

Rheana's Corner

Hello Residents and Families. Fall is underway with its cooler weather, colorful foliage, and a hint of thankfulness in the air!

Friendly reminder: Pull out your winter coat and grab your hat & mittens!

This month, I am asking residents and families to please make sure our face sheet information is accurate and up-to-date. Be sure to notify the community of any changes in contact information which includes but is not limited to: resident representatives, doctor, and insurance information. In addition, if you or your loved one has a health care proxy, Power of Attorney, and / or MOLST, please make sure the community has a copy. Thank you.

Welcome to HWC!

Ursula Pelkey, Business Office Manager

Margaret Lancey, Activity Assistant

Our Staff

Tom McMullen	Executive Director
Lisa Dyer	Resident Service Manager
Kristy Livingston	Director of Marketing & Admissions
Rheana Rodriguez	Director of Social Services
Donna See	Activity Director
John Germano	Executive Chef
David Vaughan	Maintenance Director
Ursula Pelkey	Business Office Manager

GFA Federal Credit Union

On-Site Banking offered on the 2nd Thursday of each month. GFA is located in the conference room on the 1st floor. Please contact the front desk if you are planning to meet with GFA Federal Credit Union.

Quote of the Month

“To fight fear, act. To increase fear-wait, put off, postpone.”

David Joseph Schwartz



Meetings

Newcomers Meeting 11/3 – 1:00pm

Coffee with a Cop 11/4 – 10:00am

Food Committee 11/10 – 1:30pm

Activity Meeting 11/16 – 2:00pm

Coffee with Tom 11/18 – 10:00am

Resident Council Meeting 11/17 - 2pm

Educational Programs

The Great Courses: Wonders of the National Parks 11/2, 11/22 & 11/29 – 2:00pm

Health Talk: Flu Prevention 11/15 – 2:00pm

Medical Services

NaviCare office hours TBD

Trans Care Podiatry appointments TBD, starting at 9:00am

Blood Pressure Clinic 11/15 – 2:30pm

Upcoming Trips

11/10 Shopping: Wal-Mart 1:15pm

11/23 Shopping: Wal-Mart 1:15pm

Special Events

Service of Remembrance 11/1 – 2pm

Festival of Trees Decorating 11/2 – 2:30pm

Art Class with Linda & Ann 11/3 – 1:30pm

November Birthday Party with Ukelele J 11/8 - 2pm

Veterans' Dinner – 11/11 – 12:00pm

Holiday Decorating – 11/29 – 1:15pm & 11/30 – 2pm

Hey, Thanks!

To Dee L. for her donation of several 2022 calendars

To all of our resident volunteers who do so much to keep our community hopping!



**Heywood
Wakefield
COMMONS**

An Assisted Living Residence

A New Place to Call Home
in a Community that Cares



THE HAPPENINGS

50 Pine Street | Gardner, MA 01440 | 978-632-8292 | www.hwcommons.com



November 2021



Coming off of a very challenging year and a half of Covid impact, we have all been through so much. We are going to be honoring those residents who have passed in a Memorial service on November 1st. We weren't able to gather last year, so we will remember the residents we have lost throughout the past two years. I am very pleased to announce that our own Pastor Dale Proulx and former Director of Social Services, Ellen Gale, will be hosting this service. This is a time that we can all pay our respects to our friends who are no longer with us.

We will also be wishing well two wonderful staff members as they partake in new endeavors. Sue is retiring, and Lisa is moving into a new position closer to family. Both will be missed, and forever a part of our “HWC family.” Stay tuned for more information on our planned celebrations as they develop, including the upcoming holiday events. Unfortunately, our Annual Holiday Celebration will be scaled back a bit again this year, for residents and staff only. We just are not at a safe point for big, open events.

Finally, as Veteran's Day approaches, I would like to thank all of our veterans for their service to our country! We are living in some very strange times right now, but know that your sacrifices and bravery are very much appreciated. You are all heroes, and we are blessed to be able to share this home with you. God Bless America!





~ Tom

Dear friends and family,

In order to manage our risk of covid infection within our building, we need your help. We ask that all visitors wear masks for the duration of their time in our building and work to maintain social distance from our residents, even in resident apartments. This may mean keeping the number of visitors at one time to a minimum, depending on the size of the apartment. Also, if you have not been feeling well, please postpone your visit. At this time, we continue to screen our visitors upon arrival for covid symptoms and ask that you please call in advance to schedule your visit. Thank you for doing your part to keep our residents and staff healthy!

THANKSGIVING: A 'NEED TO KNOW'

Please let the Front Desk know by Monday, November 22nd if you plan to be away for the Thanksgiving Day meal.

SUNDAY	MONDAY	TUESDAY	November 2021																			
 <p>Don't forget to turn your clocks back one hour Sunday Nov 7th</p>	<p>1.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Service of Remembrance 3:30 Social Hour 6:00 Monday Miniseries: Chesapeake Shores</p>	<p>2. Election Day</p> <p>11:00 Exercise 11:00 Daily Word Puzzles 1:30 Walking Club 2:00 The Great Courses: Wonders of the National Parks 2:30 FOT Tree Decorating 3:30 Social Hour 6:00 Scrabble Club Manicures by Appointment*</p>	<p>3.</p> <p>9:30 Nutrition Bingo 10:30 Exercise 11:00 Daily Word Puzzles 1:00 Newcomers' Group 1:30 Art Class with Linda & Ann* 3:30 Social Hour 6:00 Wednesday Movie: Mrs. Palfrey at the Claremont</p>	<p>4.</p> <p>10:00 Coffee with a Cop 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 6:00 Cribbage Club</p>	<p>5.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Catholic Mass 3:30 Social Hour 6:00 Friday Movie: The Little Colonel</p>	<p>6.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:30 Wii Bowling 3:30 Social Hour</p>																
<p>7.</p> <p>10:00 Rosary 11:00 Daily Word Puzzles 1:00 Sunday Christian Service 2:00 Bingo 3:30 Social Hour</p> <p>Daylight Savings Time Ends</p>	<p>8.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:30 Walking Club 2:00 Birthday Party with Ukelele J 3:30 Social Hour 6:00 Monday Miniseries: Chesapeake Shores</p>	<p>9.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Bon Voyage, Sue & Lisa 3:30 Social Hour 6:00 Scrabble Club Manicures by Appointment*</p>	<p>10.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:15 Wal Mart Shopping* 1:30 Friday Movie on Wednesday 3:30 Social Hour 6:00 Wednesday Movie: Arlington: Field of Honor</p>	<p>11. Veterans Day</p> <p>10:00 GFA Banking* 10:30 Exercise 11:00 Daily Word Puzzles 12:00 Veterans' Dinner 2:00 Entertainment by Sean Fullerton 3:30 Social Hour 6:00 Cribbage Club</p>	<p>12.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:00 Beanbag Toss 2:00 Virtual Catholic Mass 3:30 Social Hour 6:00 Friday Movie: Away from Her</p>	<p>13.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:30 Wii Bowling 3:30 Social Hour</p>																
<p>14.</p> <p>10:00 Rosary 11:00 Daily Word Puzzles 1:00 Sunday Christian Service 2:00 Bingo 3:30 Social Hour</p>	<p>15.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Health Talk: Flu Prevention 2:30 Blood Pressure Clinic 3:30 Social Hour 6:00 Monday Miniseries: Chesapeake Shores</p>	<p>16.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:30 Walking Club 1:30 Friday Movie on Tuesday 2:00 Activity Meeting 2:30 Cribbage 3:30 Social Hour 6:00 Scrabble Club Manicures by Appointment*</p>	<p>17.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Resident Council 3:30 Social Hour 6:00 Wednesday Movie: Boynton Beach Club</p>	<p>18.</p> <p>10:00 Coffee with Tom 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 6:00 Cribbage Club</p>	<p>19.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:00 Balloon Badminton 2:00 Virtual Catholic Mass 3:30 Social Hour 6:00 Friday Movie: Cocoon</p>	<p>20.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:30 Wii Bowling 3:30 Social Hour</p>																
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<p>28.</p> <p>10:00 Rosary 11:00 Daily Word Puzzles 1:00 Sunday Christian Service 2:00 Bingo 3:30 Social Hour</p> <p>Hannukah Begins</p>	<p>29.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:15 Holiday Decorating 2:00 The Great Courses: Wonders of the National Parks 3:30 Social Hour 6:00 Monday Miniseries: Chesapeake Shores</p>	<p>30.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:30 Walking Club 1:30 Friday Movie on Tuesday 2:00 Holiday Decorating 3:30 Social Hour 6:00 Scrabble Club Manicures by Appointment*</p>		<p>*Please note that all Activities are subject to change*</p> <p>* Sign up required (\$) ** guests welcome</p>		<p>Resident Birthdays</p> <table> <tr> <td>Eva G.</td> <td>Nov. 3</td> </tr> <tr> <td>John A.</td> <td>Nov. 4</td> </tr> <tr> <td>Peter M.</td> <td>Nov. 8</td> </tr> <tr> <td>Charlene D.</td> <td>Nov. 10</td> </tr> <tr> <td>Sheila F.</td> <td>Nov. 14</td> </tr> <tr> <td>Carolyn G.</td> <td>Nov. 18</td> </tr> <tr> <td>Elizabeth R.</td> <td>Nov. 25</td> </tr> <tr> <td>Sharon B.</td> <td>Nov. 28</td> </tr> </table>	Eva G.	Nov. 3	John A.	Nov. 4	Peter M.	Nov. 8	Charlene D.	Nov. 10	Sheila F.	Nov. 14	Carolyn G.	Nov. 18	Elizabeth R.	Nov. 25	Sharon B.	Nov. 28
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