

# Senior Health Happenings

Newsletter of  
MID COAST SENIOR HEALTH CENTER

Spring 2017

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## *Celebrating Our Centenarians*

As of February, we now have eight residents living at the Senior Health Center who are 100 years or older. We held a joint birthday party for all of them together, celebrating with cake and ice cream. Congratulations!

## *Beautiful Butterflies*

After learning about butterflies through the PBS film “*The Incredible Journey of The Butterflies*,” residents gathered to create their own butterflies using coffee filters and watercolors. Joined by Executive Assistant Danielle Namer’s daughters Hailey (age 14) and Kaitlyn (age 9), the group of crafty folks used different techniques to paint the butterflies. The result was beautiful wings in the making.



## *Grilled Cheese Day*

On April 12, Mere Point and Bodwell residents celebrated National Grilled Cheese Sandwich day. Each resident enjoyed a made-to-order sandwich with a variety of choices of breads, cheeses, vegetables and meats.

*Fresh from  
the Kitchen*

Senior Health Center staff from other communities came to Mere Point to help assemble sandwiches, man the griddles, and deliver warm, fresh sandwiches to residents.

The United States modern version of the grilled cheese sandwich originated in the 1920’s when inexpensive sliced bread and American cheese became easily available. Originally, it was made as an opened-face sandwich. United States government cookbooks described Navy cooks broiling “American cheese filled sandwiches” during World War II.

## *We've Been on the Go*

- Brunswick High School's performance of *Les Miserable*: Our very own Emma Hughes (Thornton Hall Waitstaff) and Claudia Brzoza's son starred in the show. They both did a wonderful job!
- Mid Coast Symphony Orchestra
- Barbershop Chorus: Brunswick Area Respite Program
- Gelato Fiasco's Annual Scoop-a-thon: A benefit for the Brunswick Teen Center
- Wilbur's Chocolate Factory: A tour of the production area with store history and Easter bunnies!
- The outing club is busy brainstorming ideas for the very near summer months. We're looking into outings to the Maine Maritime Museum, Music on the Mall, various picnicking "hotspots," and the Maine State Music Theater to name a few.



## *Thank You, Volunteers!*

## *In Gratitude*



Thornton Hall residents recently hosted an afternoon social event with refreshments, relaxation, and a raffle to "Thank Our Volunteers for Their Thyme" spent at Mid Coast Senior Health Center. Event attendees received a potted "thyme" plant, and entered for a chance to win a "summer fun" raffle gift.

Maureen Cooper, who joined our Social Events team in March, continues to get to know the current group of volunteers, while actively recruiting more volunteers to join our team. If you have questions about volunteer opportunities at the Senior Health Center, please call

Maureen at 373-3691, or email [mcooper@midcoasthealth.com](mailto:mcooper@midcoasthealth.com).

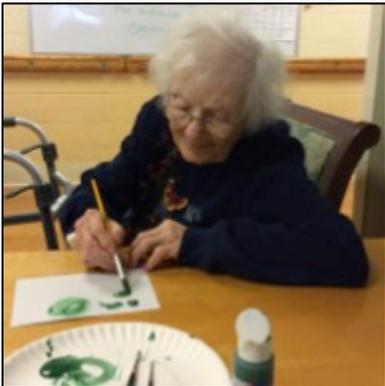
## *And the Garden Resident Oscar Goes to...*

Here at Mid Coast Senior Health Center we decided that the glitz and glamour of the Academy Awards didn't belong exclusively to movie stars. So, in the spirit of Old Hollywood, we put our best gowns on, pulled out the red carpet, and strutted our stuff at the first annual Garden Resident Oscar awards.

The ceremony was held in the dining room on Oscar Sunday, which was decked out in a sophisticated black and gold motif. Sixteen statues were handed out (one for each resident), ranging from best dressed to most athletic. Two supportive spouse awards were given to two non-residents who make their own unique contribution to the Garden community. After each award winner was announced, they had a chance to walk up to the podium and borrow the microphone to give an acceptance speech. "I'd just like to give a big fat thank you!" declared Sylvia Hollmann, winner of the Mother/Helper award. Missed out on this year's Garden resident Oscars? Save your tux for next year, because the event will be back by popular demand Oscar Sunday 2018.

# Spring Holiday Celebrations

## St. Patrick's Day



Mere Point looked festive with Shamrocks sprinkled about the dining room and each resident door had hats or clovers. Staff and residents wore bright green boas, green beaded necklaces, and St. Patrick's Day headpieces. Thank you to Raymond St. Pierre who provided us with some of the decorations.

Throughout the day, we tried our hand at painting four leaf clovers with green paint, made "Irish Pudding," and enjoyed Shamrock shakes – mint chocolate chip ice cream with milk and chocolate sauce for the chocolate lovers. Residents sipped on the shakes as they listened to Irish music CD by Fred Gosbee and Julia Lane. Elisa Civello (Volunteer) read *The King with Horses Ears and other Irish Folktales*, retold by Batt Burns later that afternoon.

## Passover Seder Meal

On Monday, April 10, our residents of Jewish faith celebrated traditions around the Passover Seder meal. We had the traditional Seder Plate, Blessing of the wine, the four questions, and the drops of wine for each of the 10 plagues included in our celebration. Residents were able to experience the way they used to celebrate with family and friends. A note of gratitude to Nancy Bloch, Judith Kamin, Marina Singer and Sherrie Bergman for all the help in making this a special time for our residents. Shabbat Welcome continues each Friday at 3:00 on Mere Point.



## Easter



In celebration of Easter, Thornton Hall residents planned and hosted a fun Easter egg hunt on April 15. During the week leading up to Easter, residents prepared decorations, filled colored eggs with prizes and candies, and made Easter baskets for the children (a craft by our own Ronnie C.) Residents hosted a group from Freeport's Mast Landing School, providing instruction and hands-on teaching to make the baskets. Families, staff, and friends were invited to the event. All had fun in the sun that day watching the children run around the courtyard finding their eggs. We were thankful for the great weather and the many smiles seen on both young and older faces.

# My Hometown

My Hometown started as a suggestion from a resident, the perfect combination of her curiosity about her neighbors' former homes and her love of history. We talk about the geography of the towns, the industries or businesses that thrive in the town, famous people, landmarks and anything else noteworthy. With three residents claiming it as their hometown, we started in Rumford, Maine. Towns that we have explored include Madawaska (and other highlights of "The County"), Biddeford, and Freeport, Maine, as well as Niagara Falls, New York. Next on our list is Concord, New Hampshire. If you would like your hometown added to our lineup, please let Heather Thomas know.

## *Photo Album*



*John Holub, Allen Winslow, and Paul Godfrey read the morning newspaper before enjoying Men's Breakfast. This is scheduled monthly, held in Mere Point living room.*



*Resident Restaurant is a monthly program, which highlights one of our resident's favorite recipes. We prepare and serve the meal in Thornton Hall's Country Kitchen. Residents are shown here enjoying Marcia Clayton's dinner – chicken casserole, steamed broccoli, and cranberry sauce. We also enjoyed two desserts! "Sunshine Salad" courtesy of Marguerite Menard (delicious!) and ice cream drumsticks.*



*Coffee Chat is a group of Bowdoin College volunteers who come in every Sunday morning to socialize with residents. They have been wonderful and we look forward to their visit!*



*Rebekah shares bible stories with residents at 10 a.m. on Monday's on Mere Point.*