



THE Arbors
Assisted Living Residential Communities

DOOR DOOR

The Arbors at Chicopee

June 2020



Memorial Day

Memorial Day is a time to remember all the brave man and women who made the ultimate sacrifice for all of us.

Memorial Day might look a little different this year, but we still found a way to honor those who have served for us. We had a hallway parade with lemonade, candy, and patriotic music. We hope everyone had a safe and healthy Memorial Day.



Traditional



Kudos to Food Service Director, Nick, for making personal sized pizzas. We placed our orders in the morning for our own pizza to enjoy and washed it down with assorted sodas, beer, or wine. During this pandemic we all missed going to our local pizza restaurant !

Mother's Day Parade

Family and friends joined us for a car parade for our residents. Some families decorated their cars and had music playing as they drove by. Crystal , our Executive Director, decorated her car and led the way along with the Chicopee Police and Mayor Vieau. We were thrilled with the large turnout of at least 100 cars!

Its nice when we can get outside in our courtyard . Its such a beautiful area to sit and relax and enjoy the sunshine.



Reflections

Spring has Sprung
Activities continue but
just a little different .All
activities are individual
and 6ft apart. Here are a
few things that have
kept us busy & happy.
We've enjoyed a mothers
day parade from our win-
dows. It was so wonder-
ful to wave to our fami-
lies. We started our win-
dowsill gardening with
some pretty pansies .The
residents are getting a
jump start on rock paint-
ing positive thoughts and
aspirations for our
friends at the Arbors
Kids camp.

Here are a few words of
encouragement from our
residents.

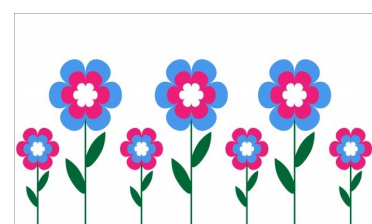
Don't worry be happy!!
Keep Calm & carry on!!
This too shall pass!!
Don't worry about a
thing cause every little
thing's gonna be alright!!



MOM

It's so amazing
What a little word
can do It fills the
heart

With warmth an love
That lasts a lifetime
through.





Happy Birthday

June T 6/1

Marie H 6/4

Philomena P 6/4

June S 6/5

Bridget S 6/8

Chauncy B 6/11

Maureen B 6/11

Jean O 6/13

Nancy G 6/22

Marion G 6/24

The Arbors at Chicopee

929 Memorial Drive

Chicopee, Ma. 01020

Phone: 413-593-0088

Fax: 413-593-8866

www.arborsassistedliving.com

Wellness Corner

Preventing Skin Cancer

Since its inception in 1979 The Skin Cancer Foundation has always recommended using sunscreen with an SPF 15 or higher as one important part of a complete sun protection regimen. Sunscreen alone is not enough, however.

Skin Cancer Prevention Tips:

- ☐ Seek the shade, especially between 10am and 4pm
- ☐ Don't get sunburned.
- ☐ Avoid tanning and never use UV tanning beds.
- ☐ Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- ☐ Use broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day.
 - ☐ Examine your skin head-to-toe every month.
 - ☐ See a dermatologist at least once a year for a professional skin exam.

