

A Message from the Executive Director, Faith Bandama

Greetings to all,

Autumn is just around the corner and soon we feel the refreshing winds and breeze that autumn brings. Please do not hesitate to join us this season. Our mission here at Blaire House of Worcester is to provide the utmost care and respect to our residents in a safe and supportive homelike environment. To obtain this, we take care of your family as if they are our own.

Sincerely,

Faith Bandama, Executive Director



BLAIRE HOUSE OF WORCESTER WELCOMES OUR NEW EMPLOYEES



Maria L. – Housekeeping

Tahlia M. – Activities

Medine S. – LPN

Valera S. – Dietary

Christina A. – Rehab /

Office Manager



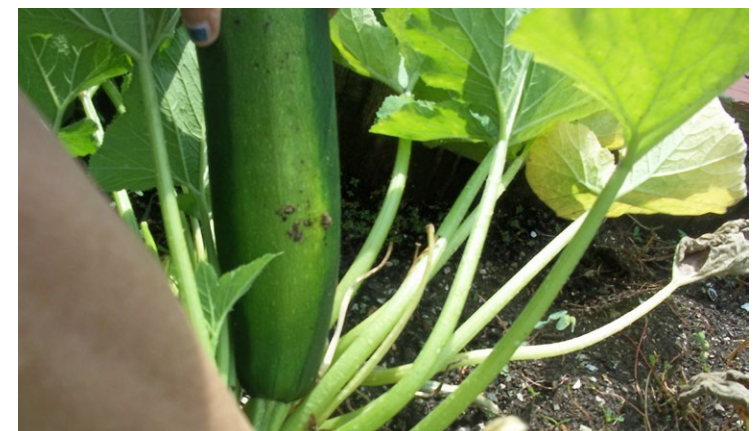
Blaire House residents Wanda D., Olga R., Mary W. and Gloria B. enjoying a beading activity.

HISTORY OF ZUCCHINI

Zucchini (Cucurbita pepo) is a popular variety of summer squash that can be consumed raw or cooked. Like all squash, it has its ancestry in the Americas, specifically Mesoamerica. However, the varieties of green, cylindrical squash harvested when immature and typically called “zucchini” were cultivated in northern Italy, as much as three centuries after the introduction of cucurbits from the Americas.

ZUCCHINI FUN FACTS:

- One zucchini is a “zucchina.”
- Zucchini were first brought to the United States in the 1920s by the Italians.
- April 25th is National Zucchini Bread Day.
- The flower of the zucchini plant is edible. Fried squash blossoms are considered a delicacy.
- Mild bitterness in zucchini, like that in related species like cucumbers, may result from environmental factors such as high temperature, low moisture, low soil nutrients, etc. The bitterness is caused by compounds called cucurbitacins
- Nutrients and vitamins found in zucchini can help prevent cancer and heart disease.
- A zucchini has more potassium than a banana.
- The word zucchini comes from ‘zucca’ the Italian word for squash.
- Biggest is NOT best. The most flavorful zucchinis are small-to medium-sized and the darker the skin, the richer the nutrients.
- Zucchini is the only fruit that starts with Z.



SCHEDULED EVENTS & ENTERTAINMENT

Ceramics with Diane Sweet resumed on May 18th. The residents enjoyed painting ceramic hands and little butterfly-like objects. After the class Diane takes the painted ceramics, touches them up, works her magic and presents the finished product to the residents. The next ceramics class is scheduled for Tuesday, September 21st.

Entertainment for our residents has resumed beginning in September. Blaire House was honored to have Clyde Wheatley, a local jazz saxophone player who has been coming to Blaire House for a couple of years.



September Birthdays

Cecilia G., Ruth L., Maria M., Marie S., Judy S.

October Birthdays

Michael R., Patrick B., Flavian C., Arlene O.
Colleen S., Abraham T.

November Birthdays

Anna B., Mary G., John M., Juanita M., Anna R.

A MESSAGE FROM THE ACTIVITIES DIRECTOR: CHARLEEN FORBES

Hello everyone,

One of the most refreshing seasons of the year is almost here—autumn! We can say good-bye to hot muggy weather and hello to milder days and nights. We at Blaire House are looking forward to engaging in the events of the season. Please remember that we welcome and value your input, suggestions and ideas.

Thank you,

Charleen Forbes, ADPC



Letecia R. making a beaded bracelet.