

Mother's Day Dinner

Please let the Front Desk know by Monday, May 8th if you plan to be away for Mother's Day dinner, supper, or both. This will greatly help our dining services staff with planning our holiday meals for the day. Thank you for your help and have a wonderful holiday!

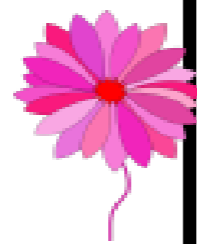
Touchstone Cognitive Health is Here!



Touchstone Cognitive Health is a lifestyle method designed to positively influence many aspects of daily life. It is not uncommon to experience symptoms of mild cognitive impairment as we age. The good news is, there are things that we can do, starting right this minute, that can help us proactively participate in our health and wellbeing. Touchstone involves presenting evidence-based techniques that we can choose to implement to take a more active role in our day-to-day life. Exercising regularly, participating in mentally and socially stimulating activities and changing or improving our diet can make a big difference! Look for the Touchstone icon on our menus and future activity calendars to guide you toward choosing activities and meals that may help you to function and feel your best.

Our Staff

Tom McMullen	Executive Director
Kristy Livingston	Assistant Executive Director
Rheana Rodriguez	Resident Service Manager
John Germano	Executive Chef
David Vaughan	Maintenance Director
Joe Raymond	Business Office Manager
Kathleen Hickey	Resident Transitions Coordinator
Donna See	Activity Director



Welcome to HWC Marie, Companion and Nancy, Volunteer!

Quote of the Month

"The greatest of all mistakes is to do nothing because you can only do a little. Do what you can." - Samuel Johnson

Meetings

Coffee with a Cop 5/4 – 10:00am

Activity Meeting 5/8 – 11:15am

Food Service Meeting 5/11 – 1:30pm

Resident Council Meeting 5/17 – 2:00pm

Coffee with Tom 5/25 – 10:00am

Educational Programs

Monday Documentary: Jewels of the

Triple Crown 5/1 @ 2:00pm

Health Talk: Sleep & Aging 5/8 at 2:00pm

Medical Services

Trans Care Podiatry appointments

TBD, starting at 9:00 am

Upcoming Trips

5/1 Shopping: Dollar Tree at 1:30pm

5/10 Shopping: Wal Mart at 1:15pm

5/24 Shopping: Wal Mart at 1:15pm

Special Events

5/3 Kentucky Derby Fascinator Craft at 2:00pm

5/4 A Day at the Races at 2:00pm

5/4 Kentucky Derby Social Hour at 3:30pm

5/9 Mother's Day Tea Party at 2:00pm

5/15 Birthday Party with Heather Marie at 2:00pm

5/18 Spring Planting at 2:00pm

5/22 Service of Remembrance at 2:00pm

5/24 Card Crafting with Dee at 2:00

5/25 Memorial Day Root Beer Float Social Hour at 3:30pm

5/31 Cooking with Chef John: Italian Cookies at 2:00pm

Hey, Thanks!

To Lisette Q & Chris Guerra for donating one of Chris's landscape photographs for our Media Room

To Joe & Linda Raymond for their donation of beautiful raffle baskets for our residents!

To Brenda Pecchia & Eva D. for their donation of chock-full Easter Baskets!



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May 2023



I hope the Red Sox can turn the corner on their play, as their start has been very slow. Still, with baseball season and spring in full swing, we are resurrecting the Fenway Park walking club challenge. Let me explain. We measured out a lap outside that equals 1760 ft. Each lap that you walk can be logged in the Fenway Challenge book in the lobby. Every three laps equal a mile. The first person to walk the 61 miles from our building to Fenway Park will be rewarded and recognized with a great prize. Inclement weather cannot slow us down. If you walk inside on any of our floors from the elevator to one end of corridor, back to the other end of corridor, then back to the elevator, you have walked 475 ft. This means that every 11 laps equal one mile. Donna will be having an information session to go over this process at the May Activities meeting on Monday May 8th. Let's see if someone can make it to Fenway by the all-star break!

To add, the next month will be the most "touchy" as far as temperatures in the apartments go. We are required to provide heat to our units until June 15th. It isn't uncommon for a few hot days to make our residents uncomfortable. I would like to mention the following tips to stay cool these next several weeks. First, you can keep your blinds closed when the sun is shining to prevent solar heating. Try opening your window (we can help) to allow a breeze to enter. Keep in mind, if you open your window, please keep your door closed so as not to throw off the AC balance in the building. Alternatively, you can open your door to the air-conditioned corridors. Some residents keep a fan blowing in from the corridor to help bring in the cool air. Finally, many residents' families provide their loved ones with a portable air conditioner to get through this period. Just please remember, no window units; use only the floor type that vent out the window. We can help with the venting of these units.

This is a beautiful time of year, let's enjoy the weather and get outside!

- Tom

Alternate Meals – You Have a Choice!

Residents are reminded that if you find the main dinner or supper meal is not your favorite or if you feel it doesn't fit your special dietary needs, fill out an alternate meal request at the table in the Lounge across from the shuffleboard table. Any staff member would be happy to assist with the alternate ordering process. To assist the kitchen with meal planning and prep, all alternate orders must be received prior to 10:30am and may be submitted well in advance. If you know you will be out and wish to have your meal saved in the Country Kitchen or packed "to go," please inform the kitchen by 10:30am. In order to keep our daily schedules on track, apartment meal deliveries to those who are under the weather must be approved by our nursing staff and will be completed after the dining room and lounge have been served. If approved by Resident Care, for the safety of the community, the \$5 per meal delivery fee will be waived. We thank you for helping us serve everyone in as timely a manner as possible.

* Sign up required ** guests welcome (\$) cost to attend

 **May 2023** 

Please note that all Activities are subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1. May Day 10:30 Exercise 11:00 Daily Word Puzzles 1:30 Shopping: Dollar Tree* 1:30 Monday Documentary: Jewels of the Triple Crown 3:30 Social Hour 6:00 Monday Miniseries: Carol Burnett	2. 8:30 -10:30 Navicare Office Hours 10:30 Exercise 11:00 Daily Word Puzzles 1:30 Friday Movie Re-Play 2:00 Bingo \$ 3:30 Social Hour 6:00 Scrabble Club	3. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Crafting: Kentucky Derby Fascinators 3:30 Social Hour 6:00 Game Night Manicures by Appointment*	4. 10:00 Coffee with a Cop 10:30 Exercise 11:00 Daily Word Puzzles 2:00 A Day at the Races 3:30 Kentucky Derby Social Hour 6:00 Thursday Movie: Secretariat	5. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Wii Bowling 2:00 Catholic Mass 3:30 Cinco de Mayo Social Hour 6:00 Friday Movie: Seabiscuit	6. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Brain Games 2:00 Wii Bowling 3:30 Social Hour 5:45 Downton Abbey
7. 10:00 Rosary 10:45 Sunday Church Service 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour	8. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Activity Meeting 2:00 Health Talk: Sleep & Aging 3:30 Social Hour 6:00 Monday Miniseries: Carol Burnett	9. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Mother's Day Tea Party 3:30 Social Hour 6:00 Scrabble Club	10. 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Shopping: Wal Mart* 1:30 Friday Movie Re-Play 3:30 Social Hour 6:00 Game Night	11. 10:30 Exercise 11:00 Daily Word Puzzles 2:30 Virtual Catholic Mass 3:30 Social Hour 6:00 Thursday Movie: Mama Mia!	12. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Bingo \$ 3:30 Social Hour 6:00 Friday Movie: The Joy Luck Club	13. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Manicures* 1:15 Brain Games 2:00 Wii Bowling 3:30 Social Hour 5:45 Downton Abbey
14. 10:00 Rosary 10:45 Sunday Church Service 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour Mother's Day	15. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 HWC Chorus 2:00 Birthday Party with Heather Marie 3:30 Social Hour 6:00 Monday Miniseries: Carol Burnett	16. 10:30 Exercise 11:00 Daily Word Puzzles 1:30 Friday Movie Re-Play 2:00 Bingo \$ 3:30 Social Hour 6:00 Scrabble Club Manicures by Appointment*	17. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Resident Council 3:30 Social Hour 6:00 Game Night	18. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Spring Planting 3:30 Social Hour 6:00 Thursday Movie: The Great Alaskan Race	19. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Beanbag Toss 2:00 Virtual Catholic Mass 3:30 Social Hour 6:00 Friday Movie: A Dog's Way Home	20. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Brain Games 2:00 Wii Bowling 3:30 Social Hour 5:45 Downton Abbey
21. 10:00 Rosary 10:45 Sunday Church Service 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour	22. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Service of Remembrance 3:30 Social Hour 6:00 Monday Miniseries: Carol Burnett	23. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Entertainment by Dan Kirouac 3:30 Social Hour 6:00 Scrabble Club Manicures by Appointment*	24. 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Shopping: Wal Mart* 1:30 Friday Movie Re-Play 2:00 Card Crafting with Dee 3:30 Social Hour 6:00 Game Night	25. 10:00 Coffee with Tom 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Bingo \$ 3:30 Memorial Day Root Beer Float Social Hour 6:00 Thursday Movie: Playing with Fire	26. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Virtual Catholic Mass 3:30 Social Hour 6:00 Friday Movie: Yankee Doodle Dandy	27. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Manicures* 1:15 Brain Games 2:00 Wii Bowling 3:30 Social Hour 5:45 Downton Abbey
28. 10:00 Rosary 10:45 Sunday Church Service 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour	29. Memorial Day 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Name that Patriotic Tune 3:30 Social Hour 6:00 Monday Miniseries: Carol Burnett	30. 10:30 Exercise 11:00 Daily Word Puzzles 1:30 Friday Movie Re-Play 2:00 Balloon Badminton 3:30 Social Hour 6:00 Scrabble Club Manicures by Appointment*	31. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Cooking with Chef John: Kitty's Italian Cookies 3:30 Social Hour 6:00 Game Night	Events Around Town Gardner Museum Reservations required for all events: info@gardnermuseuminc.com 5/4 7pm – Living with Nature 5/11 7pm – Hervey Bowden Essay Contest Awards 5/18 7pm - The Language of Icons: Art as Revelation 5/25 7pm – Rabbit Run Railroad 5/31 7pm – Celebrating Gardner's 100 Years as a City 6/1 7pm – Forward, Upward, Onward 5/6 Chair City Conceptual Forefront Art Festival 11am – 4pm		Resident Birthdays Shirley M. May 4 Jude D. May 4 Marie M. May 5 Pat W. May 7 Eva D. May 18 Loretta C. May 23 Evelyn A. May 24 Mary C. May 31