

CONCORD PARK

A Community Established by the Nonprofit



UPCOMING EVENTS

WEDNESDAY, MAY 5

Jazzy Piano with Ethan Stone at 2:00 P.M.

FRIDAY, MAY 7

Celebrate all May birthdays at 2:00 P.M.



MONDAY, MAY 10

“Enjoying Our Artist” slide presentation by Ned Hodgson at 2:00 P.M.

TUESDAY, MAY 11

New Musical Entertainer, Matt McCabe, at 2:00 P.M.

TUESDAY, MAY 18

Travel to Switzerland via a slideshow with Ron Reynolds at 2:00 P.M.



RESIDENT PROFILE



Meet **Natalie Durkin!** Natalie has lived here at Concord Park since March of 2004. Natalie grew up in her beloved Waltham. Over her bed she has sign which reads, “Waltham: where your story begins.” She was married at the young age of 20 to Francis Durkin and the couple had four children: one daughter and three sons. Daughter Natalie and her husband, Kenneth had four children and live in Plymouth.

Natalie’s son, Tom, and his wife, Eleanor, live in Weston and they raised three sons. Natalie’s son, Freddie, and his wife, Judy, live in Eastham and they had four children. And last but not least, son Wally and his wife, Gail, had two children and live in Tewksbury. Natalie loves Concord Park, especially her bright sunny room, and the wonderful staff, particularly the CNAs. Natalie used to love to paint, dance, bowl, and cook for kids but her real passion is sewing. For many years she worked as a costume maker for the renowned Reagle Players of Waltham. A few special things which make Natalie show off her beautiful smile are Waltham, sewing for Bob Eagle, and her family. Happy Mother’s Day, Natalie, and thanks for sharing your story!

COMMUNITY WELCOME!

CLASSICAL PIANO WITH TIM LILLIS

Tuesday, May 25th
2:15 P.M.

Slideshow with Ned Hodgson

“OFF BEAT: CHINA AND JAPAN”

Wednesday, May 26th
2:00 P.M.



Questions about making a tax-deductible gift?

Contact **Nancy Crowley**, executive director of Concord Park at 978-369-4728 or **George Mathieson**, director of development of Volunteers of America, Massachusetts at 617-390-0228.

March was

National Nutrition Month

Concord Park hosted a well-attended presentation and dinner with Nancy Emerson Lombardo, Ph.D.



HEART-HELPING FATS



Some fats, Omega-3 fats, are actually good for your heart. They are a type of unsaturated fats that can help reduce the risk of heart disease, fight inflammation and may even keep brain cells healthy as we age. Omega-3 fats are found in fatty fish like salmon, mackerel, sardines, and rainbow trout. Experts say 250-300 milligrams per day will help prevent heart disease. If you are not the seafood type, ask your doctor about a fish oil supplement.

THANK YOU BREAKFAST



We recently held a "Thank you Breakfast" for our local heroes in the Concord Police and Fire Departments!



THINKING OF GOING GREEN?

SEND YOUR EMAIL ADDRESS TO INFO@CONCORDPARK.NET AND WE WILL EMAIL THIS NEWSLETTER TO YOU EACH MONTH.