



# The Arbor Newsletter

OCTOBER 2023

Not for External Distribution



## ASSISTED LIVING WEEK

September 10th-16th

Our residents had fun participating in the Assisted Living Week activities. The activities included baseball trivia, hitting a soft ball with a pool noodle, balloon volleyball, winter reindeer games, and many other fun activities.



## Upcoming Events

Type something

## Dementia Facts

Playing everything from Chopin to the Chicken Dance, Mike keeps his audience moving, listening, visualizing, and participating. A graduate of Music for Healing and Transition Program, Mike incorporates music associated with memories to bring an emotional response to his shows. Come and listen Thursday at 3:00pm in the Georgetown Parlor.

Ann Sparling and Jimmy Junkins are an acoustic duo performing original songwriting, folk, country, blues and Americana. April 26th join our Tuesday at 2:30PM program in the Georgetown Parlor and welcome back Ann as she introduces her partner to The Highlands.

## BIRTHDAYS

Janice P. - 7th



# E V E N T S

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# N E W S

There is a lot to celebrate in October and some of these observances are quite important, such as Breast Cancer Awareness month. We have recognized October as Breast Cancer Awareness month for nearly four decades. This time is set aside each year to educate everyone about breast cancer and the importance of early detection and access to timely, high-quality care. The two most common risk factors for breast cancer are being born female and advancing age. Did you know that everyone, no matter their gender, are born with breast tissue? 1 in 8 women will be diagnosed with breast cancer in their lifetime, but older men should also be aware that there is a risk for breast cancer over the age of 60, so they should also perform self-screening. So many are impacted by breast cancer, so this month you can honor survivors by supporting education efforts, participate in a local breast cancer awareness event, and of course, wear pink to show your support and help spread awareness.

## NEW RESIDENTS



Pamela "Pam" Campbell



**DIRIGO PINES**  
A GRACE MGMT COMMUNITY



**Playing everything from Chopin to the Chicken Dance, Mike keeps his aud**

## MEET OUR TEAM

Paul Arbour - Executive Director  
Jenna Biehn - Sales Director  
Kate Hills - Sr. Area Sales Director  
Deanna Chesson - Business Office Manager  
William Burke - Maintenance Director  
Anne Porter - Life Enrichment Director

Monica Nicknair - Village Program LE Manager  
Erin Finch - Wellness Director  
Raechle Miller - Village Program Clinical  
Manager  
Lewis Stubbs - Dining Services Director  
Donna Ashe - Director of Cooperative



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**Dirigo Pines**

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