

LIVING WELL MONTHLY

Celebrating community, care, and connection



 **Read Ahead & Win!** Answer the trivia question below for a chance to win 4 Red Sox tickets!

We're excited to welcome you to Wingate at Silver Lake's first edition of Living Well Monthly.

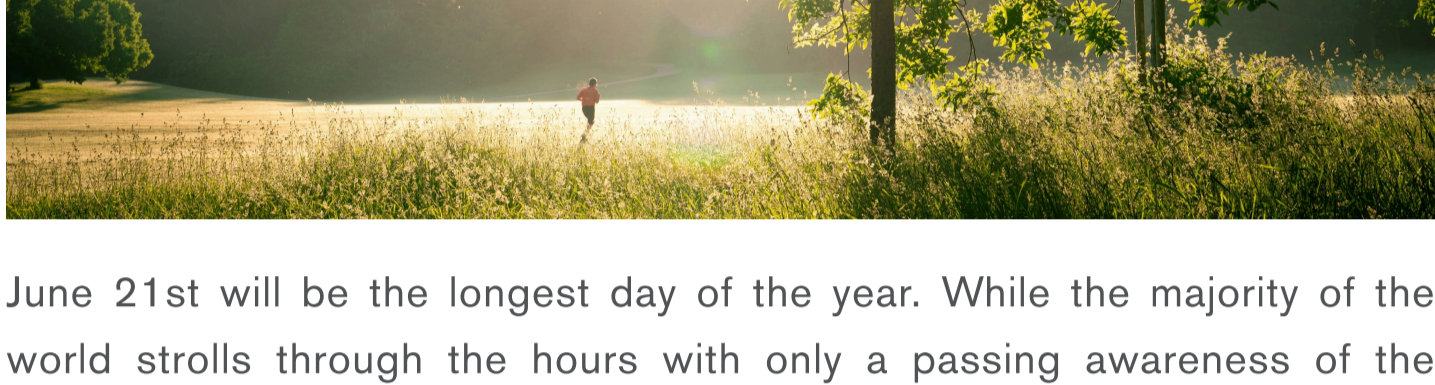
Founded by the Schuster family over 40 years ago, we strive to see every resident like family, focusing on care that leads with respect, compassion, and dignity. Set on a comprehensive campus that includes Independent Living, Assisted Living, and Memory Care options, our premier skilled nursing facility was designed specifically to provide custom care to everyone who steps through our doors, no matter the need.

Turn to Living Well Monthly for your chance to connect with dedicated community members working to make life better for those in need, and for the latest developments in Skilled Nursing from the expert team at Wingate Living.

We have availability on our short-term rehab floor as well as our long-term care floor. Connect with us to learn about options for resident care.



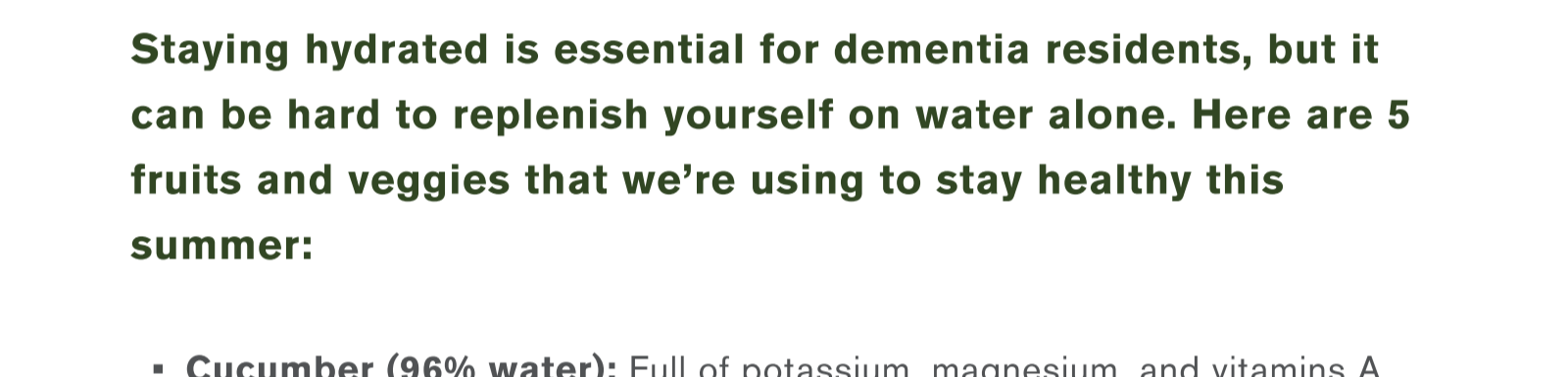
THE IMPORTANCE OF THE SUMMER SOLSTICE FOR ALZHEIMER'S RESIDENTS



June 21st will be the longest day of the year. While the majority of the world strolls through the hours with only a passing awareness of the increased light, those facing Alzheimer's disease see an extra spark of hope in those slower fading rays of sun. Designated as "The Longest Day" event by the Alzheimer's Association, people from around the world are encouraged to do their favorite activities while raising funds for the fight against Alzheimer's. For people living with Alzheimer's and their caregivers, the day also symbolizes the continual fight against the darkness, and the precious days when a person's former self can shine through the confusion for just a second more than before.

Wingate at Silver Lake is proud to offer two dedicated dementia units on our campus, each specially designed to provide the highest quality of comfort for residents, and a calming respite from responsibility for caregivers.

LEARN MORE ABOUT OUR DEMENTIA UNITS



SUMMER HYDRATION TIPS

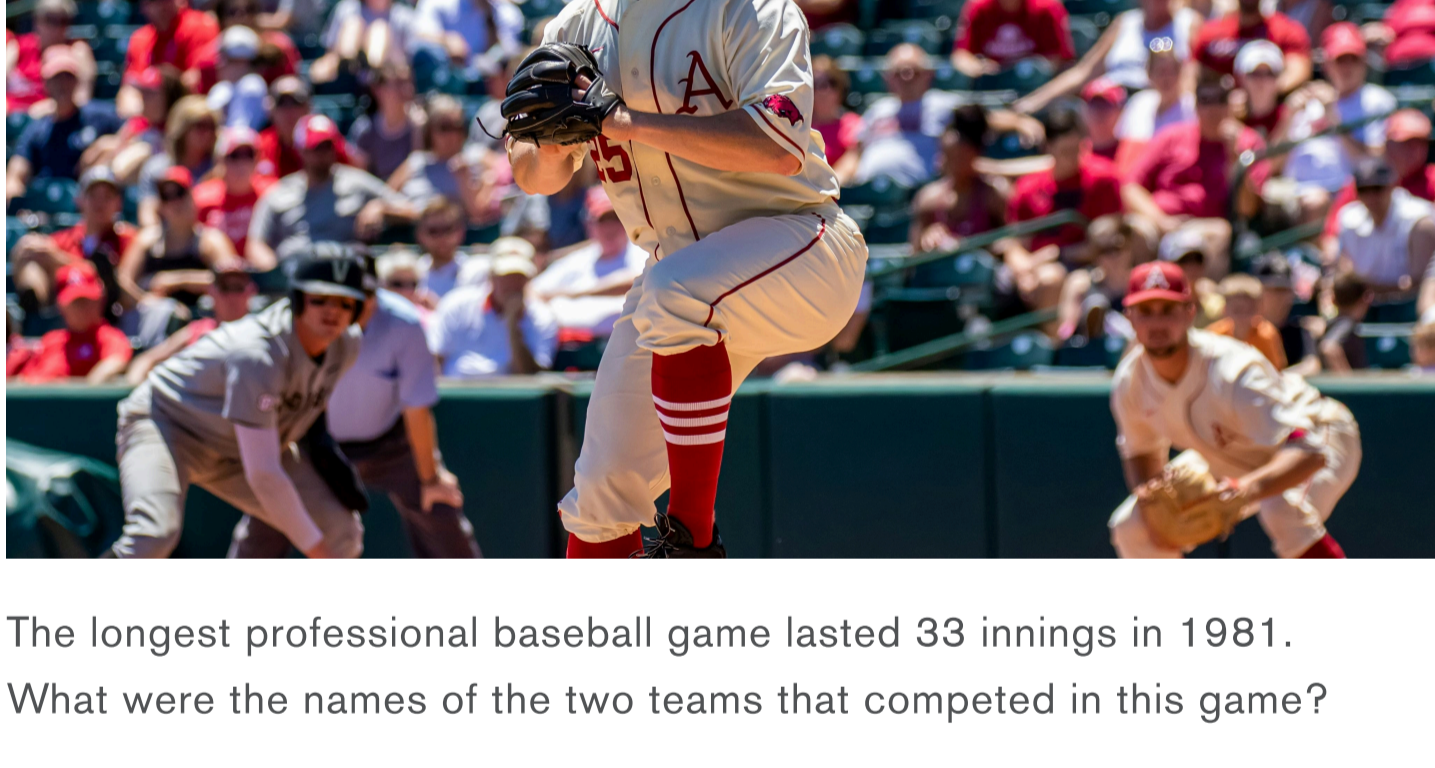
Staying hydrated is essential for dementia residents, but it can be hard to replenish yourself on water alone. Here are 5 fruits and veggies that we're using to stay healthy this summer:

- **Cucumber (96% water):** Full of potassium, magnesium, and vitamins A and K, which support skin health.
- **Celery (95% water):** High in fiber, vitamins A and K, and folate.
- **Radishes (95% water):** Rich in vitamin C and fiber.
- **Zucchini & Summer Squash (94% water):** A more filling, savory option, these vegetables also provide useful vitamins and minerals.
- **Strawberries (91% water):** A good source of fiber, Vitamin C, folate, and antioxidants that reduce inflammation.

Looking for a fun way to hydrate as the season gets hotter? Here's a collection of [our favorite popsicle recipes](#) that go beyond your average frozen fruit juice. The Lemonade Popsicles are a favorite here at Wingate.



MONTHLY TRIVIA: BASEBALL SEASON

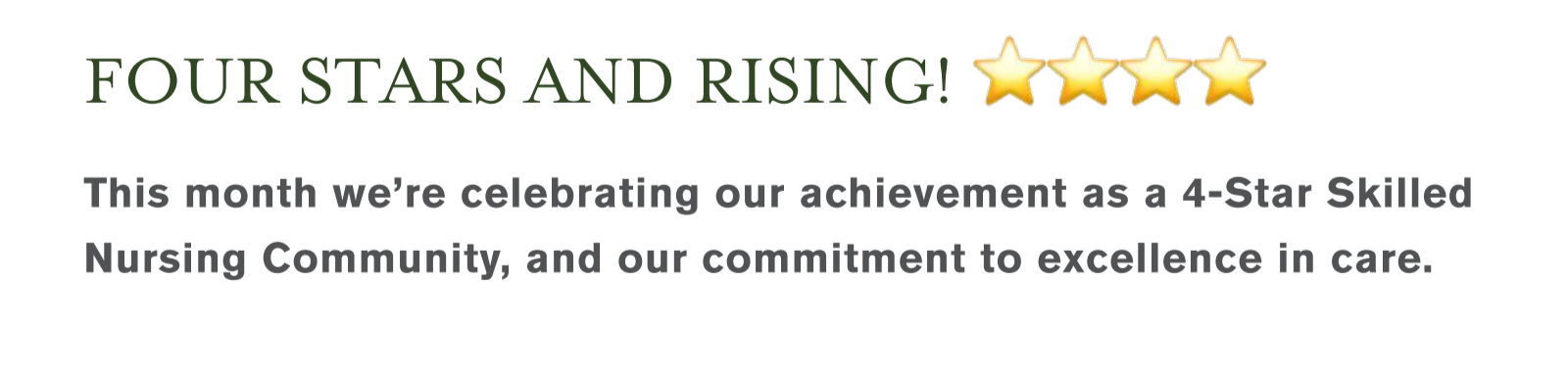


The longest professional baseball game lasted 33 innings in 1981. What were the names of the two teams that competed in this game?

Respond for a chance to be entered into a drawing for 4 Red Sox tickets against the Washington Nationals.

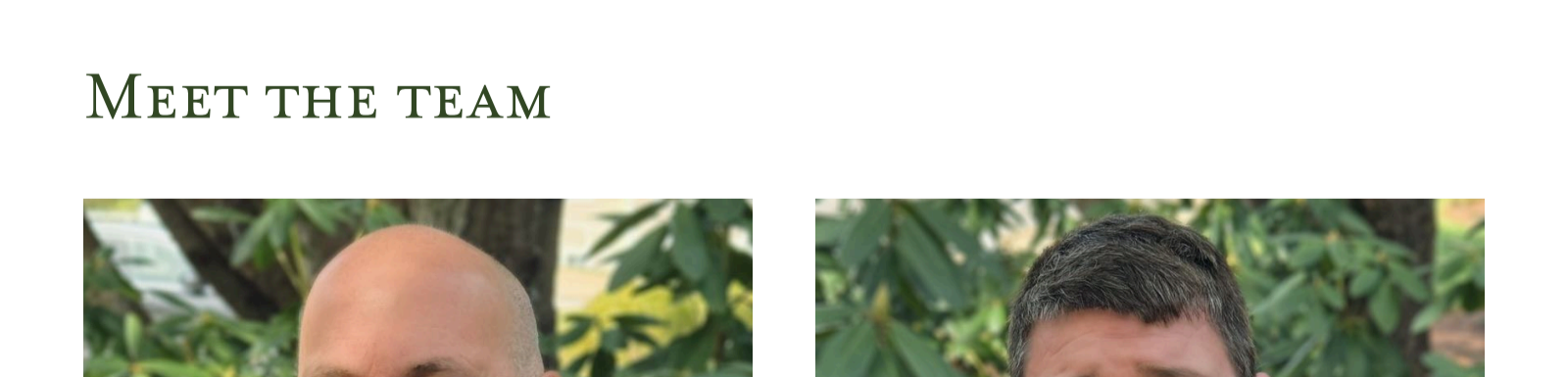
- Tuesday, June 30, 2026 | 7:10 PM
- All tickets are behind home plate, amazing seats!

SUBMIT ANSWER

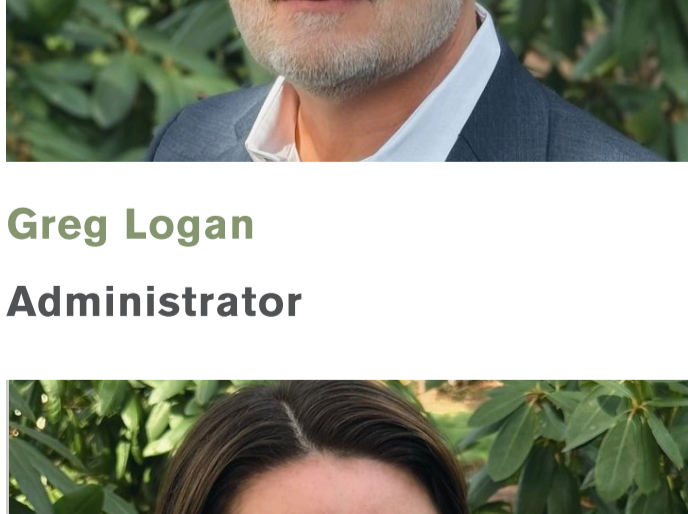


FOUR STARS AND RISING!

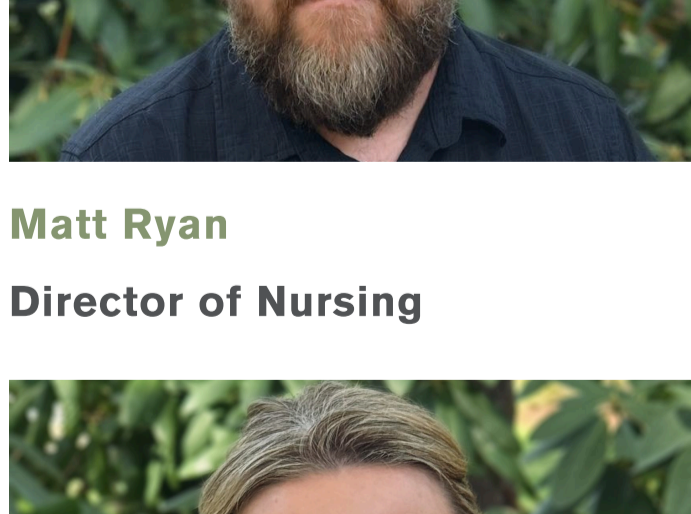
This month we're celebrating our achievement as a 4-Star Skilled Nursing Community, and our commitment to excellence in care.



MEET THE TEAM



Greg Logan
Administrator



Matt Ryan
Director of Nursing



Karen Laffey
Director of Admissions



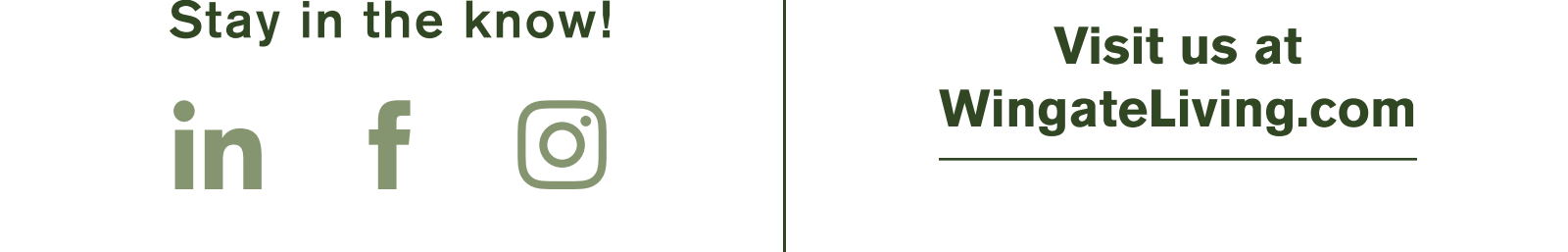
Stacey Youngworth
Director of Admissions



Call or email to refer a patient.

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