

DOOR DOOR

The Arbors at Westfield

February 2020

February is American Heart Month

Help yourself have a healthy heart—it's never too late to start! Try to make a few changes each day. Make healthy eating choices and be as physically active as you can be each day!

** Add one vegetable serving at lunch and dinner each day*

** Have one serving of fruit as a snack or your dessert each day*

** Eat whole grain bread and cereal*

** Have 3 servings of low fat dairy*

** Keep an eye on how much sodium you use at meal time*

Remember heart attack warning signs:
Chest discomfort, upper body discomfort and or shortness of breath.

UPCOMING EVENTS

2/2/ @ 6:15 Super Bowl party in act. Rm.

2/11/ @ 10:30 St. Mary's Mass in act. Rm.

2/14/ @ 2:00 Cupid Float Day

2/18/ @ 2:00 Margarita's with Marketing

2/25/@ 2:00 Mardi Gras Party in library, Lobby

SPECIAL BIRTHDAYS IN FEBRUARY

Viola W. 2/25 will be 106 years young

Louise F. 2/28 will be 104 years young

Carol R. 2/28 will be 104 years young

Thinking of spring as we did some flower arranging for their rooms!

Staying Informed with Politics

Our residents enjoyed John Velis, our Massachusetts State Representative, holding open office hours here at the Arbors. Residents were able to ask their questions, along with a meet and greet with coffee and donuts!





THE Arbors™
Assisted Living Residential Communities

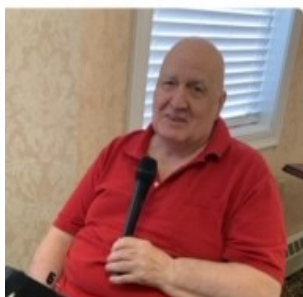
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Westfield Traditional Community

We all had a great time as we “Left a Little Sparkle Where ever We Went”! As Freddie sang, we enjoyed glitter cocktails! We also created glitter ice paintings, and cupcakes! Add a little sparkle to your day!



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Westfield Reflections Community

Love is in the air, and all around us here at the Reflections Community! Our residents as well as our staff enjoyed putting up our "Sweetheart Tree" immensely! We adorned our seasonal tree with hearts, beautiful red tinsel and pretty ribbons. Our love for decorating the tree really brings out the best in us! It's therapeutic to place and design the perfect tree for each passing season, or holiday. Our residents have conversation pieces to enjoy, and build wonderful friendships while decorating together.

Our family tradition here at Reflections is to have a pizza party each time we are working on our seasonal tree together! So we definitely look forward to expressing our artistic side, and creating a beautiful setting each month for our community.

Speaking of beautiful, glitter has been the star lately in our crafts here! From glitter hand paintings; to sparkled glitter cupcakes to eat beside our sweetheart tree, and let us not forget our gorgeous glitter sensory bottles! Here at the Reflections community it's been filled with love, glitter and glow!



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Welcome

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

*Ed T.
Holly H.
Nancy S.*

*REMEMBER, WE ARE A FAMILY!!
PLEASE WELCOME OUR NEW
RESIDENTS AND HELP THEM
FEEL AT HOME!*

In Loving Memory

Pat G.

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



*Our friends that
are moving on...*

*Julia L.
Mary L.*

*We will miss you,
Good Luck*

Happy Birthday

February Babies!

Barb R. 2/3

Louise E. 2/5

Louise A. 2/12

Judy P. 2/13

Phyllis D. 2/15

Viola W. 2/25, 106 yrs. old

Louise F. 2/28, 104 yrs. old

Carol R. 2/28, 104 yrs. old



REMINDERS:

Hairdresser Debbie is here every
Wednesday from 7:00-12:00.

Foot Care with Sharron is every 3rd
Wednesday of every month at 9:30.
Please see Donna at the front desk for
your appointment.