



## COMPASS ON THE BAY

### UPCOMING EVENTS

#### FRIDAY, AUGUST 6

Outing to the Arnold Arboretum  
departs at 10:00 A.M.

#### SATURDAY, AUGUST 7

The Jewelry Lady will sell items for \$5 and  
under from 1:30-3:30 P.M. *Public welcome!*



#### SATURDAY, AUGUST 14

Dance demonstration and lecture with  
Suzanne Crosby and Don Wyman at  
2:00 P.M. *Public welcome!*

#### FRIDAY, AUGUST 20

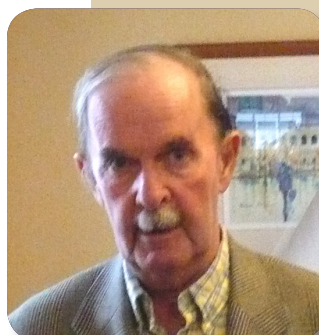
Outing to the Museum of Fine Arts  
departs at 10:00 A.M.

#### THURSDAY, AUGUST 26

“Make Your Own Ice Cream” party at 1:30 P.M.  
*Public welcome!*



### RESIDENT PROFILE



**John Wedgeworth** was born in Boston in 1939 and has one sister, who now lives in Harwich. He has four nieces and nephews whose company he enjoys greatly. John grew up in Milton Lower Falls and attended Boston College High School, where he was an honor student. After graduating, John received a scholarship to attend Georgetown University, where he majored in philosophy and mathematics and was a member of the debate team. In his first debate he was teamed up with a senior, Antonin Scalia, who would later come to serve (and still serves) as an associate Supreme Court justice. John graduated from Georgetown in 1960 and worked on the campaign for soon-to-be-president John F. Kennedy. John attended Columbia University's graduate program in philosophy for about a year before deciding to move back to the Boston area where he went to Boston College to study law. In 1964, John became the chief financial officer at the Massachusetts Department of Mental Health. John's career also included work in the insurance industry, which allowed him the opportunity to travel. He also taught high school Latin for a number of years before retiring at the age of 65. A self-described academic, John has written poetry and has also been involved in research in the mental health field. John remains an avid reader and writer and recalls many happy days spent on Cape Cod relaxing on the beach, swimming, and enjoying a good book.

### COMMUNITY WELCOME!

INFORMATIONAL SESSION ABOUT ALZHEIMER'S DISEASE AND DEMENTIA  
ON SATURDAY, AUGUST 21<sup>ST</sup> AT 11:00 A.M.

PLEASE RSVP BY AUGUST 18<sup>TH</sup> IF YOU WOULD LIKE TO ATTEND.



## ASSOCIATE PROFILE



**Stella Humphrey** is a familiar face here at Compass on the Bay, having worked for the last five years in our dietary department. Stella was born in Brooklyn, New York, and lived there until she was 16 years old. She then moved to Boston and later got married. She and her husband moved to Fresno, California, and lived there for 23 years while raising their three children. These three children have given her seven grandchildren and her growing family includes three great-grandchildren! Once her children were older, Stella moved back to Boston to be with her sister and to find work.

Stella has a very artistic and creative side to her. She loves to challenge herself through her artwork, and particularly likes to crochet, knit, and do macrame. Another hobby of hers is travel, especially to Las Vegas. When asked what she likes best about working at Compass on the Bay, Stella says that she enjoys her co-workers and the residents; she also says the management is approachable and easy to talk to. Some of her favorite memories of time spent with residents are the times she has had good conversations while getting to know them. Stella says that she always makes sure to treat the residents with dignity and respect, just as she would treat her own mother and father. Thank you, Stella, for everything that you do here!

## AROUND OUR COMMUNITY



Above: **Virginia Downey** visits with **Baxter the Pet Therapy Dog**; right: **Elaine Toeller** tends to flowers in the garden



## NUTRITION AND MEMORY



Dr. Nancy Emerson Lombardo came in to talk to residents about our Memory Preservation Nutrition® diet and let them see and sample some of the ingredients that are used in our everyday menus. She also discussed how eating habits affect cognitive functioning.



**Lewis "Pat" Shannon** (top) and **Ann O'Donnell** (bottom) learn about nutrition from **Dr. Emerson Lombardo**

## THINKING OF GOING GREEN?

SEND YOUR EMAIL ADDRESS TO [INFO@COMPASSONTHEBAY.COM](mailto:INFO@COMPASSONTHEBAY.COM) AND WE WILL EMAIL THIS NEWSLETTER TO YOU EACH MONTH.

