

“Heritage Offers Many Experiences”

November 2010 Newsletter

COMMUNITY SPIRIT

By Chet Olson
Marketing Director



David Blumenthal and Anita Karp at B.L.O.C.K.S. Preschool

The other day, one small “spirit” after another marched from Hemenway Elementary School next door, over to Heritage, in a trick or treat parade. Our relationship with Hemenway School is one of many ways that Heritage engages in the larger concept of spirit: community spirit.

Community spirit is an important enrichment for Heritage as a *non-profit*. Our former CEO, Roger Peloquin, used to talk to me about the role of Heritage in the community. He said that Heritage was built specifically to be a part of a neighborhood, next to a school and surrounded by residential housing. Whereas, *for profit* assisted livings often are located near highways and even commercial locations which are less costly and more visible.

Being part of a community brings unseen benefits and chances for mutual enrichment. Reading programs with Hemenway and B.L.O.C.K.S. preschool are wonderful connections that we have enjoyed, in addition to the Halloween “spirits” who visit us yearly. Residents and staff have engaged in numerous community programs and agencies. Anita Karp, for example has tutored adult students to speak English. Linda Lyons, Business Office Manager leads a knitting group whose aim is to donate hats and scarves to those in need.

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THE MINUTEMAN MODEL "A" FORD CLUB OF MASSACHUSETTS VISITS HERITAGE AT FRAMINGHAM

Last month, on one of those quintessential New England Fall mornings, Heritage residents took a trip down memory lane, literally, with the Minuteman Model A Ford Club. Activity assistant, John Mauritz, arranged for a visit of over a half dozen owners and their antique cars. Residents had fun reminiscing and the owners were more than happy to share stories about their cars. Founded in 1963, this non-profit organization meets monthly, and last year the club had over 45 tours.

Members of this car club come from all walks of life and throughout New England. The club helps its members become better acquainted with their vehicle and they encourage everyone to establish and maintain, among its members, the spirit of good fellowship, family participation, sociability and honor through sponsored activities. The members are encouraged to share their knowledge with the community. Heritage residents look forward to another visit by the club next Spring.



From left - Irma Isaacson, Judy Keiler with daughter Barbara and Ted Paxson

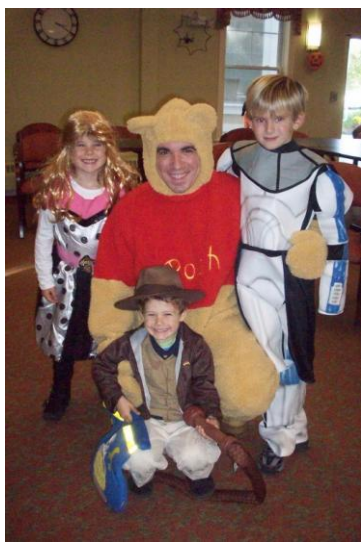


Heritage's Renata Dos Santos next to her choice of the Model A's.

HALLOWEEN FUN!



Dave Blumenthal's Granddaughter, Suzanne & Great Granddaughter, Evey



Michael Maher's Grandson, Michael with his Children from left – Amy, Harry & Luke (in front)



The Very Scary Hemenway School Kindergarteners at Heritage

RIDDLE OF THE MONTH

What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps? (Answer on page 3)

HOMESTEAD HAPPENINGS

Fall is upon us. Our trips out will continue, so please be sure that your family member has a hat and gloves for those upcoming colder days. REMINDER: If you haven't already, please take the time for "fall cleaning" and wardrobe adjustments for your family member. Most of our residents hate the chill of winter, so WASHABLE cardigan or fleece sweaters are great.

A few family members are reporting missing or misplaced sweaters. Please check your family members clothing for any "borrowed" items and return them to staff in the neighborhood.

Name tags can be essential; many sweaters look alike. The "Stuck on You" company contacted us about their product:

www.stuckonyou.biz. No endorsement is intended, but the colorful name tags can help.

HOLIDAY PLANNING

THANKSGIVING: Many of our residents remain here for the holiday and we will serve a festive holiday meal at lunch. We will be asking you to call the receptionist to inform us if your family member will be here for the noon meal.

Holiday Gift Giving Tips: The season will soon be upon us; the following may prove welcome and useful for your family member:

Gloves, hat & short scarves. Hand lotion.

Simple puzzles of favorite subjects. Magazines or pictorial essay books focusing on a favorite subject or place, such as birds, flowers, cats, city of origin or country of interest.

A short "photo biography" or "Life History" book, with a personal history AND accompanying photos; contact Judy for further information. Recordings of favorite movies, music or TV series (which can be used by Activity Staff for general viewing).

A gift of your time: volunteering for a "Games Night", a "Travelogue" of a family trip, or a holiday cookie baking group is always welcome; contact Thelma at 508-665-5305 with any ideas or questions.



RESIDENT OF THE MONTH



Gert Kagan

Gert is our resident of the month. She was born in the South end in Boston and grew up in Dorchester. Gert is Homestead's resident pianist and plays for everyone twice a week. She started playing piano when she was 8 years old. She enjoys playing anything from classical music to the music of the 1920's through the 1970's. She met her husband, Morris, who was a Holocaust survivor, at a dance for new Americans. His sister picked her out of the crowd for him. After they were married, she stopped playing piano for seven years and concentrated on helping Morris with book keeping for his business and did lots of cooking. She eventually ran into an old friend who suggested she play piano for the Hecht House Community Center and she started playing there once or twice a week and hasn't stopped since. When asked what she likes best about Heritage she said that it was "a peaceful place and the people are amiable". Gert is a happy, wonderful, talented, caring and kind person.

WELCOME NEW RESIDENTS

Gert Kaplan

Norma McGinnis

Gloria Storch

HAPPY BELATED BIRTHDAY

Rose Mesite, Oct. 10th

CANNED FOOD DRIVE

Heritage is pleased to announce its new Community Service Committee directed by Noreen Chartrand, Activity Assistant. Last month Heritage donated 8 bags of clothing to

the Epilepsy Foundation. This month Heritage is having a food drive to benefit St. Bridget's Food Pantry in Framingham. Please support this effort by donating a non-perishable food item to our collection boxes in the Classic and Homestead lobbies by November 30th. Thank you for your generosity! If you have any questions, please see Noreen, John or Janet or call our main number at 508-665-5300.

THANK YOU!

A big thank you to all the residents, employees and families who generously gave to the Lee Jeans National Denim Day for Breast Cancer on October 8th. We collected \$127.00!

ANSWER TO THIS MONTH'S RIDDLE

Are you stumped? The answer is a river.

WELCOME NEW EMPLOYEES

Jennie Rose, Nick Murphy & Genna Glick

RESIDENTS' NOVEMBER BIRTHDAYS

Heritage at Framingham celebrates residents' birthdays with a monthly birthday party. Happy Birthday to:

Rita Lieberman, Nov. 4th

Kathleen McCullough, Nov. 10th

Maud Lee, Nov. 12th

Sarah Goldenblatt, Nov. 12th

Angela Passalacqua, Nov. 12th

Elizabeth Thulin, Nov. 24th

Mary Paris, Nov. 27th

IN LOVING MEMORY OF

Celeste Garr

EMPLOYEES' NOVEMBER BIRTHDAYS

Heritage at Framingham also celebrates employees' birthdays with a monthly birthday lunch. Happy Birthday to:

Miccene Henri, Nov. 5th

Maisa Pereira, Nov. 5th



Sheila Fitch, Nov. 13th
Thelma Diaz, Nov. 14th
Rick Robidoux, Nov. 19th
Jan Romer, Nov. 19th
Frankie Caquias, Nov. 23rd
Linda Lyons, Nov. 23rd
Paula Clifford, Nov. 26th
Brianna Kelly, Nov. 27th
Kenny Chick, Nov. 28th

HOLIDAY PARTY

December 15th – Holiday Party 5:00 – 7:00 PM
Paula Giles will be playing the piano!

UPCOMING EVENTS

Nov. 24th – Pastor Richard Hurst –
Interdenominational service – His 15th year
coming to Heritage. Also coming Dec. 24th
Nov. 22nd – Ethan Stone – fun jazz pianist
Dec. 22 – Wayside Inn Holiday Luncheon

GUESS THE PUMPKIN WEIGHT CONTEST WINNER



(Mickey & Ethel Fieger, Lynne Canavan)

Ethel Fieger submitted the closest guess in our weight of the pumpkin contest. She wins a free manicure. Congratulations, Ethel!

COMMUNITY SPIRIT (CONTINUED)

Executive Director, Ellen Adams, invests numerous weeks yearly to help plan a large fundraiser for the Alzheimer's Assn. Heritage also supports local organizations such as Concerts on the Green, the Community Diversity Prayer Breakfast and Jewish Family Services of Metrowest (JFSMW). Of note, Heritage is the only *non-restaurant* to prepare

food for the annual JFSMW fundraiser. And, yet, we have won awards for our culinary creations! Rick Robidoux, Brian Kelly, Ellen, myself and others have been servers there for a number of years. Brian volunteers in a community kitchen around Thanksgiving each year.

Heritage is also a strong supporter of education in the senior housing field. Judy Sabol is a volunteer for the Natick Council on Aging and serves on an advisory panel for Massachusetts Alzheimer's Association. Ellen Adams, Mary Bergeron and I have been serving on Mass-ALFA's (Massachusetts Assisted Living Facilities Assn.) education and improvement committees for a number of years. Heritage has also hosted numerous educational groups ranging from Geriatric Care Managers to Elder Law Attorneys.

Some of you might not realize that our Board of Trustees is made up entirely of volunteers from the surrounding towns and communities. These Mary Ann Morse and Heritage leaders exemplify the idea of community spirit and help us in unseen ways.

As we get closer to our next holiday, Thanksgiving, it's a time to think about ways to give thanks and perhaps to give back to the community. We've recently had a clothing drive in the lobby and there could be a number of other opportunities to get involved. If anyone has some desire for a new or existing community spirit effort, please bring ideas to Lynne Canavan, Ellen Adams or myself. Who knows in what ways we'll see our community spirit in action!