


Mother's Day Dinner

Please let the Front Desk know by Monday, May 4th 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!

Donations: Please & Thank You

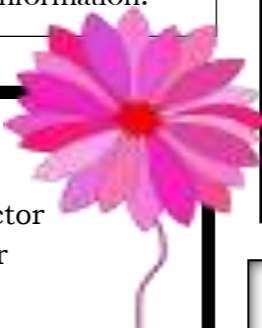
As large as our building is, our storage space is limited. With that in mind, while we appreciate all offers of donations, unfortunately we cannot always accept. If you have an item or two to offer, please do not just leave them in our common areas or at the front desk – please check with Tom for prior approval. We will happily take what we can use and may offer suggestions for all other items. It is the responsibility of residents and family to dispose of all used personal belongings, including mattresses and furniture. Thank you for your support and understanding.

The MIND Diet - Eat Your Way to Good Health

As we age, it is not uncommon to experience symptoms of *Mild Cognitive Impairment* (forgetfulness and/or confusion that is noticeable, but not severe enough to interfere in daily routines or limit independence). Exercising regularly, participating in mentally and socially stimulating activities and changing or improving your diet are some evidence-based techniques that you can choose to implement to take a more active role in maintaining your cognitive health. The MIND Diet is a well-researched diet combining elements of the well-known Mediterranean Diet and the DASH Diet... One study followed 900 Seniors over a 5-year period. Those who strictly adhered to the MIND Diet reduced their risk of developing Alzheimer's Disease by 53%. When not rigorously followed there was still a 35% reduction of risk. Interested in trying the MIND Diet? Choose items on our menus with this icon  and check out the insert in this newsletter for more information.

Our Staff

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



Meetings

Coffee with a Cop 5/7–10:00am
Food Service Meeting 5/7–1:30pm
Activity Meeting 5/11–11:00am
Resident Council Meeting 5/13–2:00pm
TomTalk 5/19– 2:00pm

Educational Programs

Eating for Brain Health 5/6 at 11:00am
Health Talk: **Stroke Awareness & Prevention** 5/11 at 2:00pm

Upcoming Trips

5/3 Montachusett Chorale Concert at 2:00pm
5/12 Shopping: Wal Mart at 1:15pm
5/14 Lunch at the Old Mill at 11:15am
5/26 Shopping: Wal Mart at 1:15pm

Special Events

5/2 Kentucky Derby Social Hour at 3:30pm
5/4 Baking: Chocolate Chip Bread at 2:00pm
5/5 May Birthday Party with Ethan Stone at 2:00pm
5/5 Cinco de Mayo Social Hour at 3:30pm
5/6 Mother's Day Tea Party at 2:00pm
5/7 A Day at the Races at 2:00pm
5/18 Spring Planting at 2:00pm
5/20 Crafting with Carmen at 2:00pm
5/21 Memorial Day Kickoff Social Hour at 3:30pm

Hey, Thanks!

To the Montachusett Chorale for donating tickets to their spring concert for our residents!
To all who donated to our Spring Peanut Auction!
To Phil S. for his donation of a teddy bear raffle prize for our tea party!
To the family of Ann St. Sauveur for their donation of the Gardner Railroad picture hanging in the Lounge

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



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May 2026



This spring couldn't come soon enough. Seeing the flowers and birds out there warms my heart. Our volunteer gardeners have been prepping the flower beds in anticipation of the flowers to come. With everyone's help, we should be ready for the summer picnic on June 18th! I look forward to seeing all of you then and to sharing this time together. We will be joined not only by all of you and your families, but also by our many new associates. Be sure to welcome them as you see them around the community.

In addition to new team members, we have had some new resident additions too. As they acclimate to community living, I would like to share some important considerations we must be aware of when living in close quarters with so many people. Most importantly, we must all think of others as much as ourselves. In community living, bringing in a piece of furniture from somewhere unknown, leaving our apartment with an illness, engaging in a conversation in the elevator doorway, or visiting neighbors who may not be feeling well, can all have profound impacts on others as well as ourselves. Consideration is the key. Be sure that we think about how our actions may affect the rest of our Heywood Wakefield Commons family. This will go a long way toward making sure this is a fun, exciting summer for us!

Happy Mother's Day, Moms!

- Tom

Sign In, Sign Out

Dear Residents and Visitors,

Please remember to sign in and out of the building as you are entering and leaving, even if it's only to catch a few minutes of sunshine or to pick up a loved one. Knowing who is and is not in the building quickly becomes urgent in the case of an emergency, as we need to be able to account for everyone. Additionally, residents, in the event that you have (un)expected guests or providers coming in to see you, staff need to know where to direct your visitor. Finally, and most importantly, we want to make sure that everyone is safe, happy and healthy. By signing yourself in and out, you'll be doing your part to ensure your wellbeing. Thank you!