



**CHRISTOPHER HEIGHTS™**  
AN ASSISTED LIVING COMMUNITY  
WEBSTER, MASSACHUSETTS

# Highlights

"A smile confuses an approaching frown."

March 2011

## Thank You!

Please join me in extending a heartfelt appreciation to our wonderful Christopher Heights employees.

We've had a challenging winter with the near-record snowfall, frigid temperatures, and ice all around us. Despite all of that, we did not experience any problems related to staff absences.

Many of our employees would arrive at work early; others have spent the night to ensure being here as scheduled. Our residents are our top priority and that sentiment carries through the entire Christopher Heights team.

I deeply appreciate the dedication and commitment our staff demonstrates on a daily basis and I know our residents appreciate it, as well. Thank you all so much!

- Laurie

## Our Residents Records are Important to us

It is very important that we keep accurate records on our residents, therefore we are asking you to please notify us of any changes such as a new physician, new pharmacy or any changes in insurance coverage.

It is also important we have accurate contact information such as addresses, work, home and cell phone numbers and an email address.

If you are uncertain if the information we have is accurate, please check with the receptionist and she can update or correct it.

Thank you for your help with this very important issue.

## ST. PATRICK'S DAY PARTY!



**When:** Tuesday, March 15  
"Irish" show featuring Jake & Elaina, from Big Smile Entertainment.  
Feel free to wear your **"GREEN!"**

## Calling All Families: Help us Sell our Recipe Books!

We are asking families to assist us in selling our recipe books. We are trying to raise money for our resident fund, which allows for food celebrations, games or special entertainment. Please ask your co-workers or extended families to buy one.



If you own your own business, maybe you could put out a display to sell. Recipe books are available at the front desk for \$12. If you would like to sell some, please see Carolyn. She will take your name and the number of books you have. If you wish to buy one, feel free to do so at the front desk.

Thank you for helping our residents raise money for their fund!

## Reach out, make a friend

We've had a cold, snowy, and icy winter and, although we still have some winter left, spring is beginning to peek out at us on occasion. The days are lasting a little longer and from March 1 through March 31, we will have gained one hour and twenty-six minutes of daylight! We all look forward to the opportunity to sit outside on a beautiful day or to take a walk along our walking path as the sun shines down on us. We'll have to be patient just a little longer as we wait for the end of this New England winter.

I'd like to thank those of you who have extended the hand of friendship to our new residents. It means so much to have caring people among us, especially when we're in a new environment. We all know how it feels to be in a new place with new people – a friendly face, a warm smile, and a hug from a new friend will always make people feel at home.

For those of you who are new to Christopher Heights, I'd like to encourage you to reach out to your new neighbors. Even though some have lived here for quite a while, they may be a little timid by nature. Who knows? You may find a new friend to sit with by the fire and enjoy some lively conversation as we await the arrival of spring!

-Laurie

A message From  
Your Executive  
Director

**Laurie Nelson**

Can't wait for our Friday picnics to begin? Wait no longer!! On Friday, March 4, Chef Steve will be stepping out to the patio, grilling us hamburgers, hot dogs and all the fixins! Seating will be limited in the pub, so sign up early at the front desk and enjoy a little taste of summer in the beginning of March!



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

### The Healthy Corner: Briefs from Harrington HealthCare Systems

♥ Harrington's Southbridge campus will host a special Community Lecture Series on Colorectal Cancer Wednesday, March 16th at 6 p.m. inside The Cancer Center at Harrington, 55 Sayles St. in Southbridge. Presented by Dr. Christopher Seidler, the series is free and open to the public. Light refreshments will be served. Snow Date: March 23.



♥ Did You Know? Harrington's Webster campus offers a variety of specialty outpatient services, including EKGs and Stress Tests. Our Harrington Physician Office also has a Cardiologist and Orthopedic Specialist who visit regularly for patient consults.  
♥ Follow Harrington on Facebook! No matter where you live, you can stay in touch with South Central Massachusetts' largest healthcare system. See upcoming events, health tips and read press releases about our medical staff!  
♥ Pioneer Valley Nephrology (PNV) medical practice are now seeing patients at the Harrington HealthCare at Hubbard campus. For an appointment, call 508-943-3043.



### Ash Wednesday Service

Father Szwack from St. Andrew Babola Church in Dudley will be here Wednesday, March 9 to distribute ashes and provide a short service. Service will be held at 10 a.m. in the TV Room. There will be no exercise class on that day.



Our "GREAT JOB!" Winner is *Mike Skowron*

#### Outing Dates:

Thursday, March 3:  
Shopping/WalMart

Wednesday, March 9:  
Shopping/K-Mart

Thursday, March 17:  
Shopping/WalMart

Monday, March 21:  
Shopping/Dollar Tree  
and Out to Lunch



### Message from Resident Care

It is a resident representative's responsibility to keep track of and re-order his/her loved ones medications in a timely manner. Also, please call and update Laurie Nelson or Michelle Mercer when your family member is out at the hospital. Thank you for your cooperation!

## Friendly Faces, Exciting Places



**Above:** Elliot and Shirley came out to celebrate Elliot's birthday at our February birthday party.

#### At Right:

Helen enjoys her ice cream at a recent resident social.



*Through These Doors, a New Home Awaits You*

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# 2011 M A R C H

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><b>1</b></p> <p>9:30 Hometown Bank 10:00 Exercise/2nd Floor <b>10:30 The Chat Room/TV</b> 2:00 Wheel of Fortune/Pub <b>3:00 Wii Lessons/ TV Rm</b> 3:15 Pub Time 6:00 Ring Toss/ Pub</p>	<p><b>2</b></p> <p>10:00 Exercise /2nd Floor <b>10:30 Belle the Dog/TV Rm</b> <b>2:00 Resident Council/2nd Fl</b> 3:15 Pub Time 6:00 Bowling/ Pub</p>	<p><b>3</b></p> <p><b>7:00-8:00 Breakfast</b> <b>"Made To Order Eggs"/Pub</b> 10:00 Exercise / 2nd Fl 10:30 Chorus Members/ TV <b>1:30 Shopping/Walmart</b> <b>2:00 Video/TV or Pitch/Pub</b> 3:15 Pub Time 6:00 Outburst/ Pub</p>	<p><b>4</b></p> <p>10:00 Exercise /2nd Floor <b>10:30 Rosary/TV Room</b> <b>11:00 Resident Scrabble/TV</b> <b>12:00 Picnic in the Pub</b> <b>2:00 Rob Morona/2nd Floor</b> 3:15 Pub Time 6:30 Bingo/ 2nd Floor</p>	<p><b>5</b></p> <p><b>1:15 Manicures For 1st Flr</b> 2:15 History Trivia/ Pub 3:15 Pub Time <b>6:00 Movie: "Chisum"/TV</b> 6:15 Golf Toss / Pub</p>
<p><b>6</b></p> <p>2:00 Bingo/ 3rd Floor 3:15 Pub Time 6:00 Bean Bag Toss/ Pub</p>	<p><b>7</b></p> <p>10:00 Exercise/ 2nd Floor 10:30 Sing-A-Long/TV Room 2:00 Mass St. Joe's/ 3rd Fl 2:45 Wii Bowling League/TV 3:15 Pub Time 6:00 Ring Toss / Pub</p>	<p><b>8</b></p> <p><b>MARDIS GRAS!</b> 9:30 Hometown Bank 10:00 Exercise /2nd Fl <b>10:30 Socialize in French/TV</b> <b>2:00 Mardis Gras Party/2nd</b> 3:15 Pub Time 6:00 Name 10 Things/ Pub</p>	<p><b>9</b></p> <p><b>ASH WEDNESDAY!</b> <b>10:00-11:00</b> <b>St. Andrews/Ashes/TV</b> <b>1:30 Shopping/ K-Mart</b> <b>2:00 Video/TV or Pitch/Pub</b> 3:15 Pub Time 6:00 Bowling/ Pub</p>	<p><b>10</b></p> <p><b>7:00-8:00 Breakfast</b> <b>"Made To Order Eggs"/Pub</b> 10:00 Exercise / 2nd Fl 10:30 Chorus Members/ TV 2:00 Bingo/ 3rd Floor 3:15 Pub Time 6:00 Bowling/ Pub</p>	<p><b>11</b></p> <p>10:00 Exercise /2nd Floor 10:30 Rosary / TV Room 11:00 Resident Scrabble/ TV 2:00 Name that State/ Pub 3:15 Pub Time 6:00 Target Toss/ Pub</p>	<p><b>12</b></p> <p><b>1:15 Manicures For 2nd Flr</b> 2:15 Trivia/ Pub <b>3:15 Pub Time with Bruce Pratt at the Piano/Pub</b> <b>6:00 Movie: "The Ambushers"/TV</b> 6:15 Washer Toss/ Pub</p>
<p><b>13</b></p> <p><b>DAYLIGHT SAVINGS TIME BEGINS!</b> <b>1:30 United Church of Christ/TV Room</b> 2:15 Skeet Ball/ 2nd Floor 3:15 Pub Time 6:30 Bingo/ 3rd Floor <b>SET CLOCKS AHEAD 1 HOUR!</b></p>	<p><b>14</b></p> <p>10:00 Exercise / 2nd Floor 10:30 Sing-A-Long/Jeff/TV <b>2:00 Mass St. Louis /3rd Fl</b> <b>2:45 Wii Bowling League/TV</b> 3:15 Pub Time 6:00 Bowling/ Pub</p>	<p><b>15</b></p> <p>9:30 Hometown Bank 10:00 Exercise /2nd Floor <b>10:30 The Chat Room/ TV</b> <b>2:00 St. Patrick's Day Party with Jake &amp; Elaina/2nd Fl</b> 3:15 Pub Time 6:00 Outburst/ Pub</p>	<p><b>16</b></p> <p><i>10:00 Exercise /2nd Floor</i> <b>10:30 Episcopal Church/TV</b> <b>12:00 Men's Club/ Pub</b> <b>2:00 Crafts/ Floral Baskets</b> 3:15 Pub Time 6:30 Skeet Ball/ 2nd Fl</p>	<p><b>17</b></p> <p><b>7:00-8:00 Breakfast</b> <b>"Made To Order Eggs"/Pub</b> <b>ST. PATRICK'S DAY - WEAR GREEN!</b> 10:00 Exercise/2nd Floor <b>1:30 Shopping /Walmart</b> <b>2:00 Video/TV or Pitch/ Pub</b> 3:15 Pub Time 6:30 Bingo/ 3rd Floor</p>	<p><b>18</b></p> <p>10:00 Exercise /2nd Floor <b>10:30 Rosary/ TV Room</b> <b>11:00 Resident Scrabble /TV</b> <b>1:15 Rev Gil/Baptist/TV Rm</b> 2:15 Po-ke-no/ 2nd Floor 3:15 Pub Time 6:00 Bean Bag Toss /Pub</p>	<p><b>19</b></p> <p><b>10:30 Bible Study LouAnn /TV</b> <b>1:15 Manicures For 3rd Flr</b> 2:15 Every Day Trivia/ Pub 3:15 Pub Time <b>6:00 Movie: "Oklahoma"/TV</b> 6:15 Ring Toss/Pub</p>
<p><b>20</b></p> <p><b>FIRST DAY OF SPRING!</b> <b>1:30 Walking Group</b> 2:00 Bingo/ 3rd Floor 3:15 Pub Time 6:00 Golf / Pub</p>	<p><b>21</b></p> <p>10:00 Exercise/ 2nd Floor 10:30 Sing-A-Long/ TV Room <b>11:00 Shopping/ Dollar Tree &amp; Out To Lunch</b> 2:00 Horse Race/Pub <b>3:15 Wii Bowling League Awards Ceremony/ Pub</b> 6:00 Bowling / Pub</p>	<p><b>22</b></p> <p>9:30 Hometown Bank 10:00 Exercise Tape /2nd Fl <b>10:30 Socialize in Polish/ TV</b> <b>2:00 Mass Sacred Heart/3rd</b> 3:15 Pub Time <b>6:30 Act II Ministries/ Pub</b></p>	<p><b>23</b></p> <p>10:00 Exercise /2nd Floor <b>10:30: "Climb Every Mountain" video/ TV</b> <b>1:30 Cong. Church/ TV</b> 2:00 Bingo/ 3rd Floor 3:15 Pub Time 6:00 Bowling/ Pub <b>6:00 Putnam Senior Dance</b></p>	<p><b>24</b></p> <p><b>7:00-8:00 Breakfast</b> <b>"Made To Order Eggs"/Pub</b> 10:00 Exercise/2nd Floor 10:30 Chorus Members/ TV <b>2:00 Cecelia's Ski &amp; Maple Sugaring /Demo/ TV Room</b> <b>6:00 Wii Tournament / Youth Group/TV Room</b></p>	<p><b>25</b></p> <p>10:00 Exercise / 2nd Floor <b>10:30 Rosary/ TV Room</b> <b>11:00 Resident Scrabble TV Room</b> <b>2:00 Fanny Mik Sings 2nd Floor</b> 3:15 Pub Time 6:00 Name That Tune / Pub</p>	<p><b>26</b></p> <p><b>1:15 Manicures for 1st Flr</b> 2:15 Bible Trivia/ Pub 3:15 Pub Time <b>6:00 Movie: "Lawrence of Arabia/TV Room</b> 6:15 Darts/ Pub</p>
<p><b>27</b></p> <p><b>1:30 Walking Group</b> 2:00 Skeet Ball / 2nd Floor 3:15 Pub Time 6:30 Bingo/ 3rd Floor</p>	<p><b>28</b></p> <p>10:00 Exercise / 2nd Floor 10:30 Sing-A-Long/TV Room <b>2:00 Mass St. Andrews/3rd Fl</b> 3:15 Pub Time 6:00 Bowling /Pub</p>	<p><b>29</b></p> <p><b>Voter Registration!</b> 9:30 Hometown Bank 10:00 Exercise / 2nd Floor <b>10:00-11:30 Register to Vote w/ Bob Craver/TV Rm</b> 2:00 Bingo/2nd Floor <b>3:00 Wii Lessons/ TV Rm</b> 3:15 Pub Time 6:00 Target Toss/ Pub</p>	<p><b>30</b></p> <p>10:00 Exercise /2nd Floor <b>10:30 Belle the Dog/TV Rm</b> <b>2:00 Birthday Party w/Paul Belanger/2nd Floor</b> 3:15 Pub Time 6:00 Bowling/ Pub</p>	<p><b>31</b></p> <p><b>7:00-8:00 Breakfast</b> <b>"Made To Order Eggs"/Pub</b> 10:00 Exercise/2nd Floor 10:30 Chorus Members/ TV <b>2:00 Polish American Catholic Mass Video/TV</b> 3:15 Pub Time 6:30 Bingo / 3rd Floor</p>	<p><b>Evening Activities are in the PUB Unless otherwise listed.</b></p> <p><b>Masses are held on the 3rd Floor at 2:00.</b></p>	<p><b>Tuesday Bingo is on 2nd Floor. Thursday and Sunday Bingo are on 3rd Floor Unless otherwise listed.</b></p> <p><b>Movies are in TV Room unless otherwise listed.</b></p>