good friends are
made

Fran M.

REMEMBER, WE ARE A
FAMILY!! PLEASE WEL-
COME OUR NEW RESI-
DENTS AND HELP THEM
FEEL AT HOME!

Our friends that
are moving on...

Winnie C.

Gert S.

Pauline A.

Happy Birthday

September Babies!

Alice D. 10/1

Donna S. 10/8

Theresa H. 10/24

Frances B. 10/31



Attention Residents &

Families...

As you know, our new pharmacy we use for bubble packs is Partners Pharmacy. If you have any questions or concerns please contact either Karen Detka, Resident Care Director or Joan from the pharmacy.

Joan will also be hosting informational sessions once a month so keep your eyes open for the first date

Thank you,

Arbors at Westfield

In Loving Memory

Al Kleeberg

Sally Sitek

Catherine R.

**You will be missed
and always in our
hearts.**