

DOOR DOOR

The Arbors at Amherst

November 2019



Above: Story (the dog) and the Boys will be returning to visit again! November 11th at 6:00PM, head on down to the lobby / library area for a real treat of “puppy love” and welcome them back to the Arbors!



HONORING OUR VETERANS

We would like to invite all our Veterans to join us for a special breakfast in the Great Room on November 11th, at 8:00am, to honor their service and courage.

At 2:00pm we will be joined by members of the American Legion Riders Auxiliary to commemorate our Veterans.

See you there!

National Alzheimer’s Awareness Month

Alzheimer’s disease is a progressive brain disorder that gradually destroys a person’s memory, thinking, and behavior. The impact of Alzheimer’s on individuals, families, and our healthcare system makes the disease one of the greatest medical, social, and economic challenges. Although there is currently no cure, new treatments are on the horizon as a result of accelerating insight into the biology of the disease. Research has shown that effective care and support can improve the quality of life for individuals and caregivers over the course of the disease.

You can’t prevent, or catch, Alzheimer’s, but you can make your brain healthier as you age. Like other parts of your body, your brain may lose some agility as you get older. It can deteriorate even more if you don’t take care of it. So stay mentally active, remain socially involved, stay physically active, and eat a healthy diet.

With that being said...come join us for a game or two and put those brain cells to good use!



Please RSVP for Thanksgiving

Please notify the front desk if you will be dining in for Thanksgiving dinner, which will be served at your regular lunch seating time, or if you will be going out.

If you will be having guests for any meal over the holiday weekend, please notify the front desk 24 hours in advance.

A light meal will be served at your regular seating time in the evening.

- Thank You -

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Piano with Adam



Left and Below: If you have not had the pleasure of enjoying the sounds of Adam at the piano, I highly recommend you watch your weekly calendars for his next performance and join us in the library for a real treat! Adam has been playing at the Arbors for a number of years and his talents are truly worth enjoying!

IT'S ALL THE RAGE...

A big "Welcome Back" to all our amazing college (UMASS and Amherst College) volunteers! I'm sure you've seen them around and have enjoyed their company and energy during activities.

If you would like a volunteer to visit you, let Judi or the front desk know and we will arrange for that to happen.

Are you ready to try something new and exciting? Are you looking for a fun and high energy activity to get your juices flowing?

Tap into your inner musician and join us on November 18th at 2:00pm in the Great Room for "Drumming with Tara".

This is truly a "must try" activity for all!

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Description of picture

Add Picture

Add Picture

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November is....

National Alzheimer's Month, National Hospice Month, National Lung Cancer Awareness Month, National AIDS Awareness Month, National COPD Awareness Month, Peanut Butter Lovers Month, and I Am So Thankful Month!

**Be kind, Be Thoughtful,
Be genuine.**

**But most of all, Be
thankful.**

**Foot Clinic
11/7**

**Hairdresser
Tuesdays**

Welcome Home New Residents

Susan C. (Apt. 217)

**Birthstone - Topaz
(Fidelity)**

Flower - Chrysanthemum

Happy Birthday

11/5 Lois M.

11/12 Carol T.

11/14 Ray M.

11/16 Nan B.

11/19 Diane R.

11/19 Mary M.

11/21 Laura F.

To Your health...

Winter skin dryness is often caused by dry air and heat. Using a good moisturizer after bathing will go a long way toward avoiding itchy, dry, cracked skin. Avoid "super hot" or long showers; they dry the skin.

Winter dryness can often be a cause for bloody noses. Nasal passages become dry and irritated and are most susceptible to bleeding. Using a nasal saline spray up to four times a day can reduce the irritation and moisturize the nasal passages. Chronic nose bleeds are more concerning and may require a doctor's attention.

Hydration is not just for the summer months! During the winter months, it is recommended that we drink 4-6 glasses of water daily. Being well hydrated lessens fatigue, improves immune function, and lessens the risk of constipation.

If you are experiencing fever, cough, or head or body aches it is best for everyone if you "lay low". Stay in your apartment until the fever has passed and you are not actively ill. Nursing and the RCA's will help you with your recovery. Everyone will appreciate you not "sharing" at this time.

Although colds and respiratory illness are a part of life, staying healthy can go a long way toward lessening the severity of a cold if you get one! As always, cover your mouth if you cough or sneeze: coughing into your arm is a common recommendation if no tissues are available. And wash, wash, wash your hands! This is the best and most effective way to prevent the spread of infectious diseases all year round! Here's to a healthy fall and winter season!