

DOOR DOOR

The Arbors at Amherst

APRIL 2020



Left: Having some experimental fun during our "All about science" program.

STAYING HEALTHY AND DOING OUR PART

Everyone has been doing a wonderful job at staying healthy, staying safe, and staying sane through this trying time. We appreciate the efforts of every one of our Arbors Family members (residents, and staff) with keeping COVID-19 at bay. As you know, we have had to stop all visitors from coming in during this time. Many of you have been able to "visit" via "Face Time" with our ipad so that you can see your loved ones while you speak to them.

The RCAs have been working hard to help everyone stay positive and healthy, along with Nursing. Our kitchen crew is doing an excellent job putting out wonderful meals, despite being served in take out containers. Housekeeping staff are working extra hard with continuous sanitizing of halls, and public areas as well as your apartments. Our Front Desk staff take care of precautionary measures of every worker that enters the building. Karen is staying updated with any and all changes that need implementing to ensure the safety of everyone in the building, and Judi is stopping in several times a day for temperatures, visits, games, snacks, and any help you may need to make this stressful period easier. As we all navigate our way, as safely as possible through this pandemic, remember that this too shall pass and we will emerge stronger and wiser because of it. Let's all try to stay positive, stay upbeat, and stay kind to each other while we stay healthy!

WORDS OF WISDOM

Quotes from our residents:

"We're ALL in this together. We will survive this too" - LD

"Family and friends, I'm doing good - miss you all. Better safe than sorry" - EL

"103 years young...I got this!" -AP

"I am quarantined at home with my books, my movies, and my internet...I'm doing fine" - HB

"Find strength and calm through music. Stay positive, Stay healthy" - JM

"Don't let this be a wasted experience...take it all in, and learn from it...especially the young of today!" - LC

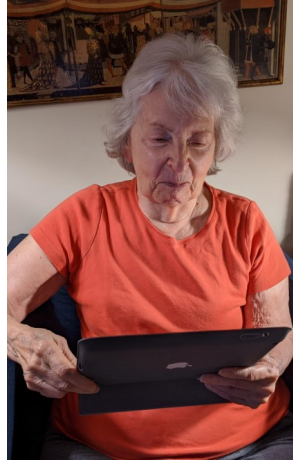
"Use this time to think!" - DT

"Listen to the experts! Look inside yourself, you have all you need to stay busy and happy. Read a good book" - EP

"This too shall pass..." - JP

DOOR DOOR

The Arbors at Amherst



KEEPING BUSY

During this isolation period, I have noticed residents using their private time to catch up on their reading, movie watching, reaching out to family and friends via email, phone, and face time chats (through the Arbors ipad). Some have taken to stretching their legs during a short walk, Joyce can often be found at the piano, and Katherine has been at her machine creating quilted art.

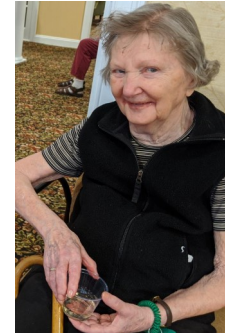
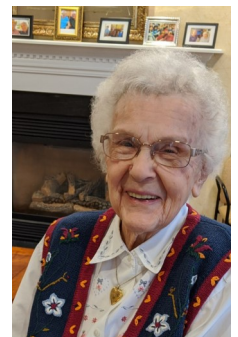
"We do not inherit the Earth from our ancestors, we borrow it from our children" - Native American Proverb.

EARTH DAY is a worldwide event now celebrated in more than 193 countries. Its beginnings date back to April 22, 1970, when some 20 million people (many of them college students) across the U.S. took to the streets to bring attention to the effects of pollution on the Earth. Since then, this day has been designated as a day to show support for environmental protection—a time to commit ourselves to taking the needed measures to ensure clean air, land, and water now, and for generations to come. ** Earth Day has its own flag, which was designed by John McConnell. It is a picture of Earth taken by NASA on a background of blue. ** Earth Day Network planted 28 million trees in Afghanistan on Earth Day 2011. ** More than 100,000 people rode bicycles in China on Earth Day 2012 to reduce the CO2 emissions and save fuel. ** The energy saved from recycling one glass bottle will operate a 100 watt lightbulb for four hours. Recycling one aluminum can, can save enough energy to watch TV for three hours. The energy saved by recycling one plastic bottle can power a computer for 25 minutes. ** Preventing one ton of paper waste saves between 15 and 17 mature trees. A single tree can absorb 48 pounds of carbon dioxide a year. That number increases as the tree matures. ** Our utility company works closely with us on conserving energy in our building.

You may of course turn down heat and lights when you're not home, and shut water off during teeth brushing. However, your personal safety and comfort are our top priority!

CHANGE OF SEASONS...

Spring is in the air, and winter is almost behind us. We are approaching that time of year when some days will be warm but the evenings still cool. Air-conditioning will not be available until it is consistently much warmer. Please ask for your windows to be opened, and closed, as needed. Do not attempt to open windows yourself, they are extremely heavy.



UNSCRAMBLERS:

LAPRI OFLSO

DOGO RAYFID

VAPORES

STEARE DAUNSY

HEART ADY

BARRO YAD

THAT'S A FACT JACK! Did you know...

At -90 Fahrenheit, your breath will freeze in midair and fall to the ground.

Antarctica is the only continent with no owls.

Hawaii is the only state in the US that grows coffee.

Chewing an apple is just as effective at waking you up in the morning as drinking a cup of coffee. The act of chewing works to stimulate the central nervous system.

Inventions that changed how we shop: the cash register (1884), the shopping cart (1936), and the bar code (1952).

DOOR DOOR

April Is...

National Parkinson's Awareness Month, National Poetry Month, Dog Appreciation Month. Defeat Diabetes Month, National Autism Awareness Month, Keep America Beautiful Month, and Holocaust Remembrance Month!

Welcome Home New Residents

Adeline B. (Apt. 217)

Birthstone - Diamond
(Innocence)
Flower - Sweet Pea
(or Daisy)

Happy Birthday !

4/29 Jenny M.

UNSCRAMBLER SOLUTIONS:

APRIL FOOLS

GOOD FRIDAY

PASSOVER

EASTER SUNDAY

EARTH DAY

ARBOR DAY

CLOWNING AROUND...

We enjoyed a visit from a local clown friend during March to help lift our spirits. Although we were unable to visit up close and personal, we enjoyed him from our windows while he entertained in the courtyard and around the outside of the building. There was much window knocking, cheering, laughter, and clapping coming from inside the apartments. We look forward to another visit when hopefully we can get closer in person.

