



Volunteers
of America®
Massachusetts

CONCORD PARK
INDEPENDENT & ASSISTED LIVING
MEMORY SUPPORT NEIGHBORHOOD

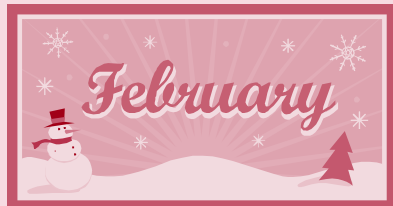


February 2009



The Concord Park Courier

68 Commonwealth Avenue · Concord, MA 01742 · 978-369-4728 · Fax 978-369-5381 · www.SeniorLivingResidences.com



You are cordially invited to our

February Special Events



Romantic Songs with
Marty Sawyer

2:00PM on Monday the 9th

“Music is Love”

with Dawn & Dick

2:00PM on Wednesday the 11th

Jazzy Tunes with

Pianist Ethan Stone

2:00PM on Tuesday the 17th

Soft Country Sounds with

Singer Tim Barrett

2:00PM on Monday the 23rd

Professional Whistler

Linda Shiffman

2:00PM on Friday the 27th

Calendars are subject to change
Please call to confirm

Heat or Ice

If your injury is chronic: dull pain and soreness such as joint pain, use heat to relieve the pain. Use a hot wet towel on top of the injured area. BUT never use heat on injuries that are swollen as the heat will increase the swelling.

If your injury is acute: sudden sharp pain and swollen use ice. Ice will help injuries like ankle sprains and pulled back muscles. Wrap the ice in a thin towel before putting it on your skin.

For both Heat and Ice never apply treatments for more than 20 minutes. Let your skin temperature return to normal before applying treatment again. If conditions don't improve after 48 hours consult your doctor.



A Community Established by the Nonprofit



Volunteers of America
Massachusetts

Questions about making a tax deductible gift?

Contact:

Nancy Crowley

Executive Director

Concord Park

978-369-4728

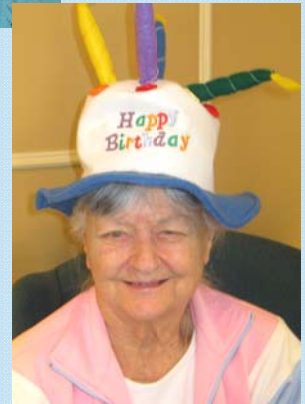
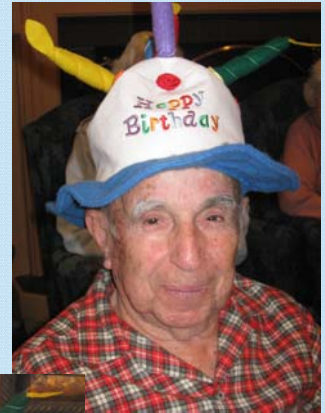
George Mathieson

Director of Development

Volunteers of America, MA

617-390-0228

Birthdays Abound at Concord Park



Join us for Our Annual
Valentine Chocolate Buffet
2:30pm - Friday - February 13th