

The Arbors at Westfield

April, 2020

Feel Good About Yourself Today

Be sure the people around you make you feel good about you - - no matter what your size or health condition. Find some new friends who have good health habits and a positive personality!! Being social is a very healthy habit to have!

Remember— smile and they will smile back at you!

Spring has Sprung!

Springtime can mean the beginning of allergies for people who react badly to grass and pollen. Keep an eye on the weather. Many weather reporters offer allergy predictions. Untreated allergies aren't just uncomfortable—they can lead to breathing problems, sinus infections, and colds. On an emotional level, getting outside and breathing fresh air, listening to birds chirp, or taking a walk can be as calming and relaxing as an hour of meditation.

WHO CARES IF WE'RE GETTING OLDER?



WE STILL ROCK!

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.

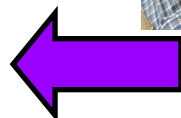
Jeff from Baystate Hearing has his hearing clinic on the last Tuesday of each month at 10:00 in the sunroom.

Westfield Traditional Community

In February, the Arbors had 3 beautiful women turn some very impressive ages!

*Louise (left, purple sweater) turned 104 years young.
Carol (middle, pink sweater) turned 104 years young.
Viola (right, sitting in blue) turned 106 years young!*

Thank you to our special guests to help honor our residents, Mayor Don Humason, and John Velis, our State Representative!



Viola, at 106 years old, still has wine every night!

Who are these people that were at our Mardi Gras party?



DOOR DOOR

The Arbors at Westfield

Westfield Reflections Community

You are the Pot of Gold at the end of my Rainbow “

The month of March was welcomed with open arms and smiling faces here at the Reflections Community! This month we were all about the colors green and gold.

The color green brings an abundance of symbolism around our community. Feelings such as vitality, safety, harmony and growth are often associated with this color. Renewal and growth equally represented. This is the perfect color to celebrate the end of Winter and start of Spring.

Gold was also a star color this month! Gold is often associated with illumination, love, compassion, courage, passion, magic and wisdom. Such colors couldn't have been chosen at a better time. In times like these we always show our compassion and love; our harmony and safety.

As always we gather together to adorn our seasonal tree - a tradition we always share. We took pride in decorating our tree for this month!

Here at Reflections, our residents are the “pot of gold” and us staff are the rainbow that follows them everywhere !!!



DOOR DOOR

To the **Welcome** Arbors
Family
Where good friends are
made!!
Ila
Pat
Madeline

REMEMBER, WE ARE A FAMILY!!
PLEASE WELCOME OUR NEW
RESIDENTS AND HELP THEM



Happy Birthday

April Babies!

Betty Q. 4/10

Wanda F. 4/15

Thelma B. 4/17

Janet H. 4/20



Get Well Soon

Lois P.

Ginny H.

JoAnn B.

We miss you!

Our friends that are moving on...

Jane L.

Ruth M.

*We will miss you, Good
Luck*

We know it has been hard to stay in your rooms during this difficult time. We understand you miss your friends and family. We are doing everything we can to keep you all healthy! Remember to wash your hands for 20 seconds with soap!!