



Our Staff

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

Heywood Wakefield Commons is participating in the Alzheimer's Association Walk to END Alzheimer's on Sunday, October 6th. Our team is open to all employees, family, friends, and residents who are able to walk 3 miles, including hills. The more the merrier, so please consider registering to walk with us. Not up for the walk? No problem. You can show your support by donating to our team to help us meet our goal of raising \$2,500. Visit our team page at <http://act.alz.org/goto/HeywoodWakefieldCommons> to register or make a donation. And be sure to mark Wednesday, August 14th on your calendar. On that date we're holding a fundraiser at Papa Gino's to support the HWC Walk to END Alzheimer's team. Check out our flyer insert for details. Please see Kristy Livingston for more information on how you can help put an END to Alzheimer's!

Are You Registered?

Residents, if you are new to our community, and are interested in voting, you will need to register with the City Clerk's Office. We would ask that your family assist you with completing the state Voter Registration Form, which is available at the front desk. You can also contact the City Clerk's Office directly at 978-630-4058 for more information or to request a form. Information on registration deadlines and upcoming elections in 2024 can be found at the link below:

<https://www.sec.state.ma.us/divisions/elections/recent-updates/upcoming-elections.htm>. Here's to doing your civic duty!

Welcome to Heywood Wakefield Commons Marie, Companion!

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 best portion of a good man's life, - his little, nameless, unremembered acts of kindness and of love."

-William Wordsworth

Meetings

Coffee with a Cop 8/1-10:00am

Food Committee 8/8-1:30pm

Activity Meeting 8/12-11:00am

Coffee with Tom 8/21-9:30am

Resident Council Meeting 8/21-2:00pm

Educational Programs

Medication Management 8/12-2:00pm

Empathy Talk with Michelle
8/14 @ 2:00pm

Medical Services

Trans Care Podiatry appointments

TBD, starting at 9:00am

Upcoming Trips

8/5 Shopping: Wal Mart @ 1:15pm

8/20 Shopping: Wal Mart @ 1:15pm

8/14 Alzheimer's Fundraiser Lunch @ Papa Gino's @ 11:15am

Special Events

First Responder Dine & Dash Appreciation BBQ 8/1 @ 1:30pm

Birthday Party with Andy Ross 8/6 @ 2:00pm

Entertainment by Jim Porcella 8/19 @ 2:00pm

Music with Forrest 8/21 @ 2:00PM

Baking: Zucchini Bread 8/26 @ 2:00pm

Music & Movement with Nina 8/27 @ 2:00pm

Ornament Craft 8/28 @ 2:00pm

Stories from the Campfire with Todd Goodwin 8/29 @ 2:00pm

Hey, Thanks!

To Shirley M's family & Tina Griffin for donating several items for our next Peanut Auction.

To Wilda's son Mark and his friend Dave for a rockin' concert in July.

To Daniel and Debra Sargent, Mr & Mrs Edward Lepkowski, Donald & Teresa Pierce, Cindy Healy & Pam Clark, Stephanie & Michael LeCuyer, the Gardner Redevelopment Authority and Gail Sheehan for their generous donations to our Resident Activity fund in memory of Shirley M.



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



August 2024



We are still in the heat of summer and the cookout season has been going very well. Joe is back, and my newest grilling assistant, Dan, has been learning fast. We have just five BBQs left, so if you haven't had a chance to join us, sign up quickly on Monday at the front desk. The expanded patio and new umbrellas have made a big difference in the comfort of the area. Jean's beautiful birdhouse is up, though I haven't seen any residents in it yet.

We are doing a few things to give the facility a facelift. The arborvitae along the parking lot have been removed and replaced with seagrasses. This update, combined with the parking lot re-seal, has given the area a crisp look. If you have been out walking, I am sure you have seen it.

Once again, we have a group walking in the Alzheimer's Association's Walk to END Alzheimer's on Sunday, October 6th. There are a few different ways that you can support our efforts: walk with us at the walk, donate to our team at the team web page, buy a purple poppy at the front desk, or eat at Papa Gino's on Wednesday, August 14th. That day, mention us when placing your order and Papa Gino's will donate 20% of your bill to benefit our team and raise money for the Alzheimer's Association. This is a very important cause, which has affected all of us. I hope we can count on your support!

Enjoy these warm summer days while they last. Drink lots of water, and get some sunshine!

- Tom

Rheana's Resident Care Corner

With warmer weather upon us, I would like to take a moment to encourage people to keep HYDRATED! When you sit to watch your favorite sports team...have a glass of water. When you go outside to get some fresh air... bring your water. Meal time is a great opportunity to get an extra glass of water in while you are surrounded by great friends and good food! By taking these small steps you could avoid greater problems from headaches, fatigue, and dizziness to UTI's, constipation, and muscle cramping, which can all potentially lead to a fall. Dehydration is a serious concern; be mindful, stay active and keep hydrated! Every little sip helps!
Note: Please follow your doctor's recommendation as it relates to any Fluid Restrictions


* Sign up required ** Guests welcome (\$) Cost to attend



August 2024



Please note that all Activities are subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Resident Birthdays</p> <p>Wilda W. Aug. 1 Don B. Aug. 2 Maureen O. Aug. 9 Maureen N. Aug. 11 Irene K. Aug. 28</p>		<p>Events Around Gardner</p>		<p>1.</p> <p>10:00 Coffee with a Cop 10:30 Exercise 11:00 Daily Word Puzzles 12:00 Summer BBQ* 1:30 First Responder Appreciation 3:30 Social Hour 6:00 Beanbag Toss</p>	<p>2.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Catholic Mass 3:00 Prayer Group 3:30 Social Hour 6:00 Friday Movie: Summertime</p>	<p>3.</p> <p>10:30 Exercise 11:00 Who Am I? 11:00 Daily Word Puzzles 11:15 Manicures* 1:15 Brain Games 2:00 Wii Bowling 3:30 Social Hour 5:45 Travel with Rick Steves</p>
<p>4.</p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sue Thomas: F.B. Eye</p>	<p>5.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 HWC Chorus 1:15 Shopping: Wal Mart* 1:30 Friday Movie Replay 3:30 Social Hour 6:00 Carol Burnett</p>	<p>6.</p> <p>8:30 – 10:30 Navicare Office Hours 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Holy Communion 2:00 Birthday Party with Andy Ross 3:30 Social Hour 5:45 Tuesday Series: 24 6:00 Scrabble Club</p>	<p>7.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Bingo \$ 3:30 Social Hour 5:45 Wednesday Series: 24 6:00 Farkle</p>	<p>8.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 12:00 Summer BBQ* 2:00 A Day at the Races 3:30 Social Hour 6:00 Trivia</p>	<p>9.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Virtual Catholic Mass 2:30 Prayer Group 3:30 Social Hour 6:00 Friday Movie: The Great Outdoors</p>	<p>10.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:30 Presentation: The “Beat Generation” - A Cultural Review of the 1950s Through Music. 3:30 Social Hour 5:45 Travel with Rick Steves</p>
<p>11.</p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sue Thomas: F.B. Eye</p>	<p>12.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 Activity Meeting 2:00 Health Talk: Medication Management 3:30 Social Hour 6:00 Carol Burnett</p>	<p>13.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Holy Communion 1:15 Photovoice Photoshoot* (3) 1:30 Friday Movie Replay 3:30 Social Hour 5:45 Tuesday Series: 24 6:00 Scrabble Club</p>	<p>14.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Papa Gino’s Lunch for the Alzheimer’s Association \$* 2:00 Empathy Talk with Michelle 3:30 Social Hour 5:45 Wednesday Series: 24 6:00 Left, Right, Center</p>	<p>15.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 12:00 Summer BBQ* 2:00 Bingo \$ 3:30 Social Hour 6:00 Wii Bowling</p>	<p>16.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Virtual Catholic Mass 2:30 Prayer Group 3:30 Social Hour 6:00 Friday Movie: The Parent Trap</p>	<p>17.</p> <p>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 Travel with Rick Steves</p>
<p>18.</p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sue Thomas: F.B. Eye</p>	<p>19.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:00 HWC Chorus 2:00 Entertainment by Jim Porcella 3:30 Social Hour 6:00 Carol Burnett</p>	<p>20.</p> <p>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 5:45 Tuesday Series: 24 6:00 Scrabble Club</p>	<p>21.</p> <p>9:30 Coffee with Tom 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Resident Council 2:30 Music with Forrest 3:30 Social Hour 5:45 Wednesday Series: 24 6:00 Word Break</p>	<p>22.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 12:00 Summer BBQ* 2:00 Photovoice* (4) 3:30 Social Hour 6:00 Bingo \$</p>	<p>23.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Virtual Catholic Mass 2:30 Prayer Group 3:30 Social Hour 6:00 Friday Movie: Grease</p>	<p>24.</p> <p>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</p>
<p>25.</p> <p>10:00 Rosary 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 5:45 Sue Thomas: F.B. Eye</p>	<p>26.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 1:30 Friday Movie Replay 2:00 Baking: Zucchini Bread 3:30 Social Hour 6:00 Carol Burnett</p>	<p>27.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 1:15 Holy Communion 2:00 Music, Movement & Meditation with Nina 3:30 Social Hour 5:45 Tuesday Series: 24 6:00 Scrabble Club</p>	<p>28.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 2:00 Christmas in August: Ornament Craft 3:30 Social Hour 5:45 Wednesday Series: 24 6:00 Bingo \$</p>	<p>29.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 12:00 Summer BBQ* 2:00 Stories from the Campfire with Todd Goodwin 3:30 Social Hour 6:00 Beanbag Toss</p>	<p>30.</p> <p>10:30 Exercise 11:00 Daily Word Puzzles 11:15 Walking Club 2:00 Virtual Catholic Mass 2:30 Prayer Group 3:30 Social Hour 6:00 Friday Movie: Dirty Dancing</p>	<p>31.</p> <p>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</p>