



"I get by with a little help from my friends."

April 2011

Volunteer Party to be held at the Heights

A Volunteer Recognition will be held Wednesday, April 13 at 1:30 p.m. Resident volunteers will be getting their invitations in the mail. Invitations will also be mailed to non-resident volunteers. If you were a volunteer in 2010 and did not get an invitation, please bring it to Carolyn's attention to make sure you are on the list. Everyone is invited to the party, but only volunteers will be getting awards.

Join us for Easter Dinner



Easter is coming and invitations are going out soon. Please respond and let us know if you will be here for dinner or if you will be going out to celebrate with loved ones. Thank You!

Dudley Police Chief Visits

Chief Steve Wojnar from the Dudley Police Department will be here on April 21 to speak to our residents at 11 a.m. in the TV room.

He will also bring a cruiser so that residents may take a look inside. The Chief will then join the Men's Club for lunch in the pub.

Our Caring Pharmacy Team Member



Meet Mike: Mike is our local pharmacy team member from Care Plus CVS Pharmacy. Mike delivers medications to our residents on a daily basis. Sometimes, he comes out multiple times a day.

His visits to Christopher Heights depend on the needs of our residents. Information on medication deliveries may be obtained by contacting the front desk at 508-949-0400.

McCarthy New Director of Social Services

Please welcome our new Director of Social Services, Francine McCarthy.

Residents had an opportunity to meet Francine on March 17 when we had a "Meet and Greet" in the pub. She has enjoyed getting to know some of our residents and she looks forward to knowing everyone by name.

It may take a little while since there are so many names and faces to learn.

Francine is available to work with Christopher Heights residents and families, so be sure to stop by her office to say "Hello!"

The Golden Oldies to perform

On Monday, April 18 at 3:30 p.m., our resident chorus will perform in the pub. The Christopher Heights "Golden Oldies" will be singing hymns and songs of faith to celebrate Easter.



Welcome, Spring!

Happy Easter and happy spring, everyone! The days are getting longer, we can hear the birds singing, and the flowers are beginning to bloom. We all look forward to spending more time outdoors, whether it's to sit on the porch or to stroll along the walking path. Also, opening day for the Red Sox will be this month; mark your calendars so that we can all cheer for our team together. Hopefully, this will be another great year for everyone's favorite baseball team and we'll enjoy them well into the fall.

As the days become warmer, please be sure to notify a staff person if your apartment gets too warm. The air conditioner cover must be removed prior to turning on the air conditioner, so please let us know if you'd like someone to do that. We'll get to all of them, but please notify us if you want it done right away.

Also, I'd like to thank our volunteers, who will be formally recognized during National Volunteer Week, April 10-16. We have many resident volunteers who help in countless ways and we're all so grateful for their efforts. Our outside volunteers are also a dedicated bunch. All of our volunteers bring so much to our community by giving of themselves in so many ways. We appreciate all you do to make a difference!

In the month of April, we also recognize our favorite "front desk" people on the 27th. Be sure to stop by and let them know how much we value their efforts on a daily basis.

So much and so many people to be thankful for! And thanks to all of you for the joy you bring to us by allowing us to be a part of your lives.

Enjoy the sunshine and the fresh air as we welcome the new season!

A message From
Your Executive
Director

Laurie Nelson

-Laurie



The Healthy Corner: Briefs from Harrington HealthCare Systems

♥ Harrington is proud to launch a brand new Facebook page. Search for us and Like our page to receive the latest updates, community events and happenings, including with our Webster campus.

Harrington Health Connection

♥ Harrington Physician Services is pleased to announce new faces to our medical staff. Dr. Marie Constant, a Family Practice Physician, will be assuming the practice of Dr. James Goodwin in Southbridge. She is located at 37 Oakes Avenue and is accepting new patients. For an appointment, call 508-765-4517.

♥ The Harrington HealthCare at Webster campus will be hosting a Senior Health and Fitness Day on Wednesday, May 25. The event is totally free. There will be so much to do, including free screenings, a lunch lecture and hand massages. Save the Date, more information to follow!

♥ The Cardioplummonary Department in Webster is available to do EKG testing Monday through Friday (24/7 for emergencies). Stress Testing is done Tuesday and Friday morning.



Our "GREAT JOB!" Winner is
Alyssa Marcoccio

Outing Dates:

Tuesday, April 5
Shopping/Walmart

Tuesday, April 12
Out to Lunch/Ronnie's

Thursday, April 14
Shopping/Walmart

Monday, April 18
Shopping/Dollar Tree

Wednesday, April 27
Putnam Senior Dance

Thursday, April 28
Shopping/K-Mart



Message from Resident Care

As the time change is upon us and spring is here, this would be a good time to clean out your loved ones' medicine cabinets.

Please discard any medications that are no longer used or are outdated and any empty bottles including receipts. This helps prevent mistakes and assists the companions in providing a timely med pass.

Thank You,
Michelle

Confessions

Father Joe will be hearing confessions on the first Monday of the month. Any interested residents should go to the Library at 1:30 p.m. prior to attending Mass upstairs at 2:00.

Activity Committee

If you attend activities regularly, we want you to join our new Activity Committee. Make your idea a reality! See Carolyn for more information.

Friendly Faces, Exciting Places



Above: Rita and Theresa enjoy a salad at one of our recent indoor picnics.



At Right:

Signa, Goldie and Alice show some spirit at our MardiGras party.

Through These Doors, a New Home Awaits You

Christopher Heights • 338 Thompson Road, Webster, Mass. 01570 • 508-949-0400

