

### Our Staff

Denise Jones	Executive Director
Rheana Rodriguez	Resident Service Manager
Geralyn Rodgers	Marketing & Admissions Director
Tim Diehl	Director of Social Services
Diane Godek	Activities Director
Jose Pinero	Executive Chef
Karl Johnson	Maintenance Director
Lindsay DeSimone	Administrative Assistant

### ATTENTION RESIDENT GARDENERS

Here at Christopher Heights we give residents many opportunities to garden. One of those opportunities is in the Northampton Community Gardens which is located across Musante Drive off the back of our parking lot. Christopher Heights has rented a small plot there for the past 2 years and this year we will, once again, be growing various vegetables. The plot is only safely accessible if you can walk independently (or with a cane), and have good balance. You can also get there by using a scooter or electric wheel chair, but you will then need to walk on some uneven grass to get to our plot.

Our head resident gardener Pat M. planted and maintained our plot during the last growing season and will be doing it again. If you are interested in helping her with the plot, please speak to our Activity Director Diane or resident, Pat M.

For those who may be unable to use this plot, we have gardening in an easy handicap accessible, 3-ft. high raised flower bed located outside our back door. In addition, we have many organized gardening activities throughout the growing season which can be done without any bending. We pot flowers for the areas around our outdoor patio located off the pub. So please join us and encourage your loved ones to participate!

### Notes From Rheanna

Resident Care is looking for the follow information to better assist your love one(s); please provide copies of all legal documents: POA, MOLST / DNR, HCP.

In addition, all medications that are not being utilized in the locked medication cabinet need to be removed. Lastly, if there has been any change in primary care physician, please inform the reception staff so that the appropriate updates can be made to the resident's Facesheet and Service Plan.

### INTERN SANDRA SAYS GOOD BYE

We will soon be saying goodbye to Sandra Varankovic, a student from Westfield State University who has been doing her internship here for the past several months. Sandra has gotten to know several of our residents and has been helping us in many ways. Unfortunately, all good things must come to an end and Sandra's last day is May 2<sup>nd</sup>. She will be greatly missed. Thank you Sandra!

### SPECIAL EVENTS

04/02 - CONCERT BY GARY LANDGREN @ 2:00 PM  
04/09 - CONCERT BY VICKI ROSE @ 2:00 PM  
04/11 - MEN'S DINNER @ 12:00 Noon  
04/18 - RESIDENT BIRTHDAY PARTY with music by Wayne Paige @ 2:00 PM  
04/20 - 100<sup>TH</sup> BIRTHDAY PARTY FOR ROSALYN C. @ 2:00 PM  
04/23 - CONCERT BY THE BLUE RIBBON SINGERS @ 2:00 PM  
04/25 - ICE CREAM SOCIAL @ 2:00 PM  
04/27 - CONCERT BY THIRZAH BENDOKAS, CELLIST @ 2:00 PM

### HEALTH CLINIC'S

04/09 - BLOOD PRESSURE CLINIC @ 10:30 AM

### EDUCATIONAL PROGRAMS

04/13 - Movie and lecture on "PRO BRUSH COMPANY OF NORTHAMPTON" @ 1:30 PM  
04/16 - "THE BOWEN METHOD" Health Care Lecture by Ainslee Farrington @ 2:00 PM  
04/30 - "MEMORY CARE" Health Care Lecture by Encompass Health Care @ 2:00 PM

### MEETINGS

04/05, 04/12, 04/19, 04/26 - CHORAL GROUP REHEARSALS @ 1:00 PM

04/26 - QUILTING WITH SALLY @ 2:00 PM

04/02, 04/09, 04/16, 04/26, 04/30 - SPANISH CLASSES @ 6:30 PM

04/11 - RESIDENT COUNCIL MEETING @ 2:00 PM

### RELIGIOUS SERVICES

04/01, 04/08, 04/15, 04/22, 04/29 - "CHALICE OF SALVATION" TV Mass @ 10:00 AM

04/08 - ECUMENICAL SERVICE @ 7:00 PM

04/24 - ROSARY AND HOLY COMMUNION @ 1:00

### UPCOMING TRIPS

04/03 - SHOPPING: BIG Y @ 1:15 PM

04/10 - SHOPPING: WALMART @ 1:15 PM

04/15 - SHOPPING: WALMART Handicap van (1 wheel chair or scooter) @ 1:00 PM

\* All trips require sign-up at front desk

### In-House Services

04/26 - ON-SITE BANKING @ 9:00 AM - 11:00 AM

\* Please make an appointment

### THANKYOU

We'd like to thank the following volunteers who have made Christopher Heights a great place in which to live:

- Resident **Linda G.** for helping lead the Chorus and heading our Book Club
- Resident **Pat M.** for leading our Sun Shine committee and everything she does
- Resident **Margaret A.** for organizing our in-house library
- Volunteer **Sandra Platt** for leading our Choral Group and Volunteer **Sally Fenton** leading our



CHRISTOPHER HEIGHTS™  
of Northampton  
AN ASSISTED LIVING COMMUNITY

A new place to call home  
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## The HAPPENINGS

50 Village Hill Road | Northampton, MA 01060-3666 | 413-584-0701 | [www.christopherheights.com](http://www.christopherheights.com)



# April 2018



April is here now, and it is time to gear up for all the spring activities that so many enjoy including gardening, walking and simply enjoying the great outdoors. Please consider getting out for a nice walk. The area around our facility is so conducive to walking with safe sidewalks that scooters and wheel chairs can safely negotiate. With the warmer weather, container gardening is going to be available and furniture will soon be placed in the outdoor court yard. Looking forward to enjoying spring

Warmly, Denise

### Quote of the Month

"It is Spring Again. The earth is like a child that knows poems by heart."  
Rainer Rilke

### CHRISTOPHER HEIGHT'S CHORAL GROUP

For those you who may not be aware, Christopher Heights has a wonderful Choral group! This group is very active, and many residents participate. It is led by Sandra Platt, who is an outside volunteer, and resident, Linda G. Both have worked diligently to make this group a huge hit with our residents. Linda G. accompanies the group with her excellent violin and piano skills. Sandra leads the group with her enthusiasm and singing skills. Outside neighborhood volunteer musicians accompany the group by playing guitar, piano and even drums!

The Choral group meets every **Thursday, at 1:00 pm in the media room on the 1<sup>st</sup> floor.** Any resident can join at any time. So, if you love to sing or just listen, please join us. A huge thank you goes out to Sandra and Linda for all their hard work in for leading this group.

Please keep checking the Activity Boards on every floor and listen to noon time announcement for changes to any scheduled rehearsals.

### RESIDENT'S FALL FAIR Saturday, November 3<sup>rd</sup>, 2018

Last year was the first year we had a Fall Fair and it was great success!! We raised monies for the Resident Activity fund and had lots of fun while doing it. Therefore, the Resident Council voted to run another one this year and the date has now been set as Saturday, November 3<sup>rd</sup>, 2018.

Soon we will be making things to sell and collecting donations of house hold items as well as jewelry and other items. (At this point, however, we are asking you to keep and set aside those donations until we are ready to receive them. We will announce that later.)

Our Fair organizer this year is Resident Council president, Pat M. who will be assisted by other resident volunteers

We will also need **able-bodied volunteers** to help us set up the tables on the day of or evening before the fair. So, get ready again for another successful fair.

APRIL 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1.</b> 10:00 Current Events 10:00 "CHALICE OF SALVATION" TV Mass 10:30 Walking Club 10:30 Exercise 2:00 BINGO 3:30 Social Hour <b>EASTER SUNDAY</b>	<b>2.</b> 10:00 Current Events 10:30 Exercise 2:00 CONCERT BY GARY LANDGREN 3:30 Social Hour 6:30 Spanish Class	<b>3</b> 10:00 Sharing in a Group– share a hobby, article, photo 10:30 Exercise 1:15 SHOPPING TO BIG Y 2:00 Adult Coloring Books 3:30 Social Hour 6:00 Mini Series Night – "Father Brown"	<b>4.</b> 10:00 Current Events 10:30 Exercise 2:00 Card Making with Sandra 3:30 Social Hour 6:00 Poetry/Story Reading & Discussion	<b>5.</b> 10:00 Where were you in 1969? 10:30 Exercise 1:00 Choral Group Rehearsal 2:00 Pictionary game 3:30 Social Hour 6:00 Game night	<b>6.</b> 10:00 Current Events 10:30 Exercise 2:00 BINGO 3:30 Social Hour 6:00 Friday Movie "My Fair Lady" 1964 Musical with Audrey Hepburn	<b>7.</b> 10:00 Current Events 10:30 Exercise 2:00 Movie Matinee - Friday Movie "My Fair Lady" 1964 Musical with Audrey Hepburn 3:30 Social Hour <b>End of Passover</b>
<b>8.</b> 10:00 Current Events 10:00 "CHALICE OF SALVATION" TV Mass 10:30 Walking Club 10:30 Exercise 2:00 BINGO 3:30 Social Hour 7:00 ECUMENICAL SERVICE	<b>9.</b> 10:00 Current Events 10:30 Exercise 10:30 Blood Pressure clinic by Encompass Health care 2:00 CONCERT BY VICKI ROSE 3:30 Social Hour 6:30 Spanish Class	<b>10.</b> 10:00 Sharing in a Group– share a hobby, article, photo 10:30 Exercise 1:15 SHOPPING TO WALMART 2:00 Resident Run Scrabble 3:30 Social Hour 6:00 Mini Series Night – "Father Brown"	<b>11.</b> 10:00 Current Events 10:30 Exercise 12:00 MEN'S DINNER 2:00 RESIDENT COUNCIL MEETING 3:30 Social Hour 6:00 Poetry/Story Reading & Discussion	<b>12.</b> 10:00 Where were you in 1945? 10:30 Exercise 1:00 Choral Group Rehearsal 2:00 Gardening Activity -Seed starting 3:30 Social Hour 6:00 Game night	<b>13.</b> 10:00 Current Events 10:30 Exercise 1:30 Movie and lecture on "PRO BRUSH COMPANY OF NORTHAMPTON" 3:30 Social Hour 6:00 Friday "Field of Dreams" 1989 classic uplifting drama with Kevin Costner	<b>14.</b> 10:00 Current Events 10:30 Exercise 2:00 BINGO 3:30 Social Hour
<b>15.</b> 10:00 Current Events 10:00 "CHALICE OF SALVATION" TV Mass 10:30 Walking Club 10:30 Exercise 2 00 BINGO 3:30 Social hour	<b>16.</b> 10:00 Current Events 10:30 Exercise 2 00 Bowen Method by Ainslee Farrington 3:30 Social Hour 6:30 Spanish class	<b>17.</b> 10:00 Sharing in a Group– share a hobby, article, photo, etc. 10:30 Exercise 1:00 SHOPPING TO WALMART IN HANDICAPP VAN 2:00 Adult Coloring Books 3:30 Social Hour 6:00 Mini Series Night – "Father Brown"	<b>18.</b> 10:00 Current Events 10:30 Exercise 2:00 RESIDENT BIRTHDAY PARTY with Wayne Paige 3:30 Social Hour 6:00 Poetry /Story Reading & Discussion	<b>19.</b> 10:00 Where were you in 1932? 10:30 Exercise 1:00 Choral Group Rehearsal 2:00 Abstract water Color Paintings 3:30 Social Hour 6:00 Game Night	<b>20.</b> 10:00 Current Events 10:30 Exercise 2:00 100 <sup>TH</sup> BIRTHDAY PARTY FOR ROSLYN C. 3:30 Social Hour 6:00 Friday Movie "Benji" 2018 Family Movie about a rescued dog	<b>21.</b> 10:00 Current Events 10:30 Exercise 2:00 BINGO 3:30 Social Hour
<b>22.</b> 10:00 Current Events 10:00 "CHALICE OF SALVATION" TV Mass 10:30 Walking Club 10:30 Exercise 2:00 BINGO 3:30 Social Hour	<b>23.</b> 10:00 Current Events 10:30 Exercise 2: 00 CONCERT BY BLUE RIBBON SINGERS 3:30 Social Hour 6:30 Spanish Class	<b>24.</b> 10:00 Sharing in a Group– share a hobby, article, photo 10:30 Exercise 1:00 Rosary and Holy Communion 2:00 Creating Button Trees 3:30 Social Hour 6:00 Mini Series Night "Father Brown"	<b>25.</b> 10:00 Current Events 10:30 Exercise 2:00 ICE CREAM SOCIAL 3:30 Social Hour 6:00 Poetry /Story Reading & Discussion	<b>26.</b> 10:00 Where were you in 1982? 10:30 Exercise 1:00 Choral Group Rehearsal 2:00 QUILTING WITH SALLY 3:30 Social Hour 6:00 Game Night  ON SITE BANKING	<b>27.</b> 10:00 Current Events 10:30 Exercise 2:00 Concert by Thirzah Bendokas Cellist 3:30 Social Hour 6:00 Friday Movie "Mrs. Doubtfire" 1993 Comedy with Robin Williams and Sally Field	<b>28.</b> 10:00 Current Events 10:30 Exercise 2:00 BINGO 3:30 Social Hour
<b>29.</b> 10:00 Current Events 10:00 "CHALICE OF SALVATION" TV Mass 10:30 Walking Club 10:30 Exercise 2:00 BINGO 3:30 Social Hour	<b>30.</b> 10:00 Current Events 10:30 Exercise 2:00 Health Care lecture "MEMORY CARE" 3:30 Social Hour 6:30 Spanish Class	<b>PLEASE NOTE</b> that Christopher Heights shopping trips on to Big Y 04/03 and to Walmart on 04/10 & 04/17 require a sign up at Reception	Our trip to Walmart on 04/17 will be in a Handicap Van. Please make sure that you sign up early if you need this accommodation	<b>RESIDENTS</b> - Please remember to contact Diane from Activities if you would like to reserve one of our common areas such as the classroom, media room, hair salon, or conference room, for a meeting or family gathering	<b>RESIDENT BIRTHDAYS</b> Beulah P. Gopal S. Barbara W. Rosalyn C. Pat R. Doris N.	