

# In The Spotlight

## Robert Austin



Robert Austin has been a resident at Blaire House of Worcester since February of 2021. Robert is a pleasant, soft spoken and mild mannered person. Robert worked as maintenance personnel for Christopher House in

Worcester for 30 years and was loved by his coworkers, some of whom are still connected with him to this day. Besides work, Robert loves movies and playing video games.



### BEAUTY/BARBER SHOP:

Our hairdresser/barber is Jemma Hanna. Barbershop hours are every first Saturday of the month.

Hairdresser hours are every Monday beginning at 2:00 PM and Thursday beginning at 9:45 AM.

### WEEKLY SPIRITUAL:

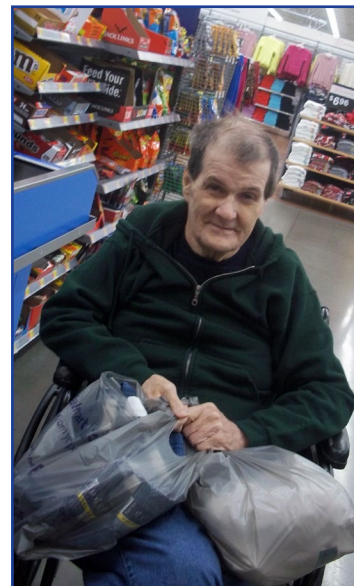
Catholic Mass is every Friday morning at 10:00 AM and every Sunday morning at 10:00 AM.

## BACK TO NORMAL

Things are slowly coming back to the way they used to be. The Blaire House Garden Club has come back in a big way. With the help of Amy Gronus, the residents have a vegetable garden once again. The garden has been out of commission since last summer due to the onset of COVID-19. The residents along with Amy have planted zucchini squash, tomatoes, cucumbers, strawberries and dill. The residents enjoy watering the gardening every day.



*Leticia working in the vegetable garden early this summer.*



*Steve had a successful shopping outing!*

## Blaire House of Worcester

116 Houghton Street • Worcester, MA 01604

Tel 508.791.5543 • Fax 508.755.2505

[www.elderservices.com](http://www.elderservices.com)

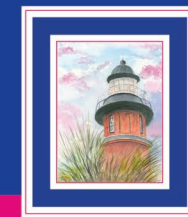
### DIRECTORY

Executive Director: Faith Bandama  
Director of Nursing: Cheryl Singh  
Staff Development Coordinator:  
Business Office Manager: Michelle Sloan  
Human Resources: Erica Aye  
Social Worker: Debra MacDonald  
Activity Director: Charleen Forbes  
Admissions Coordinator: Carrie Webster  
Plant Maintenance: Robert Carpenter  
Food Service Director: Edwin Rodriguez  
Housekeeping/Laundry: Jose Martinez

*Family Owned & Operated*

### EXTENSION

3300  
3301  
3362  
3306  
3307  
3319  
3305  
5232  
3303  
3302  
3304



# HIGHLIGHTS

*Blaire House of Worcester*

SENIOR CARE NEWSLETTER

SUMMER 2021



# COFFEE is CULTURE



Jo Ann B. and Robert A. at our coffee social.

## HISTORY AND ADAPTATION

Today, coffee is one of the world's most highly traded commodities. According to the National Coffee Association, coffee is the most consumed beverage aside from water. For most people, coffee gets the day started and then continues to get us through the day. So how did the beverage grow into the cultural phenomenon it is today?

Legend has it coffee was discovered centuries ago by an Ethiopian farmer, Kaldi, who observed his goats eating the coffee cherries and exhibiting strange and exuberant behavior. All of a sudden, they were full of energy! After the stimulating effect was discovered, coffee cherries and their beans began being passed across the globe. The beverage spread, gaining popularity. Different regions around the world began growing and cultivating coffee. In the 1600s, coffee took over as the favored breakfast beverage, replacing wine and beer. In the 1700s, coffee and tea were equally favored in the U.S.

However, this dynamic changed when the events of the Boston Tea Party made it unpatriotic to drink tea.

Source: <https://www.communitycoffee.com/blog/detail/coffee-is-culture>

Tea was boycotted, and coffee became the substitute of choice, an effect that has had a lasting impression to this day.

## MODERN DAY CONSUMPTION

Today, coffee has become an important part of societal norms. The "coffee break" during working hours helps sustain energy throughout the day. At home, it's a focal point for entertaining. It creates a social ambiance. There's nothing like reminiscing with friends over a good cup of coffee. A day of entertaining family often winds down with the familiar smell of coffee brewing in the kitchen.

Coffee drinkers love to socialize over their favorite drinks of choice, which expanded beyond simply brewed coffee to also include specially-crafted espresso drinks. Coffee houses have been around for more than 500 years, but the explosion of coffee house locations since the 1990s is undeniable. Culture is inherently infused in coffee, and coffee houses help create the coffee culture experience.

**"There shall be an eternal summer in a grateful heart."**

— Celia Thaxter

