



**Volunteers
of America®**
Massachusetts

CONCORD PARK
INDEPENDENT & ASSISTED LIVING
MEMORY SUPPORT NEIGHBORHOOD



March 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

March Special Events

**Visit Great Castles
with Derek Mann**
2:00PM on Wednesday the 4th

**Shop the Vicky Hurst
Jewelry Show**
2:00PM on Tuesday the 10th

**Enjoy Pianist
Adam Bergeron**
2:00PM on Friday the 13th

**New Entertainer
Guitarist Jeff Thomas**
2:00PM on Monday the 23rd

**Great Songs from the 60's
with Alan Pearlmutter**
2:00PM on Tuesday the 31st

*Calendars are subject to change
Please call to confirm*



Lifetime Achievements



The Neighborhood residents of Concord Park celebrated the 2nd annual Lifetime Achievement Award Ceremony. We enjoyed a wonderful dinner accompanied by pianist Richard Hughes. Many family members were in attendance. Nancy Crowley addressed the audience with opening remarks. The resident's profile of civic, professional and volunteer work was read by Mary Baum. Cheryl Young then presented each recipient with a medallion and a Lifetime Achievement Certificate. It was a wonderful evening of celebration, friendship, and laughter.

Laughter IS the Best Medicine!

Researchers at the University College London studied how our brains respond to emotive sounds and confirmed that laughter really is contagious. When people laugh a response is triggered in the listener's brain to follow suit. All sounds trigger a response in the part of the brain that prepares the face muscles to react accordingly. Researchers found that the brain's response to positive sounds was greater than to negative sounds. It is as if the brain breaks into an involuntary smile.

Journal of Neuroscience 12-2006

Red...Romance....Refreshments!! Celebrating Valentine's Day at Concord Park with a Chocolate Buffet and more.



Everybody's Irish on Saint Patty's Day!

Come to the
Pot O' Gold Auction
2:00 pm on
Tuesday, March 17th



**Questions about
making a tax
deductible gift?**

A Community Established by the Nonprofit



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