

The Arbors at Westfield

January 2020

## 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.

### ***Missing in Action / Prisoner of War Remembrance Table.***

***This table is a small Table and is set for one symbolizing the frailty of one prisoner alone against his oppressors....***

#### ***REMEMBER***

***Please take a moment and pay your respects to this table and what it stands for.***



***It is with great honor for the Arbors at Westfield to be chosen to display in our lobby a Missing in Action / Prisoner of War Remembrance Table. The table was brought to us here at the Arbors and set up with meaning by Gene Theroux, a Veterans Grave Officer, City of Westfield. Thank you Gene Theroux and Julie Barnes; Director of Veterans' Services for all you do.***



# DOOR DOOR

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## Westfield Traditional Community

*As Christmas, Hanukkah and New Years near, we came together to baked for our friends, make wreaths for doors, and enjoyed an evening of Christmas Carols from a wonderful Youth Group brought to us by a former RCA Diana!*





# DOOR DOOR

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## Westfield Reflections Community

*It's December; the time to be joyful, charitable, generous, and kind. The time to gather as friends and family to decorate, create, and enjoy. This month we are all about taking advantage of the Christmas spirit in everything we do, from creating delicious holiday edible crafts such as Christmas trees snowmen, and gingerbread men! Our edible Christmas trees were as delicious as they were cute! Our marshmallow snowmen were a hit with a cup of hot chocolate. While keeping in the holiday spirit, we've had our wonderful furry friends also give us a visit, some even dressed as the sweetest reindeer to sit beside the beautiful tree we've decorated. All around us you can feel the warmth, unity, and joy as we deck the halls! This time of year brings out smiles, and laughter to both residents, and staff. We are filled with excitement as another year comes closer to an end, in awaiting all the new memories, and journeys we will share in this upcoming year together! Happy New Year 2020.*



# DOOR DOOR



## Welcome

*To the Arbors Family  
Where good friends  
are made!!*

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

*Our friends that  
are moving on...*

*Don C.*

*Barbara H.*

*We will miss you*

## Happy Birthday

### January Babies!

**Gerry O. 1/16**

**Ann R. 1/16**

**Pat B. 1/21**

**Dan L. 1/21**

**Wanda W. 1/25**

**Dan P. 1/26**



## 7 Tips for Seniors to

### Beat the Winter Blues

- ♦ *Brighten your apartment: Open your blinds and curtains let the sun shine in!*
- ♦ *Anticipate an activity: Find something to look forward to, a visit or outing.*
- ♦ *Stick to a Schedule: Do your normal daily activities!*
- ♦ *Eat a balanced diet: don't skip a meal and stay hydrated to keep a positive mood.*
- ♦ *Stay Active: Exercise & walk with friends*
- ♦ *Accomplish a Goal: Get motivated! Try something new! Make a new friend!*
- ♦ *Socialize with Others: Talk with people, attend an event, spark up a conversation!*

## Services in our Community

*Did you know.....*

**Volunteers in the Westfield Council on Aging Program have services to older adults such as...**

- ♦ *Transportation to and from medical appointments.*
- ♦ *Transportation and assistance with errands.*
- ♦ *Friendly visits to sit and chat or go out on an outing with.*

*If you or your family have any questions contact Joyce Peregrin at 413-562-6435*