



Around The Heights



Around The Heights

Vol. VI Issue V

May 2017

Seaside Salon Services

Our salon specialist Patty is available for hair and waxing services at the following times:

Monday 8:30 a.m.-12 p.m.

Wednesday 8:30 a.m.-12 p.m.

Thursday 8:30 a.m.-12 p.m.

Friday 8:30 a.m.-12 p.m.

Call 283-3022 ext 210 for Salon Services



100 Harbor Drive
Saco, ME 04072

www.atlanticheightsmaine.com

Fitness Programs

❖ **Fitness Class** Tuesdays and Thursdays At 10 a.m. - Work on full- body fitness, including easy movement patterns for cardio, weights, bands, balancing, and stretching.

❖ **Aqua Aerobics** Mondays and Fridays at 9:30 a.m., and Wednesdays at 9:00 a.m. Join Danielle or Ann for one of the best ways to exercise!

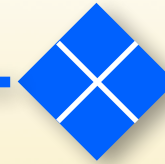
❖ **Pool Therapy** Our physical therapists work with you on range of motion and other areas of need.



Pool Hours

The pool is open daily from 6 a.m. to 9 p.m. It is closed for cleaning from 7:00 a.m. to 8:00 a.m. on Mondays, and 11:30 a.m to 12:30 p.m all other days.

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The Language of Flowers

In 1988 the American Wildflower Society held their first National Wildflower Week. The Lady Bird Johnson Wildflower Center overseas the annual event each year. This year National Wildflower Week falls from May 1st to the 7th. The aim of National Wildflower Week is to encourage public awareness in the protection of wildflowers against extinction, and the invasion of non-native invasive plants.

Wildflowers have an important role in the environment. They help to conserve water, prevent soil erosion, provide habitat and food for birds, bees, and butterflies. Allowing wildflowers to grow along highways and on public lands reduces landscaping costs and creates panoramic sense of beauty.

The "Texas Highways Magazine" published photos of wildflowers from around the country to commemorate their 40th anniversary. From this collection I have included photos of wildflowers from the Northeast throughout the newsletter. As well as being beautiful, maybe medicinal, or perhaps poisonous; flowers have symbolic meaning and a language that dates back to the 16th century Ottoman Empire. It's creation is attributed to the ladies in the harems who began the associations for their amusement.



Spring Beauty

Flower Language continued on page 3

Around The Heights

Atlantic Heights Community

Pamela Drown, RN, MLA.....Executive Director Of The Atlantic Heights Community
The Inn At Atlantic Heights - (207)-283-3022

- Ellen Johnston, RN.....Director Of The Inn
- Matt McGuire, RN.....Wellness Director
- Giedre Butiene.....Office Manager
- Bill Stanton.....Food And Beverage Director
- Danielle McCabe.....Lifestyle Director
- Ann Concessi.....Lifestyle Assistant
- Deborah Gagnon.....Physical Environment Director

Seal Rock Healthcare At Atlantic Heights - (207)-283-3646

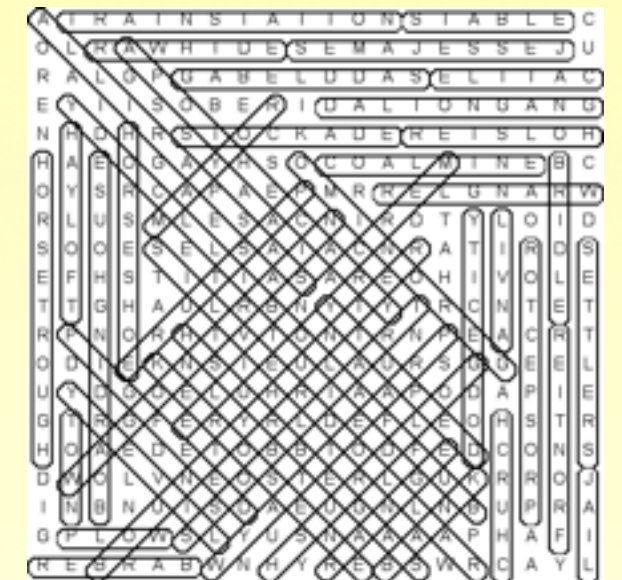
- Melissa Cantara, RN.....Director Of Nursing
- Amanda Harrison, RN.....Admission Coordinator
- Don Cote.....Director Of Maintenance
- Greg Trundy.....Activities Director
- Cheryl Schluntz, LSW.....Social Services Director
- Doris Jacques.....Physical Environment Director
- Bill Stanton.....Food And Beverage Director
- Nicole Laphron, ROT.....Director Of Rehabilitation Services

A Reminder To The Residents

A DVD player is always available in the Third Floor Living Room for anyone who wishes to use it. DVD's are available to borrow from the Lifestyles Department. A list is posted in the Library; please bring your request to the Hospitality Desk.

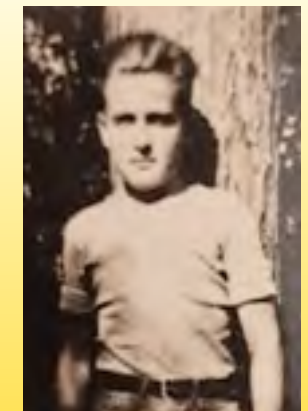
The Inn now has a webcam, and residents can use Skype -- A Free Service -- to speak to family members who also have a webcam. The Inn also has a Wii gaming system, which can be set up in the Fitness Center for anyone who would like to use it.

May Answers!



2	5	3	4	6	8	1	7	9
7	1	4	5	3	9	2	8	6
6	8	9	7	1	2	3	4	5
3	2	5	9	4	6	8	1	7
8	7	6	1	2	5	9	3	4
4	9	1	8	7	3	5	6	2
9	3	8	6	5	4	7	2	1
5	6	7	2	8	1	4	9	3
1	4	2	3	9	7	6	5	8

Who's This?



Armand Paquet

Around The Heights

May 2017

Meetings At The Inn

- ❖ **Community Meeting** will be Tuesday, May 2nd at 10:30a.m. in the Chart Room.
- ❖ **Resident Activity Meeting** will be Tuesday, May 16th at 10:30 a.m. in the Chart Room.
- ❖ **Dining Services Meeting** will be Monday, May 22nd at 10:30a.m. in the Chart Room.



New England Aster



Spider Flower



Black-Eyed Susan



Forget Me Not's



Dogtooth Violet

They used a system called selam, which was a system of memorization. Selam uses rhymes corresponding to the name of the flower. An example would be; the word for “pear” is “armonde”, which rhymes with “omonde” meaning hope. “Armonde wer banna bir omonde” translates to “pear let me not despair”. We must look to the Victorians to learn the wonderful language and symbolism of wildflowers. Lady Mary Wortley Montague is one person who is credited with introducing the language of flowers to the Victorians. Her husband began a career as Ambassador to Turkey in 1717. While in Turkey, Lady Montague was able to study and write about her experience in Turkey.

During medieval times people carried fragrant nosegays called “tussie-mussies” to protect themselves from bad smells. During this time period bad smells were linked to diseases and good smells were linked to good health. During the reign of

Queen Victoria (1837-1901) knowledge of the floral arts were a part of every lady’s education. Finishing schools offered instruction in botany and the language of flowers. Each flower, herb, tree, and shrub had a meaning. Young ladies were also taught the art of making tussie-mussies. A tussie-mussie means a spray, nosegay, or garland of flowers. A tussie means a knot of flowers, and a mussie refers to the moss wrapped around the stems to keep them moist. As many Victorians could not read or write flowers were used to communicate feelings and send messages. There are hundreds of flowers with their own specific meanings. PMJ



Bloodroot

Resident of the Month Noella Laflamme

Noella Laflamme, nee Bouffard was born in Biddeford, Maine. She attended Catholic school as a child, but left high school to work in a factory to assist her family. She met her husband in her teens while standing outside the Puritan Restaurant waiting for a bus with her girl friends. He offered them a ride and they took it. Noella and her husband to-be dated for seven years before marrying in 1967. They had two boys; one is a police officer and the other works for the Biddeford City Hall.

For many years Noella worked at the Dry Dock Restaurant. Her husband, Reynald was her life, they enjoyed dancing at the Lightening Club. They spent a lot of time traveling to Quebec. A favorite trip was to visit the basilica of St. Anne de Beaupre. Built in 1658, the shrine was built to honor St. Anne, mother of Mary, grandmother of Jesus. Miracles began to happen while it was being built, with the healing of the sick, restoring of sight, and physical ailments disappearing. The original basilica burned in 1922 and was rebuilt taking twenty years to complete. This is a place she would like to revisit. She lost her husband ten years ago; this year would have marked her 50th anniversary in July. She cared for her husband for many years as he struggled to battle cancer.

For Noella her marriage, her sons, her grandchildren, and great grandchildren are the joy of her life. She does continue to feel the loss of her husband and it is an effort to keep busy after moving to the Inn a few months ago. She used to enjoy going to the beach and to the pier. She was on a bowling league. Here at the Inn there are several musicians who inspire her to dance. She loves to talk and to share stories; she creates dialogue wherever she goes!



Entertainment and Socials At The Inn

- ❖ **Manicures with Ann & Danielle** will be every Monday at 1:00p.m. in the Creative Arts Room.
- ❖ **Bridge/Card Games** is held every Tuesday and Thursday at 3:15 p.m. in the Chart Room.
- ❖ **Knitting Circle** is held every Monday at 1:30p.m. in the Creative Arts Room.
- ❖ **Cribbage Club** will be Sundays at 3:00p.m. in the Chart Room.
- ❖ **Communion** will be Saturdays at 5:30p.m. in the Chart Room.
- ❖ **Canasta Club** will be Saturdays at 6:30p.m. in the Chart Room.
- ❖ **Tai-Chi with Sarah!** will be Thursday, May 4th and 18th at 10:15a.m. in the Chart Room.
- ❖ **Zumba Fitness with Sarah!** will be Thursday, May 11th at 10:15a.m. in the Chart Room.
- ❖ **Sing-A-Long** will be Monday, May 1st and 15th at 3:30p.m. in the 3rd Floor Living Room.
- ❖ **Pet Therapy with "Simba"** every Wednesday at 3p.m. in the Grand Living Room.
- ❖ **Bingo** is held Tuesday, Thursday, at 2p.m. and Saturdays at 10a.m. in the Chart Room.
- ❖ **Bill & Stephen** will perform Wednesday, May 3rd at 3:30p.m. in the Grand Living Room.
- ❖ **Happy Hour! with Rob Robbins** will be Friday, May 5th at 3:00p.m. in the Grand Living Room.
- ❖ **Pizza & Movie** will be Monday, May 8th at 12:00p.m. in the Chart Room.
- ❖ **Dave Stone** performs Wednesday, May 10th at 3:30p.m. in the Grand Living Room.
- ❖ **Music with Jeff Murdock** will be Thursday, May 11th at 3:30p.m. in the Grand Living Room.
- ❖ **Happy Hour! with Rick Masters** will be Friday, May 12th at 3:00p.m. in the Grand Living Room.
- ❖ **Terrie Collins** performs Wednesday, May 17th at 3:30p.m. in the Grand Living Room.
- ❖ **Happy Hour! with Just Us** will be Friday, May 19th at 3:00p.m. in the Grand Living Room.
- ❖ **Jose Duddy** performs Wednesday, May 24th at 3:30p.m. in the Grand Living Room.
- ❖ **Happy Hour! with Eddie Lee Van Zant** will be Friday, May 26th at 3:00p.m. in the Grand Living Room.

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Cottage Monthly Meetings

- ❖ **Annual Meeting** is Friday, May 5th at 10:30a.m. in the Chart Room.
- ❖ **Activity Planning Meeting With Danielle** is Friday, May 19th at 10a.m. in the Chart Room.

Entertainment and Socials at the Cottages

- ❖ **Men's Coffee and Conversation** every Monday at 10:00 a.m. in the 3rd Floor Living Room.
- ❖ **Wine and Cheese At The Inn** every Wednesday at 3:30 p.m. in the Inn's Grand Living Room (includes live music).
- ❖ **Ladies Prayer Shawl Meeting** will be Thursday, May 11th at 1:00p.m. at Dottie Graves Cottages.
- ❖ **Birthday Social** will be Friday, May 12th at 10:30a.m. in the Chart Room.
- ❖ **Tai-Chi with Sarah** will be Thursday, May 4th and 18th in the Chart Room.
- ❖ **Zumba with Sarah!** will be Thursday, May 11th at 10:00a.m. in the Chart Room.

The Cottage Outings

- ❖ **Shopping and Errands** every Wednesday at 10:30am. The bus leaves from The Inn.
- ❖ **Lunch Outing at The Egg & I (Scarborough)** will be Thursday, May 4th at 11:45a.m.
- ❖ **Disgraced by Ayad Akhtar (Portland Stage Company)** will be Wednesday, May 10th at 6:30p.m. (Show starts at 7:30p.m.).
- ❖ **Tchaikovsky's Pathétique performed by Portland Symphony Orchestra (Merrill Auditorium)** will be Tuesday, May 16th at 6:20p.m. (Concert starts at 7:30p.m.).
- ❖ **Coastal Maine Botanical Gardens (Boothbay Harbor)** will be Thursday, May 18th at 9:00a.m.



Painted Trillium

A Translation of Flowers

Amaryllis - Splendid Beauty
Calendula - Happiness
Yellow Carnation - Disdain and Rejection
Pink Carnation - Unforgettable and A Woman's Love
Red Carnation - Admiration
White Carnation - Innocence, Pure Love
Daffodil - Unreciprocated Love
Dog Rose - Pleasure
Forget Me Not - True Love, Memories, Hope
Gerber Daisy - Happiness and Cheerfulness
Hyacinth - Constancy
Lupine - Always Happy
Mistletoe - Love and Affection
Pansy - Thoughtfulness and Modesty
Queen Anne's Lace - Fantasy
White Rose - Girlhood, Virtue
Dark Crimson Rose - Despair

Lavender Rose - Love at First Sight
Musk Rose - Capricious Beauty
Red Rose - Lovely and Adorable
Bridal Rose - Happy Love
Dark Pink Rose - Gratitude
Light Pink Rose - Admiration
Orange Rose - Desire
Yellow Rose - Friendship
Spider Flower - Elope with Me
Pink Tulip - Caring
Aster - Lover, Contentment and Patience
Daisy - Innocence
Ferns - Sincerity and Confidence
Fennel - Strength
Holly - Coming of Joy
Iris - Faith
Mint - Suspicion
Orchid - Beautiful Lady
Red Poppy - Pleasure
Sunflower - Loyalty



Wild Geranium



Blue Eyed Grass

Upcoming Events At Seal Rock

- May 4th** Rob Robbins performs at 2:30p.m.
- May 7th and 21st** Fellowship Service with Carol at 10:30a.m.
- May 8th** Salvation Army will be at 10:15a.m.
- May 9th** Good Time Band perform at 10:30a.m.
- May 11th** Mike & Bev at 2:30p.m.
- *May 14th through the 20th is National Nursing Home Week. Look for upcoming events!***
- May 16th** Just Us performs at 10:30a.m.
- May 17th** Guy performs at 10:00a.m.
- May 18th** Tommy Bergier performs at 2:30p.m.
- May 26th** Slide Show at 10:30a.m.
- May 26th** Jubilees perform at 2:00p.m.
- May 31st** Guy performs at 10:00a.m.

Outings At The Inn

- ❖ Join us for **shopping and errands** every Wednesday. Bus departs from The Inn at 10:30 a.m.
- ❖ **Walmart Shopping** Wednesday, May 10th and 24th at 10:30a.m. Bus departs from The Inn at 10:30a.m.
- ❖ **Scenic Ride & Ice Cream at Martel's** will be Friday, May 5th at 1:00p.m.
- ❖ **Trip to Dyer Library** will be Tuesday, May 9th at 3:30p.m.
- ❖ **Shopping at The Dollar Tree (Biddeford)** will be Friday, May 12th at 1:00p.m.
- ❖ **Lunch at Clambake Restaurant (Scarborough)** will be Friday, May 19th at 11:30a.m.
- ❖ **Steel Magnolias (Biddeford City Theater)** will be Sunday, May 21st at 1:00p.m. (Show starts at 2:00p.m.)

Prettiest Places In The World To See Wild Flowers

Kawachi Fujien, Japan - With 20 species at last count, Japan is no stranger to the wisteria plant. The best places to catch them is Kawachi Fujien garden's two wisteria tunnels—one more than 260 feet long and the other an incredible 720 feet long. May is the best time to see these flowering plants cascading down the sides of the tunnels in full radiant bloom.



Antelope Valley, California - The rolling landscape of California bursts with color every spring as the state flower, the poppy, sprouts up along highways. The Antelope Valley California Poppy Reserve, located in northern Los Angeles County, boasts more than 1,740 acres of land covered with bright orange poppies (the most consistent blooms of the flower in the entire state). These beauties are up from March through May.



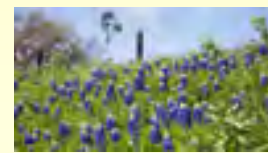
Great Smokey Mountains National Park, U.S.A - Nicknamed Wildflower National Park, this is a preserve of wildflower diversity—showcasing more types of flowering plants (at last count 1,500) than any other North American national park. Although blooming flowers can be seen year-round, each year the park hosts a Spring Wildflower Pilgrimage, a week-long festival of guided walks and hikes.



Namaqualand, South Africa - If you're planning summer or fall travel, you're in luck. The indigenous plants along the Wildflower Route in South Africa start blooming in early August and dot the landscape with an array of colors (in the form of 3,500 floral varieties) through the end of September. Just as the spring flowers begin to die back, another round of beautiful autumn blooms starts to sprout.



Hill County, Texas - Although the peak-viewing season for these bluebonnets is late April, the fields do not lose any color as the season progresses. Texas Paintbrush and Indian Blanket, followed by Winecup and Square-Bud Primrose wildflowers, start appearing through the brush as the bluebonnets fade away.



Valley of Roses, Bulgaria - The valley happens to be one of the biggest producers of rose oil in the world. (The climate is near perfection for the proper cultivation of this delicate flower.) Buds begin to bloom in mid-March and remain in full effect throughout the summer months, thanks to heavy rainfalls in the region that help prolong the flowering period.



Provence, France - Every August, the village of Sault hosts Lavender Day—a festival celebrating the official flower of Provence. Festivities begin with a harvest competition, followed by a lavender growers' market.



Tuscany, Italy - Sunflowers flow throughout the fields of Tuscany from mid-June to early August for the past 300 years. These giants go by the name girasole, meaning sun-turner in Italian, because they move to face the sun throughout the day, starting by pointing east in the morning and finishing by facing west in the evening.



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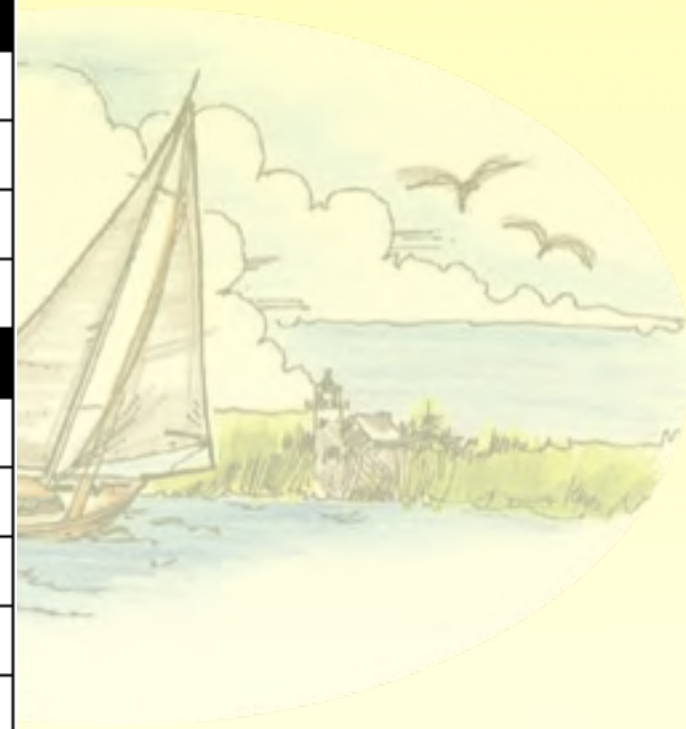
ACROSS

1. 20th-century art movement
5. Persian potatoes
10. Contributes
14. By mouth
15. Lone-Star State
16. Used to be
17. Make ineffective
19. At a distance
20. Apprehend
21. African virus
22. Hockey footwear
23. Attack
25. Fend off
27. Utilize
28. Later
31. Cognizant
34. Double-reed instruments
35. French for "Friend"
36. Nurse shark
37. French for "Love"
38. Anagram of "Ties"
39. Mistake
40. Blockage of the intestine
41. Swerves
42. Area prone to heavy snows
44. By means of
45. Composure
46. Obscure

1	2	3	4		5	6	7	8	9		10	11	12	13	
14					15						16				
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50	51						52	53					54		
55							56						57		
58							59						60		
61							62						63		

DOWN

- | | | |
|-----------------------------|----------------------------|----------------------------|
| 1. An Italian woman of rank | 18. Utilize again | 41. Transgressions |
| 2. Districts | 22. Resorts | 43. Arboraceous |
| 3. Puts on | 24. Emanation | 44. Seller |
| 4. Altitude (abbrev.) | 26. Always | 46. A forehead dot |
| 5. Horse barn | 28. More or less | 47. Small African antelope |
| 6. Serf | 29. Arab chieftain | 48. Lacking leadership |
| 7. Angle of a leafstalk | 30. Perishes | 49. Dawdle |
| 8. Dangerous | 31. Anagram of "Sage" | 50. Being |
| 9. South southeast | 32. Alert | 51. Implored |
| 10. Rouse | 33. Withered | 53. Desire |
| 11. Embezzle | 34. Beaten eggs | 56. Calypso offshoot |
| 12. "Darn!" | 37. Beers | 57. Make lace |
| 13. Arid | 38. Secure against leakage | |
| | 40. Footnote note | |



Sudoku

(so-doo-koo)

Instructions: Every column, row, and 3x3 box must contain the numbers 1-9 with no duplicates.

		3		6	8		7	9
7		4	5	3		2		
	8	9						
	2			4				7
			1		5			4
			8	7			6	
			6	5				
6							4	9
			3		7			