

Mason Wright-ings

Fall 2021



The Quarterly Newsletter of Mason Wright Senior Living Community

www.masonwright.org

HOME COMING

This fall, we celebrated the start of football season with a Homecoming cookout, a concert and then a dance, complete with corsages and the crowning of a Homecoming King and Queen! It was a lot of fun (and work), but the Life Enrichment team (with the help of resident Linda Tkacz) put their hearts and souls into it and made a wonderful event that went 90 minutes overtime and is still talked about it to this day! The



style of the dance was evocative of the 1950s, with pink, blue, white and black balloons and streamers, painted LPs, milkshake

floral centerpieces, and paper lanterns on the patio. Staff-members and residents dressed in formalwear for the event and were given manicures earlier in the day, making for a lot of nice photos.

Luther Johnson III played some great tunes and we danced the night away. An array of yummy treats including pigs-in-blankets and sweet-

and-sour meatballs, plus a bar with “Dirty Shirleys” and other soft drinks tickled our tastebuds. Our Creative Corner group decorated old LPs to hang on the walls and made wrist corsages and boutonnieres to wear.

All who attended received a picture to take home from Absolute Photobooth. Residents Patty and Ronnie were crowned this year’s King and Queen! It was just what we needed after 18+ months of pandemic life.

We’re already in the planning stages of another fun evening dance for the winter of 2022. Stay tuned for details!

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HOMECOMING HIGHLIGHTS



Our monthly social group for Spanish speaking residents, Sabor Latino, is a lot of fun! This fall, we celebrated Hispanic Heritage Month with a home-cooked meal made by RCAs Sonia and Melanie.

¡Nuestro grupo social mensual para residentes de habla hispana, Sabor Latino, es muy divertido! Este otoño, celebramos el Mes de la Herencia Hispana con una comida casera hecha por las RCA Sonia y Melanie.



Right: Resident Olga stirs the pot!

Above right: RCA Sonia does some chopping and preparing

Below: Chef Jamie helps out serving Nelson, Rafael, Jenny, Carlos and Demma (background).



MORE WAYS THAN EVER TO GET FIT!

AIC

AMERICAN INTERNATIONAL COLLEGE



This fall, Mason Wright partnered with a group of American International College (AIC)

students who were looking for a site at which to conduct their “Capstone” project in the process of earning their Doctor of Physical Therapy (DPT) degrees. The students initially held a focus group to get acquainted with residents and learn about their opinions and interests around exercise. The goal of

the collaboration is to help residents increase activity leading to better health and quality of life. The students have been working with residents every Thursday, focusing on strength, balance, endurance and overall functional capacity. Thank you, Giovanina, Anup, Adam and Kristen! And thank you to Mason Wright morning fitness participants!

Upper right: Anup Sharma. Bottom, left to right: Giovanina Szykaruk, Adam Halim, Kristen Siscamanis



STEP ON IT!™

A Senior Wellness Program
The more you move, the better life gets!

In collaboration with Kindred at Home and Charles Waltos, Mason Wright Senior Living has been participating in STEP ON IT!, a senior wellness program designed to keep residents active and independent while working to reduce their risk of falling.

Studies show that people who move more are able to see more, do more, and flat out enjoy life more! The STEP ON IT! program keeps everyone moving,



grooving, and remaining as independent as possible.

When the program began in late summer, all participants received a free pedometer (in a swag bag of goodies), along with a log for keeping track of steps. The group meets Monday mornings to tally steps and locate where they’ve walked on the US map. A “Stop and Rest” mini-celebration was held when the team reached Georgia, complete with pecan rolls, stickers and puzzle books, reminiscent of family road trips to Florida.

Thank you Charles and all the Mason Wright walkers!

Get Your Kicks on Route 66



U.S. Route 66, established in 1926, was one of the original highways within the U.S. Highway System. The highway covered 2,448 miles, extending from Chicago through Missouri, Kansas, Oklahoma, Texas, New Mexico and Arizona, before ending in Santa Monica, California.

Before it was replaced by the interstate highway system, vast numbers of people traveled Route 66. It was popularized in the American culture in 1946 when the song "Get Your Kicks on Route 66" hit the pop charts, after first being recorded by Nat King Cole and his trio.

Diners across America now bear the name Route 66 Diner—even at locations far removed from the original route. Springfield's Route 66 Diner was manufactured in New Jersey and shipped here in 1957 where it opened on Bay Street as the Bay Street Diner. In 1975 the Bay Street Diner was sold and rechristened as Route 66 Diner.

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Old Fashioned Apple Crisp

Ingredients

- 6 golden delicious apples (or other variety), peeled and chopped
- 2 Tbsp granulated sugar
- 1 3/4 tsp ground cinnamon, divided
- 1 1/2 tsp lemon juice
- 1 cup light brown sugar
- 3/4 cup old fashioned oats
- 3/4 cup all-purpose flour
- 1/2 cup cold unsalted butter, diced into small cubes
- pinch of kosher salt

Instructions

Preheat oven to 350 F degrees. Butter an 8x8 baking dish, or spray with non-stick cooking spray. Set aside.

In a mixing bowl, add chopped apples, granulated sugar, 3/4 tsp of the cinnamon and lemon juice. Stir to combine, then transfer to baking dish.



In a separate mixing bowl, add topping ingredients (brown sugar, oats, flour, 1 tsp cinnamon, salt, and diced cold butter). Use a pastry cutter to cut the butter into the oat mixture, using a slight downward twisting motion, until mixture resembles pea-sized crumbs. Alternatively, you can use two forks or even your hands to cut butter into the mixture.

Spread topping over apples in baking dish, and gently pat to even it out. Bake 40-50 minutes, until golden brown and bubbly.

Serve warm with a scoop of vanilla ice cream or whipped cream and enjoy!



WE WALKED!

for a Cure

On September 26, the Mason Wright Team, Starfeet Enterprise, once again walked to help find a cure for

Alzheimer's Disease. We raised \$9303!! The walk took place at Holyoke Community College on an absolutely picture perfect day.



The team was made up of Mason Wright



Senior Living staff and residents, Bright Futures staff, family, friends and even some students of director Eileen's husband, Bob Moore!

The day began with registration and a fun Zumba

dance, followed by either a walk around the HCC track or a walk around the whole HCC campus.

Thank you to all who participated, donated and cheered us on! Let's raise over \$10,000 next year!







Oktoberfest

