

### Did You Know...?

Based on a recent in-house study, your neighbors who attend our exercise class regularly, averaging at least 1 time per week, are 21% **less likely to suffer a fall** than those who don't? Plus, if you attend regularly, you'll automatically be entered to win our monthly raffle prize. Why not come give it a try? Class meets Monday – Saturday at 10:30 in the Media Room. We'll see you there!

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, and we are not equipped for apartment delivery, especially of heavy furniture items. Thank you for making arrangements to deliver your purchased items directly to your loved one's apartment.

### 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

### Quote of the Month

"It wasn't raining when Noah prepared the Ark."  
-Benjamin Franklin

### Meetings

**Coffee with a Cop** 6/4 – 10:00am  
**Food Service Meeting** 6/4-1:30pm  
**Resident Council** 6/10 – 2:00pm  
**Activity Meeting** 6/15 – 11:00am  
**Tom Talk** 6/25 – 2:00pm

### Educational Programs

6/15 – **Social Isolation and Loneliness** – 2:00pm  
6/22 – **The Importance of Hydration** – 2:00pm  
6/23 – **Abigail Takes You from Revolution to Declaration** – 2:00pm

### Upcoming Trips

**6/9 Shopping: Wal Mart\*** @ 1:15pm  
**6/16 Shopping: Wal Mart** @ 1:15pm  
**6/30 Shopping: Wal Mart\*** @ 1:15pm

### Special Events

**Summer BBQs** Thursdays at noon, Season starts Thursday, June 4<sup>th</sup> Space is limited – Please sign up at the front desk to reserve a seat each week starting on Monday.

6/1 – **Baking: Banana Bread** – 2:00pm  
6/2 – **Entertainment by Dan Kirouac** – 2:00pm  
6/4 – **Let's Play Pool** – 2:00pm  
6/8 – **Birthday Party with the Williams Brothers** – 2:00pm  
6/11 – **CNA Week All-Play Bingo** – 2:00pm  
6/12 – **Jazzercise with Rhonda** – 1:15pm  
6/17 – **Painting with Rhonda** – 1:30pm  
6/18 – **Summer Open House\*\*** – 11:00am – 2:00pm  
6/22 – **Cribbage Tournament Final** – 3:00pm  
6/24 – **Entertainment by the Westminster Strummers** - 2:00pm  
6/25 – **Entertainment by Gary Landgren** – 2:00pm  
6/29 – **Entertainment by Nina** – 2:00pm

### Hey Thanks!

To Nettie and Pat for creating and donating the festive May Baskets!  
To Denise for her beautiful Mother's Day Tea Party and raffle prizes!  
To the family of Theresa Ducharme for their donation to our Resident Council Activity fund and a beautiful flower arrangement for our lobby area!  
To Paul & Linda Boulrier, Karne LeBlanc and Sue Kelley for their donations to our Resident Council Activity fund in memory of Bertha Leonard.



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



## June 2026



Summer picnic on Thursday, June 18th! I am looking forward to this Bavarian-themed gathering, complete with our favorite Ocktoberfest menu items and music! The fun starts at 11am. Remember that residents can invite up to 2 guests, as can staff. To help us plan properly, please let the front desk know how many of your friends and family will be joining you. I hope to see you all there!

With summer approaching, we will be switching over from heating to cooling on June 1st. We have had some balmy days, and I know the past few weeks have been on the warm side. Luckily, those New England nights are cool. Once the switch is made, your thermostats will only control the amount of cooling to your apartment. If you need a hand with your temperature controls, pull the cord for assistance. Remember how sick of winter we all were just two months ago!

Finally, I would like to remind all of you the importance of your compliance during our fire drills. When the building goes into alarm status, the role of all residents and guests is to stay behind a closed fire door while awaiting further notice. Typically, this is your apartment door, or the door to the dining or media rooms. As staff monitor compliance with this safety measure and prepare for the arrival of the fire department, we don't want their time taken away from these tasks. Please remain in your apartment or a safe common area space with the door closed as you await further instructions. Please do not use the elevators when the building is in alarm status, and if you are outside the building, please do not enter until given the all-clear. This goes for visitors as well. Your cooperation allows our staff to focus on their required tasks during the drill. Thank you; our practice makes us better prepared for an actual event.

Enjoy the Summer!

Tom

### TIME FOR SPRING CLEANING OF MEDICATION CABINETS

Spring has sprung and it is essential that Resident Representatives remove old/excessive medications from your Resident's medication supply as soon as possible, including medications that are no longer needed, expired, or have damage to the seals, if bubble packed. We ask that you do monitor medication supplies for your resident on a regular basis and refill any loose and / or as-needed medication. Medications that are no longer needed can be taken to Price Chopper for safe disposal. The Medication Disposal Box is located within the store directly outside of the pharmacy and is open to the public regardless of pharmacy choice. If you have any questions, please contact Rheana Rodriguez, Resident Service Manager. Thank you for your cooperation.