



WAYS TO STAY CONNECTED WITH SENIOR LIVING RESIDENCES

- Visit our website:
www.SeniorLivingResidences.com
- Hear from our Alzheimer's experts on our blog:
www.alzcareblog.com
- Find **Senior Living Residences** on Facebook and become a fan!
- Subscribe to receive this newsletter via email by sending a message to info@compassgoldenpond.com

RESIDENT PROFILE



Charlotte Fargo grew up in Framingham, as one of two girls. She and her sister Evelyn traveled widely together with the Holliston Travel Group. They enjoyed trips to Germany, France, England, and Charlotte's personal favorite, Portugal.

Charlotte and her husband raised their two sons and daughter in Hopkinton. Charlotte worked as reading teacher for many years in Framingham, and taught summer school at Framingham State

College. Her hobbies included traveling, tending to her flower garden and enjoying her beautiful all-stone swimming pool at the house in Hopkinton. She has also always enjoyed planning holidays for her family. Charlotte's daughter now lives next door to the family home.

At nearly 90 years of age, Charlotte is still very active and attributes her good health to her habit of walking a mile every day throughout her life. In addition to keeping up a walking regimen, Charlotte also really enjoys when the children from the Golden Goose program come up to visit!



MORNING GROUP

*Left to right: **Audrey** reads the local news and horoscopes during morning group; **Catherine** and **Helen** enjoy each other's company.*



ASSOCIATE PROFILE



Resident Care Assistant **Irene Senna** is originally from Brazil, where she worked as a teacher before coming to the U.S. nine years ago. Irene says that she enjoys taking care of people, and at Compass at Golden Pond she is able to do that through programs that help stimulate residents' cognition skills as well as their physical health. She fully believes in the Compass

Memory Support philosophy that stimulation and activity really help people with Alzheimer's disease to live well. Outside of work, Irene says she enjoys having some quiet time in her house while listening to music, as well as taking care of her granddaughter.

RECONNECTIONS PROGRAM ABOUT MARTHA'S VINEYARD

Residents recently enjoyed studying Martha's Vineyard and sharing beachtime memories.



MEMORY WALK



We're on the move to end Alzheimer's!

This month, associates, residents, and family members of all of Senior Living Residences' communities will participate in the various memory walks scheduled across the state. Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer care, support and research—and it calls on people of all ages to take action.

JOIN US AT THE CENTRAL MASSACHUSETTS WALK ON SEPTEMBER 12TH!

Compass at Golden Pond will have an exhibitor's table, and members of our team will be participating in the walk, which begins at 10:00 A.M. at the Worcester Senior Center. Please see Kitty or Leanna for more details.

If you would like to make a donation, we are selling Forget-Me-Not flowers for \$1 each through the month of September.

DID YOU KNOW?

- ONE IN EIGHT PEOPLE AGED 65 AND OLDER (13 PERCENT) HAVE ALZHEIMER'S DISEASE.

FACTS ABOUT ALZHEIMER'S DISEASE

- EVERY 70 SECONDS, SOMEONE IN AMERICA DEVELOPS ALZHEIMER'S.
- BY MID-CENTURY, SOMEONE WILL DEVELOP THE DISEASE EVERY 33 SECONDS.



A community managed by

SENIOR LIVING RESIDENCES
The Right Values

Independent Living • Assisted Living • Alzheimer's Care

50 West Main Street • Hopkinton, Massachusetts 01748 • 508-435-1011

WWW.SENIORLIVINGRESIDENCES.COM