

ORCHARD HILL HERALD

ORCHARD HILL AT SUDBURY ASSISTED LIVING • 761 BOSTON POST ROAD • SUDBURY, MA 01776 • 978-443-0080

Message from the Chief Operating Officer

Dear Friends and Family of Orchard Hill:

To our new residents and families, our *Orchard Hill Herald* is written and circulated biannually. Our goal is to provide you with advance notice of activities and events that you may



be able to participate in, and to let you know about the various programs and events we have offered during the previous six months at Orchard Hill.

Thank you to all family members and residents who participated in our Summer Carnival, The Oktoberfest Dinner and entertainment, our costumed Halloween fun, and our annual Holiday Dinner Celebration. It is always a great pleasure to enjoy great food, friends, family and entertainment and we look forward to 2008's events.

Orchard Hill is a flurry of activity now with holiday decorating, stringing garlands, setting up lights, making cookies and decorating trees! So please stop by! In addition to our regular Recreational Program, we are supplemented with an abundance of calls from Sudbury residents waiting to volunteer their time and expertise in making the holidays that much more special for our residents.

Please do not hesitate to let me know if you have any suggestions, comments or concerns. We value your thoughts and ideas.

I wish you all a wonderful holiday season and many blessings in the New Year!

Elizabeth F. Weisner, COO

Activities Corner

Fall 2007

Happy Holidays! Welcome back to another edition of the *Orchard Hill Herald*. For our newer residents, family members and staff, we all extend a special welcome to Orchard Hill. We are preparing for the hustle and bustle that comes with the holiday season, but before we cover those upcoming events, we will revisit what has been going on for the last few months....

We are happy to announce that our volunteer base has expanded at Orchard Hill. Ron Barclay has been bringing joy to our residents for nearly seven years now with his weekly **Saturday Piano Hour**.

In addition to Ron, we welcome Lynn Hess and Judy Gross to Orchard Hill! Lynn has brought



Halloween fun!

back a special delight to our residents...dancing! His weekly program of "Dancing and Music with Lynn Hess" is enjoyable for those who choose to dance or for those who want to sit and enjoy the variety of music that he provides. **Judy Gross**, a Sudbury resident, volunteers a couple of times per month visiting with her cute and sweet dog, Teddy. Judy has a regular following of residents during her visits and has provided pictures of each of them posed with Teddy, which delighted and amazed them that such a task could be created on a computer!

Once a month, through Jewish Family Services of Metro West, we have been treated to the magnificent voice and musical

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talents of Cantor Jeff Stock. Jeff leads a Shabbat Service and has also presented a special program on the history of Jewish music, which was educational and entertaining for all who attended. During the school year, we are pleased to welcome Rabbi Finestone and teenagers from Congregation Or Atid for a **monthly Shabbat Service**, in which the teens demonstrate their knowledge from their Hebrew classes in preparation for the transition into adulthood in the Temple. For another program, we are looking for Jewish residents who may be interested in spending some one-on-one time visiting with a local family here at Orchard Hill. This program will be sponsored by the Keshet Program at JFSMW and if you are interested in participating, please see Tricia for more details and to set up an initial visit.

One of our most exciting new programs this past summer was the **"Mystery Out-Trip."** This wonderful idea was presented by Resident Malcolm Herman at a monthly Resident Advisory Meeting and the idea created quite a buzz in anticipation as to what the trip would be. Through the collaboration of Orchard Hill staff, our trips included a picnic at Hopkinton State Park, shopping in Acton and a trip to the Southwick Zoo. Each of the trips was a lot of fun and afterwards, residents were eager to find out where our next adventure would take us.

For something new, we planned an **Italian Luncheon** during the spring, which was complete with spaghetti and meatballs, salad, breadsticks and wine. Setting the appropriate atmosphere for the luncheon was the strolling accordionist, Tony D'Eramo. Residents and staff got caught up with some of the lively



Staff on Halloween



Boo!



Fashionistas!

music and were dancing in the Dining Room! It was a delightful lunch and something that is in the works for a repeat in January. Other special luncheons included a couple of **Chinese lunch buffets** with food from China Garden in Marlborough. One of the luncheons was in memory of resident Thelma St. Croix, made possible by a generous donation from her family. Our previous Chinese luncheons were something that Thelma always enjoyed, so the family thought that such an event would be a wonderful way for the other Orchard Hill residents and staff members to honor Thelma's memory. We also incorporated our **monthly cook-out luncheons** during the summer months, including the final one of the summer consisting of a Tropical Day and theme costumes.

Residents have enjoyed a little bit of pampering with the continuation of the **manicures** with staff members, but also were treated with facials and make-up with Simone, a representative from Mary Kay. Staff members enjoyed spoiling our residents during Assisted Living Week with our **"I Love Me" Spa Day**. Facials, make-up application, hand massages, foot baths and the ever popular chair massage pads relaxed and rejuvenated all the residents that participated. After residents were pampered, we enjoyed a **Wine and Cheese Social** and a special **Dress Up Dinner** in the Dining Room. It is always a special sight to see everyone dressed and looking their best!

Through our own **Orchard Hill Directors**, we were able to showcase a few of the talents,

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hobbies and passions with special programs led by each of them. Lucas presented a video program on his various fishing expeditions, Nita shared her ever-expanding collection of pictures with the residents with a "Photograph Show and Tell," Katie led a craft group which resulted in beautifully decorated votive candle holders, Elizabeth presented her trip to Peru, and another program earned residents their very own GMAT certificates upon completion of the activity! Mona Hart shared her horticultural talents with the residents by planting and tending to our flowerbeds this spring and summer! Her talent and knowledge of plants was enjoyable for those with whom she shared these horticultural programs. Carol Ames, daughter of Louise Maloney, volunteered her time to lead a beaded jewelry activity in which residents created their own bracelets or unique key chains. The assistance and innovation from other staff members and volunteers is a vital addition to our Activities Program and creates a wonderful environment for both the residents and staff members to see each other in a different light away from their regular day-to-day tasks. If ever there are any ideas or suggestions for additional programming, please do not hesitate to contact Tricia. I am always open and looking for new ideas to enhance our Activity Program!

Lots and lots of **baking** occurred this fall season! Our apple trees yielded a large amount of apples this year and we took advantage of the bounty by baking apple muffins, apple crisp and a special apple-berry crisp. The ladies who assisted in the baking sure had a lot of work to do to prepare for each recipe, but they rose to the occasion and the fruits of their labor were savored by all who tasted their kitchen creations!



Three top models



Runway ready!

Our bigger events during this period were our **Summer Carnival** in August, an **Oktoberfest dinner** and entertainment, and all of our **Halloween** festivities. The Carnival was a huge success. In our first joint family event with the Orchard Hill Learning Center for Children, we enjoyed a barbecue, face painting, beaded crafts, lawn games, and fresh popcorn and cotton candy. But the biggest treat of all was the **horse and buggy rides!** Everyone who took advantage of a ride loved it and the waiting line was never-ending! Our Oktoberfest featured German foods and lively entertainment with accordionist Tony D'Eramo. A very enjoyable evening for all! Halloween was a blast as always. It is always fun to see the different costumes among the staff and the residents that choose to participate. And of course, it would not be complete without our annual **Halloween Parade and Party** with the children from the OHLCC. Residents were once again busy preparing Halloween "goodie bags" for each of the children. Approximately 45 children were in attendance at our party this year and the children decorated their own cupcakes, colored Halloween pictures and sang various Halloween songs for the residents.

We welcomed MBR Associates for a **Spring Sweater Sale** and an "**After Thanksgiving**" **Sweater Sale**. Both events were well attended by residents and family members. MBR Associates will return again in May. Also, two parents from the OHLCC who have home businesses presented a **Holiday Fair** with their Arbonne products and Silpada Jewelry. Residents enjoyed browsing the displays and were able to complete a little bit of holiday shopping. For those that attended and may still wish to make any purchases, see Tricia and we will get you in touch with the vendors.

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ORCHARD HILL HERALD

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We are now busily beautifying Orchard Hill for the holiday season, and at this writing are looking forward to sharing the holidays with you at our annual **Holiday Celebration**.

Beyond the holidays, other events that will be coming up will be a **Resident Art Exhibit** showcasing the talents of our residents and staff from their art class with Natalie Weinbaum. We will be sharing a puppet show program with the OHLCC on January 23 at 10:00 a.m. And we will be gearing up for the primary elections. If you need to register to vote in the Town of Sudbury or need an absentee ballot application, please see Tricia. The Orchard Hill bus will also be going to the polls on Election Day.

Enjoy your Holiday Season!

New Hires

Brandy Smith—Business Office Manager

Heather Brennan—Resident Care Director

Employee Recognition

2nd Quarter—**Vinny Oliveira** and **Marcus Alves**



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