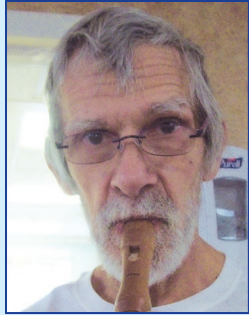


# In The Spotlight

## Samson



Samson is a more recent member of our West Side House family, joining us in October of 2021. He's an avid piano and Baroque recorder player, and has generously given lessons to many of our staff members. Samson also enjoys strolls outdoors, and is a kind and integral member of our community. He is witty and thoughtful, and always brings a smile to the faces of staff members and residents alike.

*Thank you for being a part of our family.*



### BEAUTY/BARBER SHOP:

West Side House's Hairdresser is Jemma Hanna, who visits the facility on the last Friday of every month unless otherwise noted. Appointments for your loved ones can be made by contacting the Activities Department.



*Ellie painting during Saint Patrick's Day.*

### WHAT ARE YOU LOOKING FORWARD TO MOST IN SPRING? A Resident's Perspective

- "Seeing the birds from my window" - Samson H.
- "Getting outside more" - John R.
- "Saying adios to winter" - James B.
- "Seeing my grandkids play outside and enjoying the weather" - Michelle M.
- "Seeing the flowers bloom" - Norma B.
- "Seeing the sun out more!" - Bob C.
- "New beginnings" - Joey M.

## West Side House

35 Fruit Street, Worcester, MA 01609  
Tel: 508.752.6763 • Fax: 508.831.9920  
[www.elderservices.com](http://www.elderservices.com)

### DIRECTORY

Executive Director: Zachary Goldman  
Director of Nursing: Sylvia Abbeyquaye/Maura Ratchford  
Business Office Manager: Katelyn Romano  
MDS Coordinator: Brianna Donahue  
MMQ Coordinator: Nancy White  
Rehab: Lynn Patrinelli  
Social Worker: Sara Gould  
Food Service Director: Sarai Clemente  
Plant Supervisor: Dimitri Doko  
Laundry/Housekeeping Supervisor: Astrit Hoxhallari  
Rehab / Nursing: Bernadette Capoccia  
Activities Director: Katie Israelian  
Admissions Coordinator: Carrie Webster

### EXTENSION

3400  
3418  
3413  
3420  
3445  
3406  
3401  
3402  
3423  
3429  
3453  
3405  
5235

*West Side House is family owned and operated within an integrated care community, including: 24-hour nursing care, hospice care, respite care, brain injury program and senior transportation. As your needs change over time, we can provide the service necessary.*

West Side House  
of Worcester



# Senior Living Connections



SPRING 2022



As the end of the pandemic tunnel gets brighter and brighter, has a season ever better aligned with where most people are in the world right now?

Spring is the season of hope – that things will get better after they were worse. The river will "flow again after it was frozen," Ernest Hemingway wrote of spring in "A Moveable Feast." Change is a-comin', and everything is going to be better for it.

"If we had no winter, the spring would not be so pleasant," wrote English poet Anne Bradstreet. "If we did not sometimes taste adversity, prosperity would not be so welcome."

Spring is arguably the most profound of the seasons in terms of its meaning, promise, inspiration and experiences. It is the season of new starts and ideas bursting from the ground like the return of grass, daffodils and cherry blossoms.

Spring signifies coming out of the darkness. We've tipped the balance from longer nights to longer days. We call the first day of spring the vernal equinox, the latter word meaning "equal night." We may be halfway between eggnog and ice cream, but after the equinox, we are living more in the light.

– By Stephanie Tyburski for The Boston Globe

There's even some science to the joy of spring. Research suggests that for many people, the extended daylight boosts mood, well-being and energy. Dopamine – a neurotransmitter associated with attention, motivation, pleasure and mood – seems to increase with more exposure to sunlight.

It's also the time for spring cleaning and ridding your life of detritus, those things you don't need anymore and maybe some bad spirits. Decluttering has its own mental and metaphoric benefit.

Forget January resolutions. In some cultures and traditions, the start of spring is the start of the new year. It's a great time to draw a line in the sand and renew those long-term goals you may have already let slip. It's time to declare a fresh start!

Because spring is as old as the planet, ancient religious traditions have evolved around its meaning. Spring is rebirth after the long death of winter, and traditional cultures didn't take the return of food and better weather for granted. They prayed for it.

The luck-infused Chinese New Year is celebrated after the second full moon after the winter solstice

(Cont. inside)

**"Flowers don't worry about when they're going to bloom—they just open up and turn towards the light, and that's what makes them beautiful."**

– Jim Carrey

