



CHRISTOPHER HEIGHTS™
AN ASSISTED LIVING COMMUNITY
WEBSTER, MASSACHUSETTS

Highlights

Through These Doors, a New Home Awaits You

"In summer, the song sings itself." ~ William Carlos Williams

Summer 2011

New Look, Same Great Newsletter

We would like to take this opportunity to share some information regarding the Christopher Heights newsletter. We have decided to put the newsletter out as a quarterly edition rather than monthly. It will still be emailed to those who are on our list, posted online and displayed at our facility when it comes out. The issues will be published in June, September, December and March. The calendar will still be published on a monthly basis. We appreciate your patience during the transition.

Family Picnic Set for June 11

We will be holding our annual family picnic Saturday, June 11. Invitations have been mailed. For those of you who may not have been here in past years, it is very helpful to have an accurate number of people attending, so please be sure to RSVP. We also ask you give us the ages of any children attending so that we may plan appropriate games.

The Picnic is held in the parking lot under tents and the pub area will be available for those who wish to eat indoors. This year our in-house chorus, the "Christopher Heights Golden Oldies" will be performing God Bless America as we celebrate with a Red, White and Blue theme for the upcoming Flag Day and Independence Day. Entertainment will be provided by recording artist Wayne Paige and Chef Steve will be cooking up hot dogs, hamburgers and some of his mouth watering chicken. There will also be raffles that day for the benefit of the resident fund.

We hope you will join us. This is an opportunity for residents, family members and staff to come together and celebrate our "Christopher Heights Family" together.



Manicures to Change Days

Charlene will no longer be doing manicures on Mondays. Instead, she will be doing them Tuesday and Thursday evenings. You must schedule an appointment at least one week in advance.

Ambassador Program

We are hoping to resume the ambassador program. The ambassador program would assist new residents with adjusting to their move to Christopher Heights by way of a "buddy system". We are looking for volunteers! We are asking for a short term commitment of a few days to a week. If you are interested, please let Francine in Social Services know.

The Social Services office is on the second floor across from the country kitchen.

Vacation Notice Reminder

As summer approaches and we anticipate vacations, please remember to notify the front desk if you will be away.

Please provide us with an alternate contact person and phone number in case of emergency. Have a great summer!

Summer has arrived!

How nice to have summer upon us! It was a long, cold winter and it's such a treat to be able to spend time outdoors. Please remember to stay hydrated as we enjoy the sunshine and fresh air. We'll have hydration stations indoors and outdoors so that everyone can maintain sufficient fluid intake.

A message From
Your Executive
Director

Laurie Nelson

I'd like to extend a special "Thank You" to Deborah Wojcik and her students from Shepherd Hill Regional High School for their valued assistance in getting our gardens planted. They have been instrumental in getting our flowers and vegetables in the ground and off to a good start. We look forward to enjoying the beauty of the flowers as well as the delicious vegetables and herbs; all fruits of the labor put forth by the students and our residents.

Be sure to watch for notices regarding our weekly picnics on the patio, which will begin on June 17. We're changing things up a bit and offering some of the picnics on Wednesdays in order to accommodate various schedules. Regardless of the day, the weekly picnic lunches are always a big hit and we want to make sure that everyone has a chance to partake of the fun. Sunshine, lunch from the grill, and good company - it doesn't get any better than that! Summer 2011 promises to be wonderful and I look forward to sharing it with all of you.

-Laurie



Christopher Heights • 338 Thompson Road, Webster, MA 01570

Phone: 508-949-0400 • www.christopherheights.com

Picnic on the Patio Kicks off in June

We will be starting our "Summer Picnics on the Patio" Friday, June 17. This year we will have our popular picnics for residents each week, but will alternate Wednesdays and Fridays to accommodate requests.

Picnics are by "sign-up" - dates will be at the main reception desk, and on the monthly and daily calendar.

Chef Steve and his staff promise another great summer of fabulous menu's -- always ending with ice cream!

Visitors to Christopher Heights

We are so fortunate to have such a lovely facility and to be able to showcase it to everyone, including the numerous health care facilities and organizations we deal with regularly.

Every year, we host a summer luncheon for these people - the date this year is June 22. We invite professionals from this area, as well as Connecticut and Rhode Island. Hopefully, as in years past, the weather will cooperate and we are able to "picnic on the patio."

We do expect a lot of cars in the parking lot and lots of people around the first floor on that date, but in no way will our residents be inconvenienced. It is a fun-filled few hours and the residents get to enjoy the leftovers!!

We will also be hosting a breakfast meeting of professionals from the Worcester area on Thursday, July 14 from 8-10 a.m.

It is always a pleasure to show off Christopher Heights of Webster by hosting these events. If you have any questions about these or any other marketing events we host here, please speak to Cecelia.



Hampton Beach Trip Planned for Residents

We will be going to Hampton Beach on June 28 for lunch at the Ashworth by the Sea Hotel Restaurant. The mini bus will be leaving around 9:00 a.m. and stopping for one rest break before arriving at Hampton Beach.

Residents will be able to sit on benches on the boardwalk to enjoy the fresh ocean air and listen to the waves. Some may even choose to stick their feet in the water. We will then proceed to lunch. Menu choices will be at the front desk and prices range from \$21-\$35. Prices are all inclusive and will be put on your bill for July or August. Please sign up at the front desk.

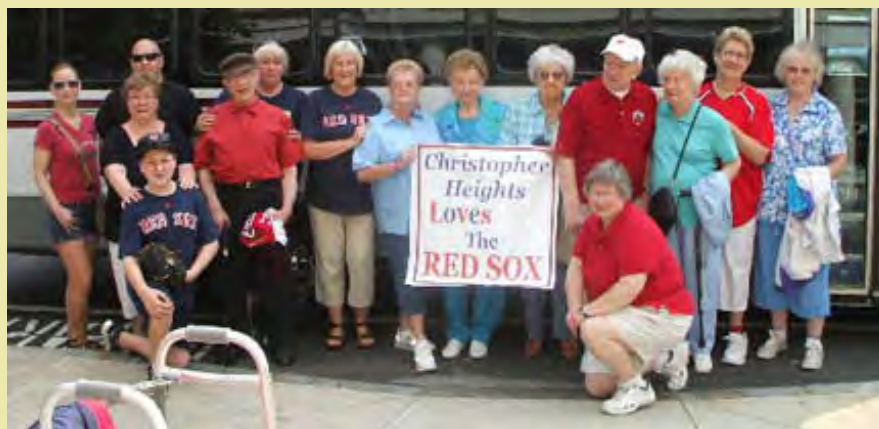
Celebrate Mid Summer with Caribbean Day at the Heights

On July 12, we will have a Caribbean Theme Day. The Beautiful Future Band will take residents on a relaxing musical journey to the tropical islands of the Caribbean - music from Trinidad, Jamaica, Puerto Rico and more will be played. Residents will be inspired to join in with dancing, singing and playing games such as Limbo and Conga Line to the great sounds of the steel band.

A Reminder to Residents about A/C Units and Open Windows

Now that the warm weather is upon us, it is time to remove the air conditioner covers in the apartments. We will be getting to all of them, but if you want yours removed immediately, please see a staff member. If you need assistance opening your windows, please be sure to let us know and we'll be happy to help. Remember to keep the apartment doors closed when the windows are open or when the air conditioners are on.

As we are in the hurricane and tornado season, we may receive weather-related warnings and must respond appropriately. When we are under a "watch," people will be expected to close the blinds in the kitchens and remain a safe distance from the windows; however, a "warning" will require a heightened response. We will direct you with instructions should this occur. We will make every effort to keep residents comfortable during these times, but safety is our utmost concern. If you have any questions or concerns, please feel free to approach Randy or Laurie and we'll be happy to address your issues. Thank you in advance for your understanding and cooperation.



RED SOX NATION!

Residents, family members and staff went to a Red Sox game on June 1. Lou Lucier, the oldest living Red Sox player, attended the game with some family members and signed autographs for fans at Autograph Alley. They enjoyed Fenway Franks and saw some players up close. It was quite an eventful day.



2011 AUGUST

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|--|
|  <p>ICE CREAM SOCIAL AUGUST 17th AT 2:00</p> | <p>1 10:00 Exercise/2nd Floor 10:30 ColorMatch with Jeff - Pub 1:30 Confession/ Library 2:00 Mass St. Joe's/3rd Flr 3:15 Pub Time 6:00 Darts/ Pub</p> | <p>2 9:30 Hometown Bank 10:00 Yoga/ 2nd Floor 10:30 Andy Griffith /TV 2:00 Bingo / 3rd Fl 3:15 Pub Time 6:00 Golf/ Pub</p> | <p>3 10:00 Exercise /2nd Floor 10:30 Resident Scrabble/ Lib 10:30 Belle the Dog/ TV Rm 2:00 Resident Council/2nd 3:15 Pub Time 6:00 Bowling/ Pub</p> | <p>4 7:00-8:00 Breakfast "Made To Order Eggs" /Pub 10:00 Exercise / 2nd Fl 10:30 Chorus Members/TV 1:30 Shopping/ Walmart 2:00 Victor Borge Video/TV 3:15 Pub Time 6:30 Bingo /3rd Floor</p> | <p>5 10:00 Exercise /2nd Floor 10:30 Rosary/ TV Room 12:00 Patio Picnic 2:00 Larry Parker - Magician/2nd Floor 3:15 Pub Time 6:00 Ring Toss/ Pub</p> | <p>6 1:15 Manicures for 1st Flr 2:15 Trivia/ Patio 3:15 Pub Time 6:00 Movie: "Quigley Down Under"/ TV Room 6:15 Target Toss / Pub</p> |
| <p>7 1:30 Walking Group 2:00 Bingo/ 3rd Floor 3:15 Pub Time 6:30 Skeet Ball/ 2nd Fl</p> | <p>8 10:00 Exercise Tape/ 2nd Flr 10:30 Singing/ TV Room 2:00 Mass St. Louis/ 3rd Fl 3:15 Pub Time 6:00 Basketball Toss/Pub</p> | <p>9 9:30 Hometown Bank 10:00 Yoga/ 2nd Floor 10:30 Chat Room / TV Rm 2:00 Tic-Tac Toe Toss/ Pub 3:00 Computer Class/ Lib 3:15 Pub Time 6:30 Bingo/ 3rd Floor</p> | <p>10 10:00 Exercise /2nd Floor 10:30 Resident Scrabble/ Lib 12:00 Patio Picnic 1:30 Shopping/Target 2:00 Abbott & Costello/TV 3:15 Pub Time 6:00 Bowling/ Pub</p> | <p>11 7:00-8:00 Breakfast "Made To Order Eggs" /Pub 10:00 Exercise / 2nd Fl 10:30 Chorus Members/TV 1:30 Outing to Polish Store 2:00 Glenn Miller/ TV Rm 3:15 Pub Time 6:30 Bingo /3rd Floor</p> | <p>12 10:00 Exercise /2nd Floor 10:30 Rosary / TV Room 2:00 Dawn Kelley/ Music Is Love Show/ 2nd Floor 3:15 Pub Time 6:00 Target Toss/ Pub</p> | <p>13 10:30 Bible Study/ LouAnn - TV Room 1:15 Manicures For 2nd Flr 2:15 Trivia/ Patio 3:15 Pub Time 6:00 Movie: "Fire Fox" TV Room 6:15 Ring Toss / Pub</p> |
| <p>14 1:30 Walking Group 2:15 Basket Ball Toss/ Pub 3:15 Pub Time 6:30 Bingo/ 3rd Floor</p> | <p>15 10:00 Exercise Tape/2nd Flr 10:30 Singing / TV Room 2:00 Lucky Number/2nd Flr 3:15 Pub Time 6:00 Minute To Win It/ Pub</p> | <p>16 9:30 Hometown Bank 10:00 Exercise /2nd Floor 10:30 Tony Bennett/ TV 2:00 Mass Sacred Heart/3rd 3:15 Pub Time 6:30 Bingo/ 3rd Floor</p> | <p>17 ICE CREAM SOCIAL DAY! 10:00 Exercise /2nd Floor 10:30 State Crime Lab Speaker/Bill Hebard/TV Rm 12:00 Men's Club/ Patio 2:00 Ice Cream Social/ 2nd 3:15 Pub Time 6:00 Bowling/ Pub</p> | <p>18 7:00-8:00 Breakfast "Made To Order Eggs" /Pub 10:00 Exercise/2nd Fl 10:30 Chorus Members /TV 1:30 Shopping/ Walmart 2:00 Red Skelton/ TV Rm 3:15 Pub Time 6:30 Bingo/ 3rd Floor</p> | <p>19 10:00 Exercise /2nd Fl 10:30 Rosary/ TV Room 12:00 Patio Picnic 1:15 Rev. Gil Baptist/ TV Rm 2:15 I Hear Memories/ Pub 3:15 Pub Time 6:00 Washer Toss / Pub</p> | <p>20 1:15 Manicures For 3rd Floor 2:15 Shout The Answer-Patio 3:15 Pub Time 6:00 Movie "Tank"/TV Rm 6:15 Horse Shoes/ Pub</p> |
| <p>21 1:30 Walking Group 2:00 Bingo/ 3rd Floor 3:15 Pub Time 6:30 Skeet Ball/2nd Floor</p> | <p>22 10:00 Exercise Tape/ 2nd Flr 10:30 Singing / TV Room 2:00 Mass St. Andrews - 3rd Floor 3:15 Pub Time 6:30 Harmonious Soul Singers/ 2nd Floor</p> | <p>23 9:30 Hometown Bank 10:00 Exercise/ 2nd Floor 10:45 Out To Lunch -- Ronnie's Charlton 2:00 Bingo/ 3rd Floor 3:00 Computer Class/ Lib 3:15 Pub Time 6:30 Act II Ministries/ Pub</p> | <p>24 10:00 Exercise/2nd Floor 10:30 Resident Scrabble/ Lib 12:00 Patio Picnic 1:30 Cong. Church/Library 2:00 WII Youth Group Tournament/ TV Room 3:15 Pub Time 6:00 Bowling/ Pub 6:15 Putnam Senior Dance</p> | <p>25 7:00-8:00 Breakfast "Made To Order Eggs" /Pub 10:00 Exercise/2nd Floor 10:30 Chorus Members/TV 2:00 Staff/Dancing with the Stars Competition/ 2nd Fl 3:15 Pub Time 6:30 Bruce Pratt/ Classical Pianist - Pub</p> | <p>26 10:00 Exercise / 2nd Floor 10:30 Rosary/ TV Room 1:30 Shopping/ Dollar Tree 2:00 Dick Van Dyke/ TV Rm 3:15 Pub Time 6:00 Target Toss/ Pub</p> | <p>27 1:15 Manicures for 1st Floor 2:15 Trivia/ Patio 3:15 Pub Time 6:00 Movie: "The Rock" TV Room 6:15 Shuffle Toss / Pub</p> |
| <p>28 1:30 Walking Group 2:00 Bean Bag Toss/ Pub 3:15 Pub Time 6:30 Bingo/ 3rd Floor</p> | <p>29 10:00 Exercise Tape/2nd Flr 10:30 Singing/ TV Room 2:00 Horse Race/ Pub 3:15 Pub Time 6:30 Skeet Ball/ 2nd Floor</p> | <p>30 9:30 Hometown Bank 10:00 Exercise/ 2nd Floor 10:30 Golden Girls / TV 2:00 Bingo/ 3rd Floor 3:15 Pub Time 6:00 Ring Toss/ Pub</p> | <p>31 10:00 Exercise/2nd Floor 10:30 Resident Scrabble/ Lib 10:30 Belle the Dog/TV Rm 2:00 Birthday Party with Ron & Greg/ 2nd Floor 3:15 Pub Time 6:00 Bowling/ Pub</p> | <p>Movies are in TV Room unless otherwise listed.</p> <p>Masses are held on the 3rd floor at 2:00.</p> | <p>Bingo will now be located on the 3rd floor.</p> <p>Evening Activities are in the PUB unless otherwise listed.</p> | |