

# News From The Meadows!

## JANUARY HAPPENINGS

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In between storms we did get a chance to have a little fun n January.

The Meadows residents got to enjoy relaxing as staff shoveled, plowed, and snow blowed around them while they were inside safe and warm!

We had a great jam session with the Blue Grass players this month, with a great turnout from the Greene seniors for a listening audience.

We celebrated 2 birthdays in January, Marie

and Elaine. Elaine’s birthday sundae’s were enjoyed later in the week because she didn’t feel well on her actual birthday.

We want to thank everyone for their patience while the dining room tiles were being reconstructed. Thank you all for not dancing on them while they were drying and plugging your ears during the loud phases of reconstruction! We appreciate it!

I didn't see anybody

wearing any blue suede shoes or bring out their jerry curl on Elvis’ birthday, doesn't mean it didn't happen though!

We have started a new tradition on Saturdays. We have been watching movies from Netflix! It started with cartoons but then moved on to comedies and black and white shows. I like it because people will sit for a spell and watch the movie or play games or just enjoy a hot cup of coco and popcorn while socializing.

**COLD SEASON HAS HIT THE MEADOWS**

- Remember to be washing your hands thoroughly after using the restrooms, eating, going on excursions, smoking, etc.
- Use the hand sanitizers provided often.
- If you aren't feeling well stay in your room and let us know, so we can handle the situation from your room so you don't infect other residents

## PIE CONTEST ON NATIONAL PIE DAY!

We had 10 Participants from all over Androscoggin County for our pie contest! With three pie categories, fruit, cream, and other. The Fruit pie winner was an apple pie from Barbara Moreau’s kitchen in Lewiston. The

Cream pie winner was a 4 inch thick chocolate cream pie, from Christine Tanous of Auburn. And the “Other” pie winner was a “traffic jam” pie, which was stuffed full of cranberries, blueberries, strawberries, and rhubarb

all encased in a delicious flaky, buttery crust, from Callie Adams of Sabattus. The judges had fun tasting the different pies, and there was quite the variety of pies!

Thank You all for participating!



Don't forget to wear **RED** on February 6th, to celebrate National Heart Day!

## UPDATE MEDICATION LIST

We need everyone's updated medication list whether it is emailed to us from the doctor or you have a list of the medications.

We need them in your files in case of emergency. This makes ambulance trips easier and less time consuming when you get to the

hospital so you can come home quicker.

If you need assistance with this please ask Lauriane or Jenn and we will be happy to help.

Lets try to have all the updated lists by the end of the month.

Thank You!

" I like walking the halls because there is always a new decoration to find!"-  
Barbara

## DON'T FORGET TO EXCERCISE

To get your blood flowing so you can warm up walk the halls! There are plenty of chairs in the halls in case you get tired or hand rails if you are insecure! Just start walking, start with a half a hall, or start

with one complete lap, just get your body moving!

Regular physical activity and exercise are important to the physical and mental health of everyone! Staying physically active and

exercising regularly can produce long-term health benefits and even improve health for some people who already have diseases and disabilities.

Anything from walking to chair exercises to Yoga!

## JANUARY DINE AROUNDS

In between storms we did get a chance to go out on a couple Dine Arounds!

The first Dine Around was on the 8th to Buddy T's! Jenn enjoyed one of their famous dishes the fried scallops and fries, David and Cheryl loved their rib eye steak with fries also.

The next yummy restaurant we went to was the 99 on the 22nd. David and Marie had the delicious prime rib, and Jenn had fried shrimp.

Everybody enjoyed their meals, and cant wait until next month's options!

# FEBRUARY 2015

## ACTIVITIES CALENDER

<b>1</b> <b>Super Bowl Party!</b>	<b>2</b>	<b>3</b> <b>Salon</b>	<b>4</b>	<b>5</b> <b>Dine Around</b>	<b>6</b> <b>National Heart Day! (Wear RED!)</b>	<b>7</b>
<b>8</b> <b>Blue Grass Jam Session 1-5</b>	<b>9</b>	<b>10</b> <b>Salon Yoga-10</b>	<b>11</b>	<b>12</b> <b>Happy BDay Bobby! Shopping</b>	<b>13</b>	<b>14</b> <b>Valentine's Day!</b> 
<b>15</b>	<b>16</b>	<b>17</b> <b>Salon</b>	<b>18</b> <b>Casino Trip!</b>	<b>19</b> <b>Dine Around</b>	<b>20</b> <b>Happy BDay David L!</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b> <b>Salon</b>	<b>25</b>	<b>26</b> <b>Shopping</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b> <b>Salon</b>				

### Senior Texting Codes

Here is a way to stay “hip” with a little texting lingo for seniors...

**ATD:** At The Doctors

**BFF:** Best Friend Fell

**BTW:** Bring the wheel chair

**BYOT:** Bring your own teeth

**FWIW:** Forgot where I was

**GGPBL:** Gotta go pacemaker battery low

**GHA:** got heartburn again

**IMHAO:** Is my hearing aid on

**LMDO:** Laughing my den-  
tures out

**OMMR:** On My massage re-  
cliner

**OMSG:** Oh My! Sorry Gassy

**ROTFLACGU:** rolling on the  
floor laughing and cant get up!

**TTYL:** Talk to you louder

Remember if you want help with  
any of your technologies, we can  
help!

**The Meadows**

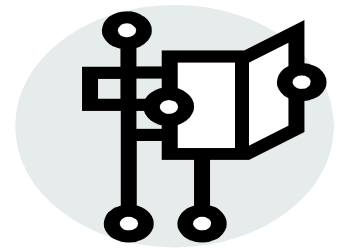
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**Maine's Most Affordable Senior Living  
Center**

**February Festivities Word Search**

n q y h e r s h e y s n s c h  
u d l a z g a m t i w u a t y  
s u o s v l m e y d p r u m w  
l m p h q z k w b e r r d q u  
z a o p m g g q r o l s k a w  
g e n a i w u b t r a l o p y  
r b o o y q o m e n n j w f p  
o a m i i w y a d s e n d e w  
u b s m l t l n l r z c o a n  
n f l y h l a g f c o s v m t  
d p v s e n x n a y n p j t p  
j q t r r e i m d b w m p l x  
g b b e o x f h q s v r d i e  
k m x n f r x e p u f n y s s  
u n h o g s g t q y j h q k u

- ash
- babe
- bear
- carrot
- day
- ground
- gumdrop
- hersheys
- hog
- monopoly
- national
- polar
- ruth
- superbowl
- umbrella



Look for The Meadows celebrities in the Sun Journal or on FaceBook!

We have an

**AVAILABILITY!**

Come in for a tour and ask questions! Or visit us on Face-Book or our website for more information.

[MaineMeadows.com](http://MaineMeadows.com)

