

Upcoming Events For March

*WEDNESDAY, MARCH 9TH

Mark your calendars as we welcome back Dennis Dowd, "Good Tymes Banjo Irish Band" Music. This will get us into the spirit as we approach the St. Patrick's Day Holiday. Reception to follow. Sign-up in the Club Room.

*WEDNESDAY, MARCH 16TH

Come join us for our annual trip in to the Boston Flower and Garden Show at the Seaport World Trade Center. Come see the many beautiful exhibits and get in the mood for Spring. We will provide both the tickets and transportation for this event. Watch for the flyer.

*FRIDAY, MARCH 18TH

Today we have our very own resident, Molli Krausz, presenting her poetry in the Fox Hill Auditorium at 10:30 AM. We will enjoy coffee and pastries at Intermission. Please plan on joining us.

Welcome

*John Meyer moved from
A-126 to E-155*

~*~

*Martha Updike moved into
A-502 from Wenham, MA*

~*~

*Dr. Benedict and Patricia Cosimi
moved into A-425 from Weston,
MA*

Our Coffee Social

Our weekly "Welcome to New Residents
and Residents Coffee Social"
is in the Baker Function Room
every Saturday morning at
10:00 AM.
Please plan to join us!



*Everyone is welcome,
new and long time
residents alike.*



FOX HILL VILLAGE
10 Longwood Drive
Westwood, MA 02090
781-329-4433
www.foxhillvillage.com

Director of Resident Services
Robert Kelly

Activities Supervisor
Leslie Atlas

Activities Coordinators
Monica Treat & Patricia Wagner

Chauffeurs

Dan Ruby * Peter Burke * John Hansell



February 2016

Happenings

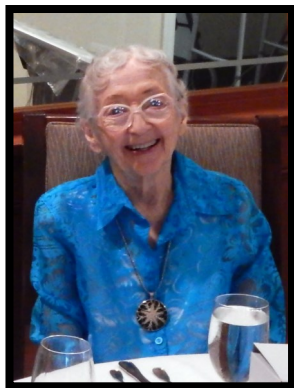
NEW YEAR'S EVE DAY PARTY DRAWS A LARGE CROWD



It was another exciting New Year's Eve Day Party with over 240 residents attending. The room was beautifully decorated and the Food and Beverage Department provided an array of food and drinks at the different stations that were set up. The Dan Gabel ten piece band played some great music and the professional dances put on a great show. We had a champagne toast at 4PM by our Managing Director Tony Amico, as a cascade of balloons came down from above.

RESIDENT PROFILE

Adelaide “Ann” Berlo



Adelaide “Ann” Berlo was born in Boston, Massachusetts. She spent her childhood in West Roxbury, and attended Roslindale High School. Her childhood was marked by an unfortunate accident, where Ann had her leg run over by a car! Thankfully, she made a full recovery thanks to wonderful care!

She worked at the Bank of Boston for 5 years, until 1947, when she married her husband, Don Berlo. Don had just finished serving in the Naval Reserve after the war, and in 1950, they moved to Westwood, where Ann raised their 3 children.

Her husband Don was an engineering officer in the Navy during the war, and that is where the family’s love for all things nautical came from. They spent many years yachting all over New England, and even yachted down to Washington, DC. Their yachting stories range from a whale coming within 2 feet of their boat in Monhegan Island, to getting caught in a rip tide at the Cape Cod Canal, which broke open the front of their boat.

In 1976, Don and Ann’s boat, The Temptress, was selected to be the Race Committee Boat for the Tall Ships Race in Boston. Their boat was the head of the fleet as they entered the Boston Harbor prior to the race! Ann still considers all things nautical her hobby. Don passed away in 1995, and Ann moved into Fox Hill in May of 2015, after living in Westwood for 65 years. Ann has three children who live nearby, and six grandchildren.

She enjoys all of the programs Fox Hill has to offer, and especially enjoyed when the Harvard group came to sing this past summer! She also finds the staff incredibly helpful! Ann stated that her goal here at Fox Hill is to make friends, and be as kind as her husband was.

Welcome to FHV Ann, we are so glad to have you!

EMPLOYEE PROFILE

Monica Treat



Monica joined the Activities Department in November of 2015. Prior to her employment here, she worked at Data Quest, a Private Investigation Agency. Her title was Integrity Account Manager, responsible for the division’s clients and the investigators’ schedules. I bet she has some really good stories!

Monica attended UMass Boston, where she studied English, and has recently began studying for an MBA in Hospitality at Johnson and Wales University. She was born in Rio De Janeiro, Brazil, and moved to the United States in 2001 with her parents, when she was 8 years old. She now calls South Easton, MA her home.










She has been married for 2 1/2 years to her husband Nathan, and they have a dog Marley, a Boglen Terrier. In her free time, she loves to practice Yoga. Another hobby of hers is dance, in which she minored in at college.

Her favorite vacation spots are Bermuda, where her and Nathan have been twice, and Stowe, VT, where they go to snowboard. Monica also loves to camp and fish, primarily in Vermont! Monica is a big Patriots fan and would love to go to the Superbowl someday and cheer on the Pats!!

When asked why she likes her job here at FHV, she replied “I enjoy meeting all the residents and helping plan the wonderful and exciting events we have to offer.”

WELCOME MONICA TO FOX HILL !!

Fox Hill Village Fitness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<u>8:40-9:30</u> <u>Aerobics Video</u> <u>Auditorium</u>		<u>8:40-9:30</u> <u>Aerobics Video</u> <u>Auditorium</u>		<u>8:40-9:30</u> <u>Aerobics Video</u> <u>Auditorium</u>
	<u>9:00-9:50</u> <u>On the Move</u> <u>\$12.00</u> <u>Auditorium</u>		<u>9:00-9:50</u> <u>On the Move</u> <u>\$12.00</u> <u>Auditorium</u>	
<u>9:30-10:00</u> <u>Exercise Video</u> <u>Auditorium</u>		<u>9:30-10:00</u> <u>Exercise Video</u> <u>Auditorium</u>		<u>9:30-10:00</u> <u>Exercise Video</u> <u>Auditorium</u>
<u>9:30-10:30</u> <u>Supervised</u> <u>Fitness</u> <u>Fitness Center</u>		<u>9:30-10:30</u> <u>Supervised</u> <u>Fitness</u> <u>Fitness Center</u>		<u>10:30-11:30</u> <u>Supervised</u> <u>Fitness</u> <u>Fitness Center</u>
	<u>10:00-10:30</u> <u>Brain & Body</u> <u>Fit \$10.00</u> <u>Fitness Center</u>		<u>10:00-10:30</u> <u>Brain & Body</u> <u>Fit \$10.00</u> <u>Fitness Center</u>	
			<u>10:00-11:00</u> <u>Gentle Yoga</u> <u>Auditorium</u>	
		<u>10:30-11:15</u> <u>* Zumba</u> <u>Auditorium</u>		
<u>11:00-12:00</u> <u>Tai Chi</u> <u>Auditorium</u>				
		<u>11:15-12:00</u> <u>* Ball Class</u> <u>\$12.00</u> <u>Auditorium</u>		
			<u>1:30-2:15</u> <u>Meditation</u> <u>Lobby Conference</u> <u>Room</u>	

Westwood Recreation Aquatic Programs - Westwood High School

Aqua Fitness: Tuesdays, Wednesdays, Thursdays 9:00-10:00 AM





M-F open swim 1-215, Tuesdays & Thursdays specifically for Seniors Cost \$15.00/month, unlimited use

Call 781-461-0070 for more information

* Ball and Zumba Class does not meet first Wednesday of every month due to Resident Meeting



FEBRUARY HIGHLIGHTS

- Wednesday, Feb. 3rd:** 10:30 AM *Resident Meeting* in the Auditorium.
- Thursday, Feb. 4th:** 2:30 PM Join the *The Neruda String Quartet*, winners of New England Conservatory's 2015-2016 Honors Ensemble Competition, in the Auditorium. Reception to follow.
-  **Saturday, Feb. 6th:** 10:00 AM *Coffee Social* in the Baker Function Room. Come and mix and mingle with your neighbors (Also on 13, 20, 27)
- Sunday, Feb. 7th:** 2:30 PM Don't miss *Current Events with Professor Bill Keylor*, in the Auditorium. He will inform us and bring us up to date with the latest news.
-  **Monday, Feb. 8th:** 1:30 PM *Health ED Seminar* in the Auditorium (Also 22nd)
- Thursday, Feb. 11th:** 2:30 PM Gail Hamel presents *Abigail Brings the Trail of Freedom to You!* A Reception will follow in the Conservatory.
- Friday, Feb. 12th:** 2:30 PM Join *MetroArtLinks* and artist/enameller Johan van Aswegen for a program on Modern Jewelry and the history of enameling. Johan is on the faculty of the Rhode Island School of Design. Reception to follow. Sign up in the Club Room.
-  **Sunday, Feb. 14th:** 2:30 PM Acclaimed clarinetist Chester Brezniak and pianist Roxana Bajdechi Frizzi present a Valentine's Day Concert with music of Chopin, Weber, Jobim and more. Reception will follow.
-  **Saturday, Feb. 20th:** 2:30 PM Enjoy the *Natick Barbershoppers* in the Auditorium.
- Wednesday, Feb. 24th:** 2:30 PM "*Current Conversations*" with Susan Sprecher in the Auditorium.
- Thursday, Feb. 25th:** 2:30 PM *Symposium* on Shifting Alliances in the Middle East with Wally Ackley, Moderator, in the Auditorium.
- Saturday, Feb. 27th:** 2:30 PM *Gary Hylander* lecture in the Auditorium.
- Sunday, Feb. 28th:** 2:30 PM The *Wellesley Choral Society* returns in the Auditorium.
- Monday, Feb. 29th:** 4:00 PM *Birthday Cocktail Hour* in the Hunt Room.

Wellness Wisdom

Linda Mazie
Wellness Coach

Age & progressive reduction of the sensation of thirst – Water is vital for the whole body & is essential for health.



A troubling fact: seniors are more at risk of dehydration as the sensation of thirst decreases with age. Thus, when we feel thirsty, our body is already slightly dehydrated. When seniors are slightly dehydrated, they can feel the onset of dry and sticky mouth, muscle weakness, dry skin, poor balance, headache, confusion, sleepiness or tiredness. Maintaining good hydration is important for the whole body including the brain.

Dehydration is ranked in the top ten most frequent reasons for Medicare hospitalizations

You may have to use the bathroom more often therefore you don't want to drink water. However, by urinating often, you are losing more fluid. In the aging process, people's bodies start losing muscle and gaining fat. Muscle holds water but fat does not, so as a person ages their body water decreases. Medications that increase urination or help constipation can also cause dehydration.

Tips for Staying Hydrated

- Don't wait until you are thirsty to drink; by this time you are already dehydrated.
- Carry a water bottle with you and drink from it regularly.
- Drink at least eight cups of water every day.
- Keep a full water bottle in the refrigerator door and take a drink every time you open the refrigerator
- Drink extra in extreme heat to replace the water lost from sweating.
- Start and end the day with a cup of water.
- Do not replace water with alcohol or caffeinated drinks.
- Know the symptoms of dehydration



CRÈME BRÛLÉ FOR TWO BY PASTRY CHEF LUIS MEDEIROS



8 egg yolks	1 tsp pure vanilla extract
1/3 cup granulated white sugar	1/4 cup granulated white sugar
2 cups heavy cream	(for the caramelized tops)

1. Preheat oven to 300 degrees. In a large bowl, whisk together egg yolks and sugar until the sugar has dissolved and the mixture is thick and pale yellow. Add cream and vanilla, and continue to whisk until well blended. Strain into a large bowl, skimming off any foam or bubbles.
2. Divide mixture among 6 ramekins or custard cups. Place in a water bath, and bake until set around the edges, but still loose in the center, about 40-50 minutes. Remove from oven and leave in the water bath until cooled. Remove cups from water bath and chill for at least 2 hours, or up to 2 days.
3. When ready to serve, sprinkle about 2 tsp of sugar over each custard. For best results, use hand-held torch. If not torch, place under the broiler until sugar melts. Re-chill for few minutes before serving.





Successful Fox Hill Village Events Continue To Happen



BELLS MUSICALE CONCERT ENJOYED BY ALL



It was a full house! Our Fox Hill Bell Ringers, led by Kitty Keller, performed their "Bells Musicale". It was a very spirited program and everyone enjoyed the music. A reception was held at the conclusion of the event.

AMY EDMONDSON LECTURE AT FOX HILL VILLAGE



Amy Edmondson, daughter of resident Bob Edmondson, was here in the Fox Hill Auditorium to present a case study on the Chilean Mining Rescue. Her PowerPoint presentation, along with her insights on the study, were enjoyed by all in attendance. A Reception in her honor was held in the Conservatory at the end of the program.

FEBRUARY EXCURSIONS



Tuesday, Feb. 2nd:



Thursday, Feb. 4th:

Friday, Feb. 5th:

Tuesday, Feb. 9th:

Wednesday, Feb. 10th:



Wednesday, Feb. 17th:

Thursday, Feb. 18th:

Wednesday, Feb. 24th:



Trip to the *Registry of Motor Vehicles*. Please be sure to sign up in the Club Room (\$)

Trip to the *Devens Lecture* at the MFA. Please sign up in the Club Room. Tickets on your own. (\$) (Also on Feb. 25th)

Transportation to the *Boston Symphony Orchestra*. Tickets purchased on your own. (\$) (Also on Feb. 19th, 26th)

Trip to the *Dollar Tree Store* (all items are \$1!) in Norwood. Please sign up in the Club Room.

In celebration of the Chinese New Year, we will enjoy a delicious Buffet Lunch at the *Bamboo Restaurant*. Be sure to sign up in the Activities Dept. (\$)

Trip to *Walmart and Walpole Mall*. Please sign up in the Club Room.

Trip to *Frugal Fannie's*, where you will find beautiful clothing, shoes, and jewelry. Please sign up in the Club Room.

Trip to *Museum of Fine Arts and Gardner Museum* (\$) Please sign up in the Club Room.





February Word Pictures Rob Clagett

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1.

MORTGAGE

2.

GUN, Jr.

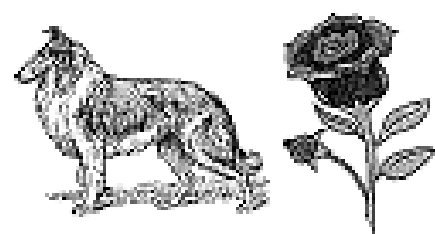
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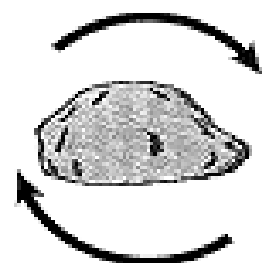
4.

R8TED
TEAM

5.



6.



7.

TØLERANCE

8.



9.

GOODY



10.

POKE

11.

C A N N O N

12.

F I N G E R S
F I N G E R S

What is the Difference Between Dementia and Alzheimer's?

By Heather Sawitsky at White Oak Cottages

Dementia and Alzheimer's are often used interchangeably, but they are not different names for the same thing. Alzheimer's is a disease that causes specific changes in the human brain. Dementia is a group of symptoms that indicate an underlying problem with the brain.

What is Alzheimer's Disease?

Alzheimer's disease is characterized by abnormal build-ups of amyloid (Abeta) and tau proteins in the brain. Scientists are trying to discover what causes high levels of these proteins, and how they impair normal brain activity.

The behavioral attributes of Alzheimer's Disease include:

- (1) Loss of short-term memory;
- (2) Need for assistance in performing normal daily activities; and
- (3) Inability to organize, plan or follow directions.

What is Dementia?

Dementia is a constellation of symptoms that indicate an underlying problem with brain function. Clinicians define dementia as 1) memory loss and 2) persistent trouble with at least one other key cognitive function, such as planning, problem solving, or organization. Therefore, someone with Alzheimer's Disease will exhibit the symptoms of dementia. However, not everyone with dementia has Alzheimer's.


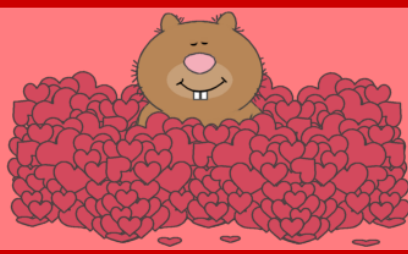
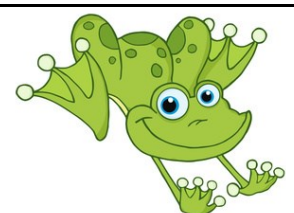


Other causes of dementia include:

- Stroke
- Parkinson's (Lewy Body Disease)
- Traumatic Brain injuries
- Thyroid malfunction
- Vitamin deficiencies
- Adverse drug reactions
- Brain tumors



If someone exhibits signs of dementia, it is important to be evaluated by a physician to determine the cause, because some causes of dementia, such as vitamin deficiencies, thyroid malfunction and drug reactions, are treatable.

Heather Sawitsky has been writing a blog on the White Oak website for several years, providing caregiver tips and information on developments in Alzheimer's research. Starting this month, *Happenings* will re-print a blog post that is applicable to all seniors.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  <h1>FEBRUARY 2016</h1>  </div>						
	1 1:15 PM Chicago Bridge (BLR) 1:30 PM Canasta (CR)	2 8:30 AM Registry of Motor Vehicle (\$) 10:00 AM Knitting Group (CON) 10:30 AM FHV Chorus Rehearsal (A)(\$) 2:30 PM Stephen Collins Course “Edna St. Vincent Millay” 5 (A) (\$) 5:00 PM Dinner Buffet (MDR)	3 10:30 AM Resident Meeting (A) 1:30 PM Acrylic Class 5 (\$) (HR) 8:00 PM Movie: “A Day In The Country” (A)	4 9:15 AM Duplicate Bridge (\$) (BLR) 10:00 AM Devens Lecture at MFA (\$) 10:00 AM Gentle Yoga (Dana Knuckle) 1:30 PM Meditation (BFR) 1:30 PM Movie Comm. Meeting (HR) 2:30 PM New England Conservatory Concert (A)	5 10:30 AM Trivial Pursuit (CR) 11:00AM Boston Symphony Bus (\$) 2:00 PM Movie: “Max” (A) 8:00 PM Movie: “Meet Me In St Louis ”(A)	6 10:00 AM Coffee Social (BFR) 11:00 AM Movie: “Meet Me In St Louis ” (A) 3:55 PM St. Margaret Mary's 8:00 PM Movie: “Max” (A)
7 9:30 AM Trans - Relig. Service 11:00 AM Movie: “Max” (A) 2:30 PM Current Events with Prof. Bill Keylor (A) 8:00 PM: Movie: “Meet Me In St Louis” (A)	8 11:00 AM Tai Chi (A) 1:15 PM Chicago Bridge (BLR) 1:30 PM Health ED Seminar 1:30 PM Canasta (CR) 3:00 PM FH Bells Rehearsal (A)	9 10:00 AM Trip to the Dollar Tree Store in Norwood 10:00 AM Knitting Group (CON) 10:30 AM FHV Chorus Rehearsal (A)(\$) 2:30 PM Harlow Robinson Class 1 (A)(\$) 	10 9:30 AM Newcomer’s Orientation (BLR) 10:00 AM L’Heure Francaise (CR) 11:15 AM Ball Class (\$) (A) 10:30 AM Zumba Class (A) 12:30 PM Trip to Bamboo Restaurant (\$) 1:30 PM Acrylic Class 6 (\$) (HR) 8:00 PM Movie: “Reel Injun” (A)	11 9:15 AM Duplicate Bridge (\$) (BLR) 10:00 AM Gentle Yoga (A) 1:30 PM Meditation (BFR) 2:30 PM Abigail by Gail: A Colonial Experience-Abigail Whitney brings “The Trail of Freedom to You” (A)	12 11:00 AM Movie “The Age Of Adaline” (A) 1:00 PM Balance Class Demo Day (A) 2:30 PM Metro Art Links Jewelry Talk and Demo (A) 5:00 PM Valentine’s Dance (MDR) 8:00 PM Movie: “ The French Lieutenants Woman” (A)	13 10:00 AM Coffee Social (BFR) 11:00 AM Movie: “The French Lieutenants Woman” ” (A) 3:55 PM St. Margaret Mary's 8:00 PM Movie: ““The Age Of Adaline” (A)
14 9:30 AM Trans - Relig. Service 11:00 AM Movie: “The Age Of Adaline” (A) 12:00 PM Valentine’s Day Brunch (MDR) 2:30 PM Valentine’s Day Classic Concert - Roxanna and Chester (A) 7:30 PM Movie: “The French Lieutenants Woman” (A)	15 11:00 AM Tai Chi (A) 1:15 PM Chicago Bridge (BLR) 1:30 PM Canasta (CR) 3:00 PM FH Bells Rehearsal (A)	16 10:00 AM Knitting Group (CON) 10:00 AM Activity Review Meeting (HR) 2:30 PM Harlow Robinson Class 2 (A)(\$) 5:00 PM Theme Night (MDR)	17 10:30 AM Zumba Class (A) 11:15 AM Ball Class (\$) (A) 1:30 PM Trip to Walmart/Walpole Mall 1:30 PM Acrylic Class 1 (\$) (HR) 8:00 PM Movie: ‘Home Before Dark” (A)	18 9:15 AM Duplicate Bridge (\$) (BLR) 10:00 AM Gentle Yoga (A) 10:30 AM Trip to Frugal Fannie’s 1:30 PM Meditation (BFR) 8:00 PM Boston Musical Theater: 5 piece Show with vocalist Mara Bonde (A)	19 10:30 AM Trivial Pursuit (CR) 11:00 AM Boston Symphony Bus (\$) 11:00 AM Movie “The Sun Also Rises” (A) 8:00 PM Movie: “ Waking Ned Devine” (A)	20 10:00 AM Coffee Social (BFR) 11:00 AM Movie “ Waking Ned Devine” (A) 2:30 PM Natick Barbershoppers (A) 3:55 PM St. Margaret Mary's 8:00 PM Movie: ““The Sun Also Rises” (A)
21 9:30 AM Trans - Relig. Service 11:00 AM Movie: “The Sun Also Rises” (A) 7:30 PM Movie: “Waking Ned Devine” (A)	22 11:00 AM Tai Chi (A) 1:15 PM Chicago Bridge (BLR) 1:30 PM Health ED Seminar (A) 1:30 PM Canasta (CR) 3:00 PM FH Bells Rehearsal (A)	23 9:30 AM Book Discussion Group (BFR) 10:00 AM Knitting Group (CON) 10:30 AM FHV Chorus Rehearsal (A)(\$) 2:30 PM Harlow Robinson Class 3 (A)(\$) 4:00 PM Welcoming Comm. Meeting (HR)	24 10:00 AM L’Heure Francaise (CR) 10:30 AM Trip to MFA/Gardner (\$) 10:30 AM Zumba Class (A) 11:15 AM Ball Class (\$) (A) 1:30 PM Acrylic Class 2 (\$) (HR) 2:30 PM “Current Conversations” with Susan Sprecher (A) 8:00 PM Movie: ‘Sugar Cane Alley” (A)	25 9:15 AM Duplicate Bridge (\$) (BLR) 10:00 AM Devens Lecture at MFA (\$) 10:00 AM Gentle Yoga (A) 1:30 PM Meditation (BFR) 2:30 PM Symposium Group “Middle East Alliances” (A)	26 11:00 AM Boston Symphony Bus (\$) 11:00 AM Movie “The Glen Miller Story” (A) 8:00 PM Movie: “ For Whom The Bell Tolls” (A)	27 10:00 AM Coffee Social (BFR) 11:00 AM Gary Hylander Lecture (A) 2:30 PM Classical Trio Concert (A) 3:55 PM St. Margaret Mary's 8:00 PM Movie: “The Glen Miller Story” (A)
28 9:30 AM Trans - Relig. Service 11:00 AM Movie: “The Glen Miller Story” (A) 2:30 PM Wellesley Choral Society (A) 7:30 PM Movie: “For Whom The Bell Tolls” (A)	29 1:15 PM Chicago Bridge (BLR) 1:30 PM Canasta (CR) 3:00 PM FH Bells Rehearsal (A) 4:00 PM Birthday Cocktail Hour (H)					

ACTIVITIES LOCATION KEY

A	Auditorium	2nd Floor	FC	Fitness Center	Lower Level
BLR	Baker Living Room	1st Floor	FLW	Flower Art Room	Lower Level
BCR	Baker Conference Room	1st Floor	HR	Hobby Room	2nd Floor
BFR	Baker Function Room	1st Floor	GR	Game Room	2nd Floor
CON	Conservatory	2nd Floor	H	Hunt Room	Lower Level
CR	Card Room	1st Floor	LIB	Library	2nd Floor

Trip to Roche Brothers.....	Two Trips ~ Monday at 9:30 AM & 10:15 AM
Aerobics Video.....	Monday, Wednesday & Friday at 8:40 AM (A)
Exercise Video.....	Monday, Wednesday & Friday at 9:30 AM (A)
On the Move.....	Tuesday & Thursday at 9:00 AM (A)
Brain and Body Fit.....	Tuesday & Thursday at 10:00 AM (FC)
Keiser Training/Ex with Alice/Lisa/Stephanie .	Monday , Wed. 9:30AM –10:30AM/Fri. 10:30-11:30(FC)
(Supervised Fitness Training to teach residents how to safely and effectively use all exercise equipment in Fitness Center)	