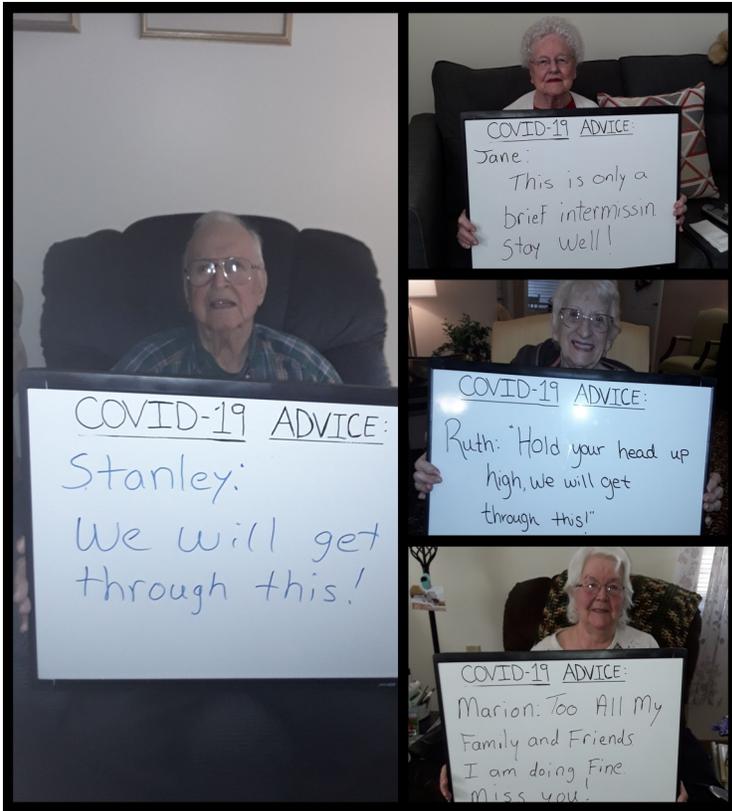


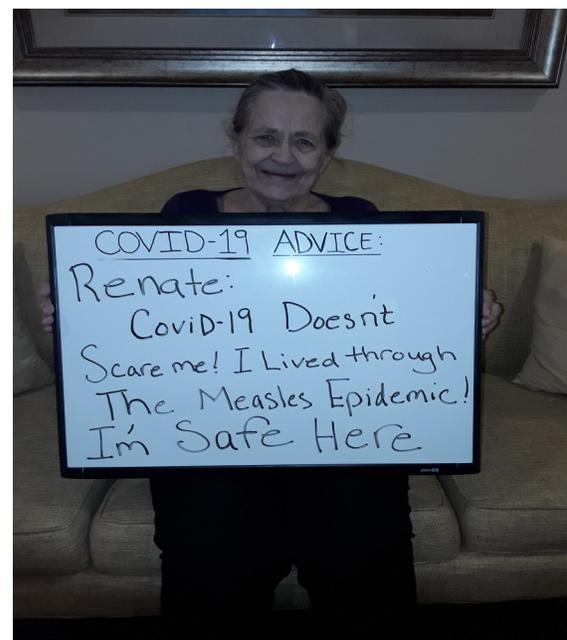
The Arbors at Chicopee



Our residents would like to offer some advice on COVID – 19 to all of their friends and family!

We came up with a creative idea to keep the residents entertained during this time of social distancing, and their message spread throughout social media.

We even made the 6:00 news!



The Arbors at Chicopee



Traditional

This month the pick for what restaurant to go to was Luck Strikes right here in Chicopee. A very popular restaurant that many residents frequented before moving to The Arbors. They enjoyed sharing their favorites from the menu. This trip the popular choice of food was the Corned Beef and Cabbage.



Crafters Corner

We all love to take part in decorating for all the different holidays. This month we made centerpieces for the dining room.

“Pot of Gold” candy dishes!



Reflections

Happy Birthday
Barbie Doll
1959



Happy Birthday Barbie!

Barbie made her debut at the New York Toy Fair on March 9, 1959. She is 61 today! The Arbors at Chicopee's Reflections Director Julie brought in her daughter's Barbie collection from each year so we could celebrate Barbie!



Thankful for the Court Yard!!

Everything is blooming in the Court Yard, especially the daffodils and pansies. Even the birds are singing. Spring is in the air! The fresh air is so refreshing. We all need a little Vitamin D.

Smile

It's the Key that Fits
the Lock in Everyone's
Heart!!!!





Maureen B APT 238



Antonio P. 4/1

Rita B 4/4

Stella D 4/7

Gladys F 4/11

Germain L 4/16

Claire F 4/22

Marion M 4/26

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Now that the new Coronavirus/COVID-19 is spreading among communities in the United States and other countries, phrases such as “social distancing,” “self-quarantine” and “flattening the curve” are showing up in the media.

What do they mean and how might they apply to you, your family, and your community?

.What is social distancing?

While it may be disappointing to hear that so many sports events, cruises, festivals and other gatherings are being cancelled, there is a public health reason for these measures. These cancellations help stop or slow down the spread of the disease, therefore allowing the health care system to readily care for patients.

Cancelling events that are likely to draw crowds is an example of **social distancing**. Social distancing is deliberately increasing the physical space between people to avoid spreading the illness. Staying at least six feet away from other people lessens your chances of catching COVID-19.

Other examples of social distancing that allow you to avoid large crowds or crowded spaces are:

- Working from home instead of at the office
- Closing schools or switching to online classes
- Visiting loved ones by using electronic devices
- Cancelling or postponing conferences and large meetings