

### Health Benefits of Volunteering!

Research shows that volunteering is good for your health! People who volunteer have lower mortality rates, greater functional ability and lower rates of depression than those who do not. Some key findings from this research offer many reasons to lend a helping hand. Here are 3:

- 1 – Volunteering leads to greater life satisfaction
- 2 - Volunteering and physical well-being are part of a positive reinforcing cycle
- 3 – Individuals who volunteer live longer

You can check out the details of the research in the full report, “The Health Benefits of Volunteering: A Review of Recent Research,” which can be downloaded at

[https://americorps.gov/sites/default/files/evidenceexchange/FR\\_2007\\_TheHealthBenefitsofVolunteering\\_1.pdf](https://americorps.gov/sites/default/files/evidenceexchange/FR_2007_TheHealthBenefitsofVolunteering_1.pdf)

### Our Staff

Tom McMullen	Executive Director
Kristy Livingston	Assistant Executive Director
Rheana Rodriguez	Resident Service Manager
Daniel Matte	Maintenance Director
John Germano	Executive Chef
Joe Raymond	Business Office Manager
Donna See	Activity Director
Sue Kelley	Interim Resident Transitions Coordinator

**Welcome to HWC!**  
**Robert, Heavy Housekeeper**

### GFA Federal Credit Union

On-Site Banking is 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

“The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.”

-William James

### Meetings

- Coffee with a Cop** 4/4 @ 10:00am
- Activity Meeting** 4/15 – 11:00am
- Food Service Meeting** 4/11 @ 1:30pm
- Resident Council Meeting** 4/17 @ 2:00pm
- Veterans’ Coffee** 4/18 @ 11:00am
- Coffee with Tom** 4/24 @ 10:00am

### Educational Programs

- 4/11 **Falls Prevention** @ 2:00pm
- 4/15 **Sleep & Aging** @ 2:00pm
- 4/22 **Spring Butterflies** @ 2:00pm
- 4/30 **Passover Symbols & Traditions** @ 2:00pm

### Medical Services

- 4/2 **Navicare Office Hours:** 8:30–10:30am
- Trans Care** Podiatry appointments  
TBD, starting at 9:00am
- 4/11 **Balance Clinic** 2:00pm

### Upcoming Trips

- 4/2 **Shopping: Wal-Mart** @ 1:15pm
- 4/16 **Shopping: Wal Mart** @ 1:15pm
- 4/29 **Shopping: Wal Mart** @ 1:15pm

### Special Events

- 4/1 **Crafting: Solar Eclipse Viewers** 2:00pm
- 4/3 **Baking: Lemon Poppyseed Bread** – 2:00pm
- 4/8 **Solar Eclipse Watch Party** – 2:00pm
- 4/9 **Red Sox Home Opener Social Hour** – 3:30pm
- 4/23 – **Music, Movement & Meditation with Nina** – 2:00pm
- 4/24 **Birthday Party with Andy Ross** – 2:00pm
- 4/25 **Volunteer Recognition** – 2:00pm

### Hey, Thanks!

To all who donated to our March Peanut Auction!

To all who donated cereal boxes for our resident eclipse viewer project!

To Amanda for her donation of a digital camera for our upcoming Photovoice project!

To Denise for donating 2 tasty cakes for our May Mother’s Day Tea Party!

To Vicky Johnson for her donation of St. Patrick’s Day necklaces!



**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



## April 2024



March was a warm month, and temperatures will only continue to rise. This time of year, we are going to deal with the challenges of warm apartments. With recent changes to landlord/tenant housing codes, we are now able to switch from heat to A/C a bit earlier than June 15<sup>th</sup>. As we get further into the spring, we will plan our date for the switch based on local weather patterns. Until we switch to cooling, only heat is available to apartments. If you lower the thermostat, the only way your apartment will cool is through natural heat loss. Our building is well-insulated, and you may be surrounded by apartments that are heated over 80 degrees for comfort. These two factors mean it is going to take a while to decrease the temp in your apartment; in fact, it may not drop as far as the low seventies for these reasons.

Still, there are steps that you can take to keep from overheating:

- **Open your window at night to get that cool air in:**
  - Our staff is happy to help with this - please pull your cord if you need assistance. All I ask is that if you open your window, please keep your door closed so that our air system stays in balance.
- **Leave your door open:**
  - Our corridors and commons areas are heated and cooled all year, which means we can drop the corridor temperatures on hotter days.
- **Keep the sun out during the day:**
  - Adjust your blinds to keep the hot daytime sun from heating your apartment during peak sun times. This makes a huge difference, and helps hold the cooler overnight air longer.
- **Bring in a portable AC unit:**
  - Some of our residents have done this for health reasons, requiring both lower temperatures or humidity. But this option exists for all. If you feel this is the best option for you, remember that we cannot have window units, as they are too dangerous with these big windows. Maintenance can help with getting your portable AC unit installed if your family brings one in. Please just give us a heads up so we can plan accordingly.

Twice a year we deal with these challenges, but by putting these recommendations to work, we have made it manageable. Thank You!

- Tom

Hello HWC Families! When having items delivered to Heywood Wakefield Commons for your loved one, please consider the weight and bulk of the items. If the resident cannot pick up the packages from the front desk on their own, there will likely be a delay in their receipt of the items. Groceries or takeout meals that are left at our front desk may sit and get warm or cold. With that, we strongly encourage you to deliver all items directly to the apartment yourself, as we are not equipped for apartment delivery. When making deliveries to your loved one, please limit your use of the receptionist cart to one trip. If it is in use, we ask that you please find an alternate way to transport your groceries. Thank you.


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



**April 2024**



\*Please note that all Activities are subject to change\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:00 HWC Chorus 2:00 Crafting: Solar Eclipse Viewers 3:30 Social Hour 5:45 Word Break 6:00 I Love Lucy	<b>2.</b> 8:30 -10:30 Navicare Office Hours 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Holy Communion 1:15 Shopping Wal Mart* 1:30 Friday Movie Replay 3:30 Social Hour 6:00 Scrabble Club	<b>3.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Manicures* 2:00 Baking: Lemon Poppysseed Bread 3:30 Social Hour 6:00 Cribbage	<b>4.</b> 10:00 Coffee with a Cop 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Bingo \$ 3:30 Social Hour 6:00 Wii Bowling	<b>5.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Neighborly Visits 2:00 Catholic Mass 3:00 Prayer Group 3:30 Social Hour 6:00 Friday Movie: 9 to 5	<b>6.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Manicures* 1:30 Brain Games 2:30 Wii Bowling 3:30 Social Hour 5:45 Travel with Rick Steves through Europe
<b>7.</b> 10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sunday Series: Sue Thomas, F.B. Eye	<b>8.</b> 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Solar Eclipse Watch Party 3:30 Social Hour 5:45 Word Break 6:00 I Love Lucy	<b>9.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Holy Communion 2:00 Bingo \$ 3:30 Sox Home Opener Social Hour 6:00 Scrabble Club	<b>10.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Manicures* 2:00 Entertainment by Jim Porcella 3:30 Social Hour 6:00 Farkle	<b>11.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Fall Prevention & Balance Clinic 3:30 Social Hour 6:00 Beanbag Toss	<b>12.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Neighborly Visits 2:00 Catholic Mass 2:30 Prayer Group 3:30 Social Hour 6:00 Friday Movie: Breakfast at Tiffany's	<b>13.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:30 Brain Games 2:30 Wii Bowling 3:30 Social Hour 5:45 Travel with Rick Steves through Europe
<b>14.</b> 10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sunday Series: Sue Thomas, F.B. Eye	<b>15. Patriots Day</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Activity Meeting 2:00 Presentation: Sleep & Aging 3:30 Social Hour 5:45 Word Break 6:00 I Love Lucy	<b>16.</b> 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Holy Communion 11:15 Walking Club 1:15 Shopping Wal Mart* 1:30 Friday Movie Replay 3:30 Social Hour 6:00 Scrabble Club	<b>17.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Manicures* 2:00 Resident Council 2:30 Music by Forrest 3:30 Social Hour 6:00 Left, Right, Center	<b>18.</b> 10:30 Exercise 11:00 Veterans' Coffee & Visit with Rocky 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Bingo \$ 3:30 Social Hour 6:00 Horseshoes	<b>19.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Neighborly Visits 2:00 Virtual Catholic Mass 2:30 Prayer Group 3:30 Social Hour 6:00 Friday Movie: High School Musical, Encore Edition	<b>20.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Manicures* 1:30 Brain Games 2:30 Wii Bowling 3:30 Social Hour 5:45 Travel with Rick Steves through Europe
<b>National Volunteer Week April 21 - 27</b>						
<b>21.</b> 10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sunday Series: Sue Thomas, F.B. Eye	<b>22. Passover Begins / Earth Day</b> 10:30 Exercise 11:00 HWC Chorus 11:00 Daily Word Puzzles 2:00 Photo Presentation by Dave Small: Spring Butterflies 3:30 Social Hour 5:45 Word Break 6:00 I Love Lucy	<b>23.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Holy Communion 2:00 Music & Movement with Nina 3:30 Social Hour 6:00 Scrabble Club	<b>24.</b> 10:00 Coffee with Tom 10:30 Exercise 11:15 Manicures* 11:00 Daily Word Puzzles 2:00 Birthday Party with Andy Ross 3:30 Social Hour 6:00 TV Trivia	<b>25.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Volunteer Recognition 3:30 Social Hour 6:00 Ring Toss	<b>26.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:00 Neighborly Visits 2:00 Virtual Catholic Mass 2:30 Prayer Group 3:30 Social Hour 6:00 Friday Movie: Roman Holiday	<b>27.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:30 Brain Games 2:30 Wii Bowling 3:30 Social Hour 5:45 Travel with Rick Steves through Europe
<b>28.</b> 10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sunday Series: Sue Thomas, F.B. Eye	<b>29.</b> 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Shopping: Wal Mart 1:30 Friday Movie Replay 2:00 Card Crafting with Dee 3:30 Social Hour 5:45 Word Break 6:00 I Love Lucy	<b>30.</b> 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Holy Communion 2:00 Passover Symbols & Traditions 3:30 Social Hour 6:00 Scrabble Club		<b>Resident Birthdays</b> Diane W. 4/5 Barbara D. 4/7 Marion B. 4/13 Alma R. 4/19 Gerry D. 4/21 Leona K. 4/26 Sheila D. 4/25 Pat F. 4/30	<b>Events Around Gardner</b> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <b>Heywood Library Book Club:</b>            Meets the last Weds of the month at 3:30. April's book: <i>"Frankenstein" by Mary Shelley</i> </div> <div style="width: 45%;"> <b>Heywood Library Adult Craft Series:</b> Programs start at 6:00pm            Wednesday, April 24<sup>th</sup> - May Baskets         </div> </div>	