



HOME

“Heritage Offers Many Experiences”

October 2010 Newsletter

MARY ANN MORSE NURSING & REHAB GROUNDBREAKING

By Ellen Adams
Executive Director



I am excited to share the news about our sister facility, Mary Ann Morse Nursing & Rehab. There was a groundbreaking ceremony on July 27th to celebrate the beginning of a project for an addition and renovation. The projected end date is August of 2011. The contractor is Carr Enterprises and the architect firm is Levi and Wong. The renovation and expansion will present a new state of the art rehabilitation gym. The gym will be 2,500 square feet and contain new high tech equipment such as a treadmill, recumbent bikes, weight lifting machine and a big screen HDTV for a Nintendo Wii system. Attached to the gym will be a full kitchen, full bath and living room which will be utilized for rehabilitation patients to transition back to their apartment residency upon discharge. The project will also include an outdoor Activity of Daily Life (ADL) courtyard. The courtyard will contain a variety of different surfaces that one would come into contact with in the community such as stairs, sidewalks, grooved pavement, grass, narrow walkways and ramps. This will allow the short-term patients to

practice safety and awareness for their return to the community. (Continued on page 2)

NATIONAL ASSISTED LIVING WEEK!

September 13th thru September 17th



“Singing State Trooper” Sgt. Dan Clark

During the week of September 13th, the Classic and Homestead communities joined one another to celebrate National Assisted Living Week. This is a week to celebrate our community and to bring something extra special into the lives of each resident. Each day staff members helped to decorate the Pelouin Room and prepare food that represented the day’s theme. Our community was buzzing with excitement and everyone enjoyed the week-long activities.

Monday – International Day Residents were treated to a delicious luncheon with dishes prepared by employees. Dishes represented over 18 countries. Later that afternoon, Derek Mann presented a slide show on The Vatican.

Tuesday – Sports Day - The Pelouin Room was decorated in a sports theme. Residents and staff wore athletic game shirts representing their favorite teams. Residents were treated to a delicious luncheon including hot dogs and hamburgers with all the fixings, baked beans, potato salad and lots more.

Wednesday – Italian Day - The Executive Director, Ellen Adams, cooked her famous spaghetti sauce and meatballs and the kitchen staff prepared a beautiful antipasto. Residents

enjoyed spumoni and Italian cookies for dessert.

(Continued on page 2)

MARY ANN MORSE (continued)

The Cedar Unit, a long-term care unit, will be renovated to add a 1,100 square foot living room which will have activity tables, home-style furniture and a fireplace. Off of the living room, a library will be created with computer stations for the residents to enjoy. This addition will help create a more home-like atmosphere and will give plenty of room for families and residents to gather. On a nice day, the residents will also be able to enjoy the weather outside on a brand new roof deck. The roof deck will be located off of the newly renovated living room area. The existing day room on the Cedar Unit will still be utilized as a dining area but will now have a kitchen equipped with a refrigerator, stove, sink and counter space for cooking activities. The Birch Unit, the dementia unit, will also be expanding with the new addition. This area will consist of a large common living room, similar to that of Mary Ann Morse's lobby area. There will be a built in entertainment center for activities or general family visits. A fully equipped kitchen will also be part of this new addition along with an outdoor garden deck for all the Residents and families to enjoy.

UPCOMING EVENTS/TRIPS

Weekly trips to CVS and Sudbury Farms. Oct. 13th, Trip to Foxwoods, Nashoba Winery Lunch trip, Oct. 20th, Concord River Fall Foliage lunch cruise, Oct. 27th, Out for Lunch at the Wayside Inn, Oct. 28th, Halloween Party and Luncheon. December 15th will be our annual Holiday Party from 5:00 to 7:00, Clothing drive to benefit the Epilepsy Foundation, Oct. 25th thru Nov. 5th. Deposit new or gently used clothing into boxes in lobby.

RIDDLE OF THE MONTH

If you go to the movies and you are paying, is it cheaper to take one friend to the movies twice or two friends to the movies at the same time? (Answer on page 4)

IN MEMORY OF PAULINE PARKER

Beloved Wife, Mother and Friend.

NATIONAL ASSISTED LIVING WEEK **(continued)**

Thursday – Friendship Day - Residents and staff were asked to submit photos of themselves and a friend. Photo boards in the lobby displayed many photos of residents and staff with both old and new friends. That afternoon, Sunrise Assisted Living from Wayland, MA joined us for a Bingo Bash and refreshments. Winners were given prizes such as free lunch trips, manicures, gift cards to CVS and grocery stores, specialty chocolates and lots more!

Thursday Evening: This evening we were entertained with a very special concert presented by the "Singing State Trooper", Sgt. Dan Clark. You may recognize him as the singer of our national anthem at many professional sporting events. Over 100 people enjoyed sipping on root beer floats while attending the performance.

Friday – Music Day - Entertainer Polka Paul joined us for an afternoon of fun keyboard and vocal music. You may recognize Polka Paul as the voice behind the Sunday morning radio show on AM 1380 "Polka Paul Show with Paul Belanger. Paul can make is keyboard sound like a big band.

MICKY MANTLE & BILL LEE???????



Not exactly! These guys are Heritage's own Mickey Feiger (left) and Bill Johnson (right) enjoying lunch on Sports Day.

RESIDENT OF THE MONTH



Ida Levine

Our resident of the month is Ida Levine. She relocated to Heritage on March 22, 1996 and has resided here longer than anyone. Born in 1919 in Russia, Ida and her parents came to Brooklyn, New York when she was two and a half years old.

Ida and her late husband, George, bought a house in Oceanside, NY and lived there for 28 years before retiring to Florida in the winter and spent their summers in Weston, Ma. Ida has a son, a daughter and four grandchildren.

When asked of her thoughts of Heritage she said "Heritage serves a wonderful purpose." She likes the fact that she has transportation to the doctor's and also the "courtesy" she receives here. When speaking of the wait staff she said "The kids are delicious and delightful! I could eat them up!" Ida enjoys knitting, embroidery, reading, cooking and baking. She is part of the Wednesday night knitting tree group. When asked to reveal something about herself that no one else knows she told me that she is still in contact with a friend she has known for 50 years. She also said that if she can put a smile on someone's face, it makes her day. You can find Ida on youtube.com. Just type in That's Ida.

FLU CLINIC at HERITAGE **ON NOV. 9TH**

Details to be posted on front board in reception area as soon as they are available.

HOMESTEAD NEWS

The Homestead Program continues with a schedule of busy days. Our staff works to photograph many events and activities in order to share the fun times with all. Take a moment to check the displays in the Homestead lobby and inner entry hall for some photos of our latest events.

We send a copy of our **Monthly Calendar** of activities to each family by group e-mail; please check that you are receiving a copy. If not, contact Judy Sabol at extension 120 to review your family contacts on the list. Our "**Daily Sheets**" list the scheduled activities of each day, and are posted in the elevator, in the dining area of each neighborhood and in our downstairs activity room.

Our fall activities will include crafts, indoor gardening and baking groups. Some family members have found that helping with an activity is an enjoyable way to spend visiting time and we always welcome additional helping hands. If you have interest and time to help, contact Thelma Diaz, Homestead Activity Director, at extension 105.

CONGRATULATIONS TO **RICHARD KILLIGREW!**

The Board of Trustees has elected Richard (Rick) Killigrew to assume a new role in our organization, which will be that of President and Chief Executive/Chief Financial Officer of Mary Ann Morse Healthcare Corp. He will be replacing Allan Mclean, who has been serving as Interim President. This change will not actually take place until a new person is hired to assume the role of Corporate Controller. Rick has served as our Controller/Chief Financial Office since February 2007. Rick's financial knowledge and expertise was essential in the successful renovation and expansion of Heritage. Please join the Board in welcoming and supporting Rick as he assumes his new position.

ANSWER TO THIS MONTH'S RIDDLE

It's cheaper to take two friends at the same time. In this case you would only be buying

three tickets, whereas if you take the same friend twice you are buying four tickets.

NEW EMPLOYEES

Richard Marchand has joined Heritage in our housekeeping department. Richard just moved here from North Carolina and loves to hunt and fish. Also, please welcome Sandra (Sandy) Downing who will be working in our nursing department. She is a mother of three and loves to cook and bake and be with her family.

VOTING DAY TUESDAY, NOV. 2ND

The bus will bring residents next door to Hemenway School at 9:30 AM to vote in the state election.

RESIDENTS OCTOBER BIRTHDAYS

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



Tina Morse, October 3rd

Ethel Feiger, October 6th

Ida Levine, October 18th

Eva Blanchard, October 26th

WELCOME NEW RESIDENTS

Betty Denham

Gertrude Kaplan

Joe & Anne Rettger

Betsy Hill

YETTA BIRSTEIN RETIRING

Yetta Birstein, who has been with Heritage Assisted Living as a receptionist for the past 13 years is retiring at the end of this month. A farewell party was given in honor for her years of service on October 15th.

EMPLOYEE OCTOBER BIRTHDAYS

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



Rachel Bohmiller, October 3rd

Wilson Inocente, October 6th

Ana Recinos, October 13th

Sophy Onduso, October 14th

Rick Killigrew, October 21st

Marie Claire Fon, October 30th

NASHOBA VALLEY WINERY TRIP



Freda Lindblom



8 Residents enjoyed a delicious lunch at the Nashoba Valley Winery in Bolton, Ma. on Thursday, October 7th.

SUGGESTIONS WELCOME

Comments, requests and suggestions for our new HOME Newsletter are most welcome. Please contact Janet Rose at 508-665-5300 or email jrose@heritageassistedliving.com.