



H.O.M.E.

“Heritage Offers Many Experiences”

MAY 2011 Newsletter

HISTORY CORNER

BY MARKETING DIRECTOR CHET OLSON

Heritage is fortunate to be located in a very historical area which includes a number of farms. Several are within a few miles and they offer a variety of products to the public.

Riding along Edmands Road and Nixon Road, parts of the landscape look almost unchanged from a century ago. Some of the farms are Community Supported Agriculture programs where local residents grow their own vegetables.



Hanson Farm

Hanson's Farm at 20 Nixon Road has been run by five generations of the Hanson family. 52 acres are dedicated to fruits and vegetables and over 100 acres of hay fields. Hanson's has an abundance of products that they offer at their farm stand, local farmer's markets, and through their Community Supported Agriculture (CSA) program, in which local residents buy a share of the harvest. (Continued On Page 2)

HOMESTEAD HAPPENINGS

Our “Sit and Knit” group, under the excellent coordination of volunteer Bobbi Goldman, has completed a beautiful block afghan, (pictured below) which will be on display in our lobby.

Master knitters, Adele, Annette, Fame and Nancy, set a steady work pace, helped by Barbara, Alice, Ruth, Becky, Jean and Shirley. Our ladies were also helped by Care Aides Maisa, Silesia and Yudelka.

The next project will be knit scarves; stay tuned!

Our family and staff educational offering, **Empathy Based Memory Care**, was held here on Thursday, April 21, in the Peloquin Room. Our presenters, from the Alzheimer's Resource Center of Connecticut shared their knowledge with over 35 attendees, helping all to gain a greater understanding of the cognitive effects of memory loss and methods of improving communication.

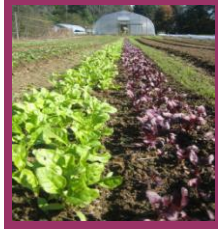
This program, geared to both family and staff, was the suggestion of one of our Care Aides, who, after hearing Mr. Smith and Ms. Papa speak at a conference, was excited about the possibility of having them present to our community. Thanks to all who were able to attend.



Showing the Quilt is Fame Raisig (left) & Maisa Pereira
Anne Rettger is in the background

HISTORY CORNER

(Continued From Page 1)



Stearns Farm

Stearns Farm at 862 Edmands Road dates back to 1723 when Timothy Stearns bought a large tract of land in the area. It was run as a family farm for over 270 years before being incorporated as a non-profit CSA in 1994. Much of the work on the farm is performed by volunteers, most of whom are CSA share participants.



Baiting Brook Tree Farm

Baiting Brook Tree Farm at 32 Nixon Road is a blend of a commercial Christmas tree operation and 80 acres of permanently and publicly accessible open space. Owners George and DD Harrington still operate the seasonal tree business, but granted a conservation restriction to the Sudbury Valley Trustees so the land will remain protected from development.



Eastleigh Farm

Eastleigh Farm at 1062 Edmands Road is a licensed dairy farm that was in the same family from the early 1900s until 1981. For fifteen years it operated as a beef farm until being converted to a dairy farm again, with a herd of 200 cows in 2004 by the current owner, Framingham native Doug Stephan. Doug is now transitioning to selling raw milk, locally made cheeses, yogurt, and ice cream directly to the public.

RESIDENT OF THE MONTH



Judy Keiler & Great-Granddaughter Faiga

Judy Keiler was born in Brooklyn, NY. She was an only child. Her parents divorced when she was five years old, remarried when she was twelve and then divorced after she was grown. Judy met her husband, Arnold, who she refers to as the love of her life, at a dance that she attended with a date. Arnold's pick up line was "Has anyone ever told you that you would make a good subject for hypnosis?" She left the dance with him and married him seven months later. They had two daughters and now have seven grandchildren and seven great-grandchildren. Besides being a busy Mom, this New Yorker was a director for a rape counseling program at St. Luke's-Roosevelt Hospital, a disaster relief officer for the Federal Government, and was on the Board of Directors of a major health plan.

Judy states that Heritage "is the answer to a maiden's prayer." She participates in just about every activity. She is also a member of the champion Wii Bowlers and was recently nominated for the MASS ALFA Resident Spirit Award.

When I asked her to divulge something that no one else knows, she said she was working at St. Luke's-Roosevelt Hospital when John Lennon was shot. It was her first day on the job. She saw Yoko Ono and heard first hand of John's death.

Judy is an extraordinary, multi-talented woman with such an impressive demeanor. Hopefully, someday, we will be lucky enough to read her memoirs.

RESIDENTS' MAY BIRTHDAYS

Heritage at Framingham celebrates residents' birthdays with a monthly birthday party.

Happy Birthday to:

Gert Kaplan – May 4th
 Eleanor Gawne – May 5th
 Ernest Parker – May 7th
 Bernie Gamble – May 14th
 Evelyn Johnson – May 15th
 Lucille Davis – May 25th
 Edith Weintraub – May 26th
 Rosalind Fiore – May 29th
 Elizabeth Burns – May 29th

MAY'S COMMUNITY FUNDRAISER

This month's project will support the Hemenway Elementary School's "Get A Grip" fundraising effort to raise money for the installation of a climbing wall in their gymnasium. The wall will be similar to the one located in the REI store on Route 30 only built on a smaller scale. A number of Framingham schools already have climbing walls, and Margy Capuano, director of the Hemenway physical education department, and her staff is very excited about this project. In addition to the obvious physical benefits of a climbing wall, it will provide a host of other types of educational opportunities for students, as well. Donations in any amount are being accepted at the reception desk throughout the month of May.



Hemenway's Climbing Wall

Thank you for giving to our Cancer Drive in May. We collected over \$70.00!
PASSOVER SEDER



Gert Kagan (left) & Hannah Herman

On Sunday, April 10th, Jewish Family Services of Metrowest sponsored a Passover Seder for Heritage Residents and students from the Keshet 13 program at Temple Beth Am. More than 25 residents attended the Seder which featured food prepared by chef Ron Rier and included hard boiled eggs, gefilte fish, macaroons, matzah ball soup, and drinks. Parent volunteer and program coordinator Colleen Jacobsen assisted the children in presenting a beautiful one hour program that featured highlights from a traditional Seder. Heritage is very fortunate to have a strong connection with JFS of Metrowest. Over the course of the year, they help to coordinate over a half dozen special programs for Jewish holidays and they also assist with Shabbat services once a month.

WELCOME NEW RESIDENTS

Marjorie Hodgman
 Rita Keenan
 Alice Rosenblatt
 Claire Halfrey

RIDDLE OF THE MONTH

What question can you never honestly answer yes to? (Answer on Page 4)

SAVE THE DATES

May 8th Mother's Day – Music of the 40's, entertainment from Mel & Alice Springer, 2:30 PM
June 11TH Heritage's Annual Family Gathering (Luau) Noon to 2:00
June 14th Library Meeting. 6:30 to 8:00 PM
June 19th Father's Day – Vocalist Les Burch, 2:30 PM

SUDBURY FOOD PANTY



From left – Anita Karp, Ed Gottman, Theresa Gottfried, Edna Feeley & Eva Blanchard

On Wednesday, April 6th Heritage delivered more than 10 shopping bags of food and personal items to benefit the Sudbury Food Pantry located in the basement of Our Lady of Fatima in Sudbury, MA. Pantry manager, Ed Gottman, gave residents a tour of the pantry and a Powerpoint presentation outlining the history, mission, and current operation of the pantry.

The Food Pantry has been in operation at Our Lady of Fatima since March of 1990. It is a 100% volunteer organization. No volunteer has ever received any compensation for his or her time, travel or expenses. Its' mission is to distribute free food to anyone who needs it, without prerequisites such as needs tests or letters of referral. It is open to all who need our services and regularly assist clients from Sudbury and more than twelve other towns. The pantry works closely with the town Social Worker, and they receive support from individuals, schools, churches, synagogues, businesses and service organizations.

WELCOME NEW EMPLOYEES

Diane Ponce (RCA)

Hon Ng (Waitstaff)

**IN LOVING MEMORY OF
LONGTIME EMPLOYEE**

Yetta Birstein



EMPLOYEES' MAY BIRTHDAYS

Happy Birthday!

Susan Adongo – May 10th

Lordes Costa – May 16th

Brendan Busa – May 19th

Marilyn Hollis – May 19th

Eileen Youman – May 21st

Ellen Adams – May 26th

Amy Bishop - May 29th

Randy Profit – May 30th

ANSWER TO THIS MONTH'S RIDDLE

Are you asleep?

HERITAGE VOLUNTEER RECEIVES AWARD!



Daniel Richman & His Mom, Lindsey

On Monday evening, April 25th, Daniel Richman was awarded with the Volunteer-of-the-Year Award from the Massachusetts Assisted Living Association (Mass ALFA). Daniel began his service to Heritage in 6th grade as a leader for the Friday afternoon Shabbat service. This year we say goodbye to Daniel as he graduates from Framingham High School and attends UMass Amherst in the Fall. We are blessed that Daniel chose our community in which to share his time and talents. Each year, Mass ALFA hosts an annual awards dinner to recognize the outstanding service and dedication of both professionals and volunteers who dedicate themselves to those who live in assisted living communities in Massachusetts.