

# Mason Wright-ings

Winter 2021

The Quarterly Newsletter of Mason Wright Senior Living Community

[www.masonwright.org](http://www.masonwright.org)

## Feeling WELL This Winter

We now know that wellness is about more than just our physical health. Maintaining our spiritual, emotional, intellectual, social, and even environmental and financial health are all key to our overall wellness.

So how can you maintain or even improve your wellness—despite the fact that we are still living with a pandemic? All members of the Life Enrichment team are here to help and we welcome the opportunity! Weekly calendars are available on the Front Desk. Here are some suggestions to consider.

### Emotional

Feelings are the lens through which people view the world, and the ability to be aware **of and direct one's feelings helps to create** balance in life. Here are some ideas to try:

- ◆ Call, Skype, Facetime or Zoom friends or family at a regular time each day or week. We have tablets and can assist you.
- ◆ Watch funny movies; listen to music.



- ◆ Get outside of your apartment each day and say hello to neighbors or friends. Be sure you are masked and your nose is covered.
- ◆ Reach out to someone you think may be isolated and could use some cheering up. A **phone call or a card could make someone's day.**
- ◆ Attend the Monday Conversation group.

- ◆ Attend Coloring for Relaxation on Fridays.

- ◆ Get outdoors on warmer days, or sit by a sunny window.

### Intellectual

Engaging in creative pursuits and brain stimulating activities is a proven approach to keeping minds alert and interested. Here are some ideas:

- ◆ Attend Quiz Show in the Diner on Mondays.
- ◆ Try the Giant Crosswords group in the Diner on Tuesdays.
- ◆ Attend Creative Corner in the Diner on Tuesdays.
- ◆ Watch a documentary on TV.
- ◆ Clean and organize a closet or drawer.

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- ◆ *Visit the Johnson's Library and choose a book that challenges you or takes you out of your comfort zone.*
- ◆ *Tour a museum or aquarium, virtually (ask a Life Enrichment team member for help.)*
- ◆ *Do a jigsaw puzzle in your apartment (we have plenty to give or lend.)*
- ◆ *Throw out old and outdated magazines, newspapers and mail.*

## Physical

The goal of living as independently as possible is one shared by many, and physical wellness is necessary to achieve this. Lifestyle choices have a lot to do with our **physical health. It's a new year, and an opportunity to start some healthier new habits.**

- ◆ *Attend morning fitness (and earn Mason Bucks while you're at it) at least 3 mornings a week.*
- ◆ *Get vaccinated for the flu and COVID-19.*
- ◆ *Stay hydrated and add more veggies (especially green ones) to your daily diet.*
- ◆ *Walk—indoors or outdoors—daily. Our gated property is a nice place for a stroll.*
- ◆ *Try Wii Bowling—Wednesday mornings.*
- ◆ *Use the exercise machines on the fourth floor. Ask a Life Enrichment assistant for help if you need instruction or support.*
- ◆ *If you smoke, talk to your doctor about a nicotine patch and quit smoking for good.*
- ◆ *Wear your mask and wash your hands!*

## Spiritual

Living with meaning and purpose in life, guided by personal values, is key to feelings of well-being and connection to the larger world. It is difficult to gather in houses of worship at this time, but here are some ideas:

- ◆ *Join the Gospel Singing group on Sundays in the Sunroom. You must wear your mask **while singing, but it's still worth doing.***
- ◆ *Watch religious services on TV.*
- ◆ *Spend time reflecting in our 4th floor chapel.*
- ◆ *Go outdoors and look up at the sky!*

## Social

For most people, social interactions are important for maintaining health. Current Covid-19 restrictions can make this challenging. At Mason Wright, group sizes are intentionally small for daily programs, but still provide opportunities to be engaged socially. Be sure to get a weekly calendar at the Front Desk to find out about the groups we offer. Just about anything you choose to do with others will provide social interaction and improve your overall wellbeing.

The Life Enrichment team looks forward to getting to know each of you and sitting down with you to talk about your interests, preferences and ways we can help you engage in meaningful pursuits that will



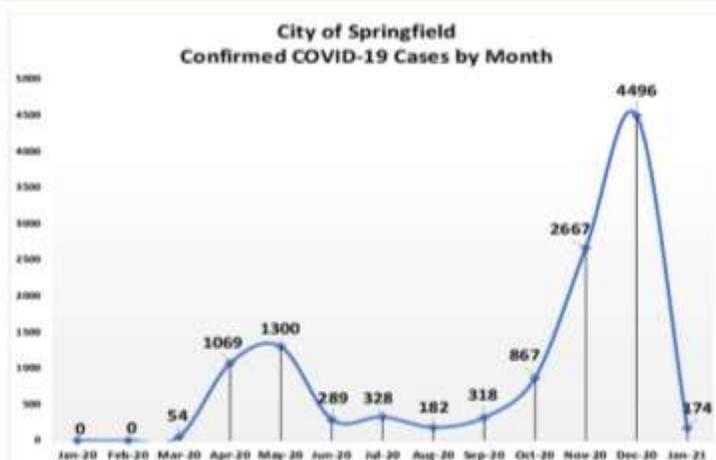
# 2020 HOLIDAY HIGHLIGHTS



## Covid-19 Vaccines January 30<sup>th</sup>!

Mason Wright had been Covid-free for a little over seven months, when we had a new positive diagnosis January 8<sup>th</sup>. I am happy to report, at this

Covid cases have risen dramatically in Springfield (and many other areas, as well). The graph below, **from the Springfield Mayor's** office, shows the incredible



difference in the number of positive cases from March 2020 through the end of December 2020—from

writing, that there have been no other new positives. Our goal is to get back to being Covid-free and to remain so. In order to reach that goal, we need ALL of you; staff, residents, family members and friends.

I know that many remain frustrated about limited and supervised visits, as well as not having outings to the grocery store or lunch, however, these precautions and protocols that we have in place have been very effective during a time when

54 confirmed cases to 4496—just in Springfield! Covid-19 is real and we lost beloved residents to it last **spring and we don't want to** lose any of you.

We thank you for your continued diligence with mask-wearing, hand sanitizing and observing the **“safer at home” directives** from the Department of Public Health and the state of Massachusetts.

Together, we will keep each other safe and healthy! ♥

## LIBRARY NEWS

The Mason Wright Library, named after the historic **Johnson's Bookstore** from downtown Springfield, is home to many wonderful books that residents may borrow and enjoy. There are several bookcases throughout the building that also house books from our collection. If you have borrowed books and not returned them, please take a look around your apartment and return any borrowed books at this time.

**You won't have to pay any**



*overdue fines at our library!*

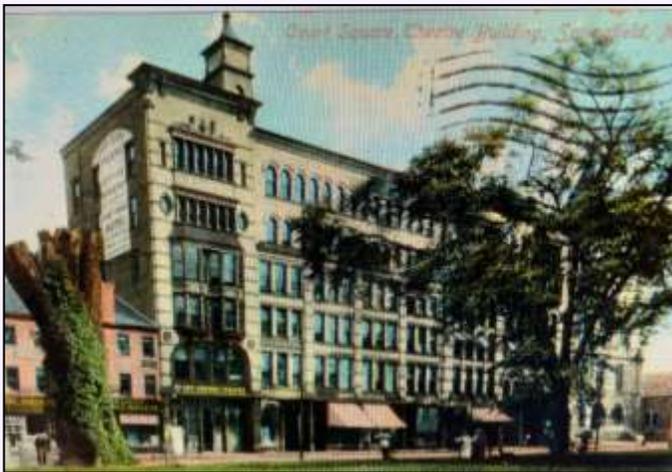
Additionally, as Springfield residents, you are eligible to **participate in the “Library in Your Mailbox” program, a FREE program of books-by-mail offered through the Springfield City Library.** Through this program, you can receive books, CDs and DVDs, delivered directly to your mailbox. For an

## Court Square Theatre

If you have read the plaque at the entrance to our fourth floor activity room, you already know that the Court Square Theater opened with great fanfare in Springfield in 1892—eight months after Primus Mason died. That coincidence made Court Square the obvious choice to commemorate from, among **all the grand theaters of Springfield’s past.**

Court Square was built by William Gilmore, who earlier had built the Gilmore Opera House.

**Court Square’s opening night attendees** included the Governor and Lieutenant Governor of the Commonwealth.



Five stories high, with twenty-eight dressing rooms and seating for two thousand, Court Square Theatre was spectacular. Vaudeville acts graced the eighty-foot stage, then silent films. There was a time when, for one ticket price, patrons could see both a vaudeville act and a movie.

For many years, Court Square was only one among more than a half-dozen grand theaters in Springfield—but in its heyday, Court Square was the grandest of them all. Celebrities who played Springfield included Helen Hayes, Mark

Twain, Al Jolson, Jack Benny and W.C. Fields. Hotels and restaurants thrived, as patrons by **the thousands trekked to Springfield’s theatres** as a closer, less-expensive, but equally entertaining alternative to New York City.

Music lessons were held at the theatre, and young students were known to hide beneath the stage after their lessons, so they could later sneak into a movie without paying. How do we know that? We know it because Eileen Drumm

**Moore’s father was** one of those kids!

(The music lessons must have served

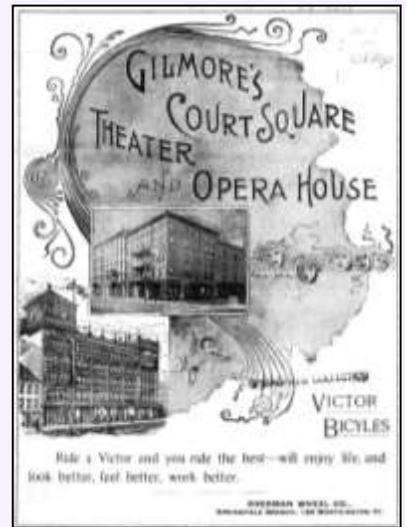
**Eileen’s dad well:**

He went on to become music director for Ringling Bros., Barnum & Bailey.)

Court Square

Theatre closed in

1956, not many months after a photographer **captured one evening’s patrons of “Tea and**



**Sympathy,” the last performance ever.** The curtain came down forever on Court Square, as It was torn down later that year. 🎵

## The Mason Wright Gallery

The Mason Wright Gallery is alive and well and proudly displaying resident artwork on a regular basis. This fall, a small show of birch trees—painted by residents who attend the weekly Creative Corner group—was on display in the gallery, located in the Rialto Sunroom. Art Therapy intern, Taylor, came up with the idea for painting birch trees using a subtractive method of applying masking tape wherever the trees were to appear, painting over the tape, then removing the tape to create the tree trunks. The details on the trees were added after the tape was removed to create a more realistic look to the bark.

An opening reception was held at the start of the show, and all who attended were impressed with and intrigued by the work. Attendees enjoyed sparkling cider and cookies. Thank you, Dining Services!

Plans are underway to create another show in February. 🍷

*Pictured top left: John. Top right: Cora.  
Middle left: Linda. Middle right: Millie. Bottom right: Carl.*

