




# THE RESIDENCE at Westport

## Staying Safe this Winter

Though winter hasn't officially started yet, the leaves have fallen, the days are shorter and there's a noticeable nip in the air. With ice, snow, cold temperatures and limited hours of sunlight, the winter months can put older adults at higher risk of injury and illness. Though many seniors may be spending more time at home these days due to the pandemic, it is likely that they will still need to venture out from time-to-time for doctor appointments or to run errands. When you do need to brave the cold, be sure to take certain precautions to avoid the dangers that come along with winter weather. Help you and your loved one stay happy and healthy this winter with these helpful tips: Stay Warm-Older adults lose body heat faster than when they were younger and, with age, it may become more difficult to recognize signs that their body is cold. The risk of hypothermia is high for seniors over the age of sixty-five, and a dropping body temperature can cause problems like heart attack, kidney damage, and liver damage. To avoid hypothermia, seniors should spend most of their time indoors and keep the thermostat between 68- and 70-degrees Fahrenheit. Dress Appropriately-It may seem obvious, but seniors need to add extra layers during the winter months, both indoors and outdoors. When heading out of the home, seniors should wear loose layers of clothing along with a hat, scarf, and gloves. A good quality coat that is waterproof and warm is also a must. When staying home, seniors may want to consider wearing woolen socks and slippers, keeping extra blankets handy, and adding a layer of long underwear under pajamas or bathrobes. Beware of Falls -Twenty-five percent of seniors over the age of sixty-five fall every year, and falls are the leading cause of fatal and non-fatal injuries for this age group. The risk of falling increases with age as well as in the colder months. As the winter approaches, seniors should make sure that they have shoes with good traction and non-slip soles. If your loved one uses a cane, replace the tip on it each winter to ensure that it won't slip. For seniors living at home, be sure that their driveways, pathways, and outdoor stairs are regularly cleared of snow and ice. If your loved one is not very mobile, encourage them to stay home as much as possible and make their life easier with grocery delivery services or by accompanying them to important appointments.

## A Look Back at December



December was a fun and festive filled celebration of the Holidays! We started out Decking the Halls at the Residents at Westport. Thank you to Alex and Juan for setting up our nine foot Christmas Tree. Our residents added a coastal vibe with sea-themed ornaments and decorations. Then, right into the eight days of Hanukkah! Thanks to Seymour for taking the lead, and Jean and Ellie for lending a hand. We expressed thankfulness for our many blessings in a beautiful Festival of Lights. Our Residents were also very busy with their monthly community Service Project. Our community sponsored the Westport Senior Center by providing festive Christmas Trees to accompany the meals they delivered to homebound seniors.



### THE RESIDENCE AT WESTPORT *Associates*

**Michele Piskin**  
*Executive Director*

**Cathy Coppola**  
*Business Office Director*

**Kim Russo**  
*Resident Care Director*

**Sharon Kress**  
*Sales & Marketing Director*

**Brian Limitone**  
*Culinary Director*

**Heather Wood**  
*Resident Engagement Director*

**Stephanie Cuzino**  
*Reflections Director*

**Alex Lopez**  
*Maintenance Director*

**Briana Faughnan**  
*Business Development Director*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>31 JANUARY</b> 10:00 Virtual Sunday Service 11:00 Stretching Circle 1:00 Daily Stroll Walking Club 3:00 Hand Spa 4:00 Oneday University Course 7:00 Sunday Classics Movie Night					<b>1</b> 10:00 Exercise Resistance Bands 11:00 Music Appreciation 1:00 Daily Stroll Walking Club 1:30 Mambo Italiano with Gian 2:30 MyStories Video Memoirs 3:30 Westport Pub Happy Hour 3:30 Community Shabbat 7:00 Comedy Movie Night	<b>2</b> 10:00 Morning Zoom Shabbat Service 11:00 Mindful Movement 1:00 Daily Stroll Walking Club 2:00 Tech Time with Gian 3:00 Karaoke Sing a Long 4:00 Wheel of Fortune 7:00 Movie Night
<b>3</b> 10:00 Virtual Sunday Service 11:00 Stretching Circle 1:00 Daily Stroll Walking Club 2:00 Group Crossword Puzzle & Coffee 3:00 Hand Spa 4:00 Oneday University Course 7:00 Sunday Classics Movie Night	<b>4</b> 10:00 Tia-chi & Mindfulness 10:30 Step on it Walking Club - Step Count 11:00 Motivational Mondays Discussion 1:00 Daily Stroll Walking Club 1:30 Sharp Minds- Health and Wellness Meeting 3:30 Westport Pub Social Hour	<b>5</b> 10:00 Light Weights Strengthening 11:00 World Now Current Events 1:00 Daily Stroll Walking Club 1:30 Lizzy's Infinity Art Studio 2:30 Docuseries- 3:30 Westport Pub Cocktail Hour 7:00 Movie Night	<b>6</b> 10:00 Tia-chi & Mindfulness 10:30 Calendar Review & Planning Committee 11:00 Monthly Gazette 1:00 Daily Stroll Walking Club 1:00 BBC & Tea 2:00 Barre Balance Class 3:30 Westport Pub Cocktail Hour 7:00 Movie Night	<b>7</b> 10:00 Light Weights Strengthening 11:00 Page Turner's Book Club 1:00 Daily Stroll Walking Club 1:30 Centre Stage Performing Arts 2:30 Virtual Golfing 3:30 Cocktails with a Curator 7:00 Thursday Thrillers	<b>8</b> 10:00 Exercise Resistance Bands 11:00 Travelogue 1:00 Daily Stroll Walking Club 1:30 Mambo Italiano with Gian 2:30 Community of Faith 3:30 Westport Pub Happy Hour 3:30 Community Shabbat 7:00 Comedy Movie Night	<b>9</b> 10:00 Morning Zoom Shabbat Service 11:00 Mindful Movement 1:00 Daily Stroll Walking Club 2:00 Tech Time with Gian 3:00 Karaoke Sing a Long 4:00 Family Feud 7:00 Movie Night
<b>10</b> 10:00 Virtual Sunday Service 11:00 Stretching Circle 11:00 Virtual Bowling League 1:00 Daily Stroll Walking Club 3:00 Hand Spa 3:30 Word in a Word & Coffee 4:00 Oneday University Course 7:00 Sunday Classics Movie Night	<b>11</b> 10:00 Tia-chi & Mindfulness 10:30 Step on it Walking Club - Step Count 11:00 Virtual Bowling League 11:00 Motivational Mondays Discussion 1:00 Daily Stroll Walking Club 1:30 Sharp Minds- Health and Wellness Meeting 2:30 Health and Wellness Meeting	<b>12</b> 10:00 Light Weights Strengthening 11:00 World Now Current Events 1:00 Daily Stroll Walking Club 1:30 Lizzy's Infinity Art Studio 2:30 Docuseries- 3:30 Westport Pub Cocktail Hour 4:00 Food Talk with Chef Brian 7:00 Movie Night	<b>13</b> 10:00 Tia-chi & Mindfulness 10:30 Calendar Review & Planning Committee 11:00 Chicken Soup for the Soul 1:00 Daily Stroll Walking Club 1:00 BBC & Tea 2:00 Barre Balance Class 3:30 Westport Pub Cocktail Hour 7:00 Movie Night	<b>14</b> 10:00 Light Weights Strengthening 11:00 Page Turner's Book Club 1:00 Daily Stroll Walking Club 1:30 Centre Stage Performing Arts 3:00 Virtual Bowling 3:30 Cocktails with a Curator 7:00 Thursday Thrillers	<b>15</b> 10:00 Exercise Resistance Bands 11:00 Music Appreciation 1:00 Daily Stroll Walking Club 1:30 Mambo Italiano with Gian 2:30 MyStories Video Memoirs 3:30 Westport Pub Happy Hour 3:30 Community Shabbat 7:00 Comedy Movie Night	<b>16</b> 10:00 Morning Zoom Shabbat Service 11:00 Mindful Movement 1:00 Daily Stroll Walking Club 2:00 Tech Time with Gian 3:00 Karaoke Sing a Long 4:00 Jeopardy 7:00 Movie Night
<b>17</b> 10:00 Virtual Sunday Service 11:00 Stretching Circle 1:00 Daily Stroll Walking Club 3:00 Hand Spa 3:30 Group Crossword Puzzle & Coffee 4:00 Oneday University Course 7:00 Sunday Classics Movie Night	<b>18</b> 10:00 Tia-chi & Mindfulness 10:30 Step on it Walking Club - Step Count 11:00 Virtual Golf 11:00 Motivational Mondays Discussion 1:00 Daily Stroll Walking Club 1:30 Sharp Minds- Health and Wellness Meeting 2:30 Health and Wellness Meeting	<b>19</b> 10:00 Light Weights Strengthening 11:00 World Now Current Events 1:00 Daily Stroll Walking Club 1:30 Lizzy's Infinity Art Studio 2:30 Docuseries- 3:30 Westport Pub Cocktail Hour 7:00 Movie Night	<b>20</b> 10:00 Tia-chi & Mindfulness 10:30 Calendar Review & Planning Committee 11:00 Paint & Sip 1:00 Daily Stroll Walking Club 1:00 BBC & Tea 2:00 Barre Balance Class 3:30 Westport Pub Cocktail Hour 7:00 Movie Night	<b>21</b> 10:00 Light Weights Strengthening 11:00 Page Turner's Book Club 1:00 Daily Stroll Walking Club 1:30 Centre Stage Performing Arts 3:00 Virtual Golfing 3:30 Cocktails with a Curator 7:00 Thursday Thrillers	<b>22</b> 10:00 Exercise Resistance Bands 11:00 Travelogue 1:00 Daily Stroll Walking Club 1:30 Mambo Italiano with Gian 3:30 Westport Pub Happy Hour 3:30 Community Shabbat 7:00 Comedy Movie Night	<b>23</b> 10:00 Morning Zoom Shabbat Service 11:00 Mindful Movement 1:00 Daily Stroll Walking Club 2:00 Tech Time with Gian 3:00 Karaoke Sing a Long 4:00 Word Connect 7:00 Movie Night
<b>24</b> 10:00 Virtual Sunday Service 11:00 Stretching Circle 11:00 Travelogue 1:00 Daily Stroll Walking Club 3:00 Hand Spa 3:30 Word in a Word & Coffee 4:00 Oneday University Course 7:00 Sunday Classics Movie Night	<b>25</b> 10:00 Tia-chi & Mindfulness 10:30 Step on it Walking Club - Step Count 11:00 Motivational Mondays Discussion 1:00 Daily Stroll Walking Club 1:30 Sharp Minds- Health and Wellness Meeting 2:30 Health and Wellness Meeting 3:30 Westport Pub Social Hour	<b>26</b> 10:00 Light Weights Strengthening 11:00 World Now Current Events 1:00 Daily Stroll Walking Club 1:30 Lizzy's Infinity Art Studio 2:30 Docuseries- 3:30 Westport Pub Cocktail Hour 7:00 Movie Night	<b>27</b> 10:00 Tia-chi & Mindfulness 10:30 Calendar Review & Planning Committee 11:00 Community Service Project 1:00 Daily Stroll Walking Club 1:00 BBC & Tea 2:30 Chef Showcase 3:00 Baking Club 3:00 Community Meeting 3:30 Westport Pub Cocktail Hour	<b>28</b> 10:00 Light Weights Strengthening 11:00 Page Turner's Book Club 1:00 Daily Stroll Walking Club 1:30 Centre Stage Performing Arts 3:00 Virtual Bowling 3:00 Virtual Bowling 3:30 Cocktails with a Curator 7:00 Thursday Thrillers	<b>29</b> 10:00 Exercise Resistance Bands 1:00 Daily Stroll Walking Club 1:30 Mambo Italiano with Gian 3:00 My Stories Memoirs 3:30 Westport Pub Happy Hour 3:30 Community Shabbat 7:00 Comedy Movie Night	<b>30</b> 10:00 Morning Zoom Shabbat Service 11:00 Mindful Movement 1:00 Daily Stroll Walking Club 2:00 Tech Time with Gian 3:00 Karaoke Sing a Long 7:00 Movie Night

## Other Amenities

### Transportation Schedule

### Doctors Appointments

Tues. & Thurs.  
9:30am-2:30pm

### Salon Schedule

Friday 9am -2pm

Please make your  
Transportation &  
Salon  
Appointments at  
Reception

## PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social