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By Carol Volpe, *Activities Director*

An Orchards' resident shines at assisted living event



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On April 11, I had the pleasure to attend the 24th Annual CALA (Connecticut Assisted Living Association) Conference and Trade Show with Stacia A., a resident of The Orchards since 2016.

Stacia was selected by Lori Pisani, executive director of an independent and assisted living community in Shelton, to participate in a resident panel discussion to share her journey that brought her to The Orchards.

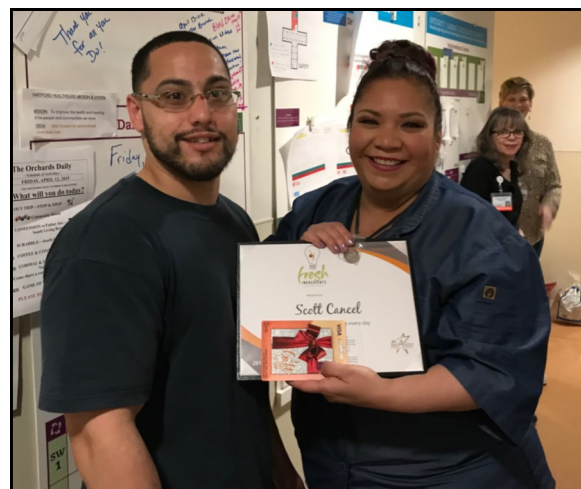
Stacia and two other resident speakers shared that journey with an audience from various communities. She displayed a wealth of knowledge regarding the health care system due to her own personal experience and decided upon The Orchards for a variety of reasons. Stacia found

See **Stacia** on page 4

Dining services employee receives 'star' recognition



The Orchards is proud of Scott Cancel, of dining services, who was recognized in April by Compass One Dietary Group for "Enriching the Lives of Seniors Every Day." This award was established through the "Be A Star Program" from Compass One Dietary Group and is distributed quarterly. Compass Dietary Managers nominate employees and submit individuals to a panel for review. Individuals are selected for their job performance, compassion and commitment to residents.

Scott has been with The Orchards for six years and definitely exhibits these behaviors daily. In recognition, he received a plaque and gift card from Claribel Fraser, the director of food services. The Orchards residents and staff are very proud of Scott's well-deserved recognition. Congratulations, Scott!



Scott Cancel, left, and Claribel Fraser show award.

Calendar Subject To Change

Sunday	Monday	Tuesday	Wednesday
<p>LEGEND Comm Rm.= Community Room SL= South Living Room NL= North Living Room CK= Country Kitchen Ver.DR=Veranda Dining Room WO= Wellness Office 3rd Floor Pr.Din.Rm= Private Din.Rm Highlighted =Out Trips</p>			
<p>2 10:00 Mass/Communion -SL 2:00 Plainville Wind Ensemble Spring Concert 3:00 Coffee Hour CK</p>	<p>3 10:30 "GET FIT"- Comm Rm 1:00 CHORALEERS Comm Rm 1:30 Bridge Club -Ver. DR 2:30 BINGO -Comm Rm 3:15 Coffee Hour -CK 6:30 NETFLIX MOVIE -SL</p>	<p>4 9:30 Non-Denom.Serv. -SL 11:00 Knitting/Crochet -SL 1:15 "Get Fit" -Comm Rm 1:30 Wellness Clinic -WO 2:00 Airborne Trio -SL 3:00 Happy Hour Comm Rm 6:30 BINGO - Comm Rm</p>	<p>5 9:30 ROSARY -Pr D 10:30 "GET FIT" -C 12:00 Men's Group 1:00 Gouveia Vineyard 3:30 Veterans Coff 6:30 NETFLIX MO 6:30 Set Back—NL</p>
<p>9 10:00 Mass/Communion -SL 2:00 Ice Cream Social -CK 3:00 Coffee Hour -CK</p>	<p>10 10:30 "Get Fit"-Comm Rm 1:00 CHORALERS—Comm Rm 1:30 Bridge Club- Ver.DR 2:30 BINGO—Comm Rm 3:15 Coffee Hour—CK 6:30 NETFLIX MOVIE—SL</p>	<p>11 9:30 Non-Denom.Serv.-SL 11:00 Knittng/Crochet -SL 1:15 "Get Fit" -Comm Rm 1:30 Wellness Clinic -WO 2:00 Hollywood w/Jared -Comm.Rm. 3:00 Happy Hour-ComRm 6:30 BINGO- Comm.Rm.</p>	<p>12 9:30 ROSARY- Pr.D 10:30 "Get Fit"- Co 2:00 Noodle/Ball -C 6:30 NETFLIX MO 6:30 Set Back- NL</p>
<p>16 FATHER'S DAY 10:00 Mass/Communion-SL 2:00 Ice Cream Social -CK 3:00 Coffee Hour—CK</p>	<p>17 10:30 "GET FIT"-CommRm. 1:00 CHORALEERS-Com.Rm 1:30 Bridge Club-Ver DR 2:30 BINGO- CommRm. 3:15 Coffee Hour—CK 6:30 NETFLIX MOVIE -SL</p>	<p>18 9:30 Non-Denom.Serv -SL 11:00 Knitting/Crochet-SL 12:00 Starplex Movies 1:15 "Get Fit"- Comm.Rm. 1:30 Wellness Clinic -WO 3:00 Happy Hour—Pub 6:30 BINGO—Mac Tonight</p>	<p>19 9:30 ROSARY-PrDi 10:30 "GET FIT"-C 1:30 Watercolors w CommRm 2:30 Food Talk w/C CommRm 6:30 NETFLIX MO 6:30 Set Back- NL</p>
<p>23 10:00 Mass/Communion-SL 2:00 Music Sophistication CommRm 3:00 Coffee Hour—CK</p> <hr/> <p>30 10:00Mass/Communion-SL 2:00 Ice Cream Social—CK 3:00 Coffee Hour—CK</p>	<p>24 10:30 "Get Fit"-SL 1:00 No Choraleers 1:30 Bridge Club-VerDR 2:30 BINGO-MacIntosh DR 3:15 Coffee Hour-CK 6:30 NETFLIX MOVIE-SL</p>	<p>25 9:30 Non-Denom.Serv -SL 11:00Knitting & Crochet-SL 1:15 "Get Fit"- CommRm. 1:30 Wellness Clinic-WO 2:00 Orchards Cooks -CK 3:00 Happy Hour -CommRm. 6:30 BINGO-Mac Tonight 6:30 Genealogy Grp. CommRm.</p>	<p>26 9:30 ROSARY—PrD 10:30 "GET FIT" Co 2:00 Resident Coun CommRm 3:00 Beltone Heari 6:30 So.Arts&Craf 6:30 NETFLIX MO 6:30 Set Back—NL</p>

	Thursday	Friday	Saturday
	2019		1 10:00 "Get Fit" Video -ComRm 11:00 ROSARY -Pr Din.Rm 1:15 Movie Matinee-Comm Rm 3:00 Happy Hour—Pub 3:15 Coffee Hour -CK 6:30 BINGO -Comm Rm
Din.Rm Comm Rm Lunch- Pub cards Fee Hour -Pub VIE—SL	6 1:15"Get Fit—SL 2:00 Craft w/Carol -CommRm 3:00 Happy Hour -Comm Rm 6:30 BINGO—Comm Rm	7 10:00 Stop & Shop 1:45 BINGO—Comm Rm 2:00Scrabble—SL 3:15 Coffee Hour -CK 6:30 Cordial/Trivia -NL 6:30 Poker -NL	8 10:00 "Get Fit" Video—ComRm 11:00 ROSARY—PrDinRm 1:15 Movie Matinee—CommRm 3:00 Happy Hour—Pub 3:15 Coffee Hour- CK 6:30 BINGO—CommRm
DinRm Comm Rm. Comm.Rm VIE-SL	13 9:30 Massage w/Lindsey- Pr.Din.Rm 1:15 "Get Fit"-SL 2:00 Piano w/Arlene -SL 3:00 Happy Hour- CommRm. 6:30 BINGO- Comm Rm	14 <u>FLAG DAY</u> 8:00 Veteran Breakfast and Wall Ceremony- Comm.Rm 10:00 Stop & Shop 1:45 BINGO- CommRm 2:00 Scrabble -SL 3:15 Coffee Hour -CK 6:30 Cordial/Trivia-NL 6:30 Poker- NL	15 10:00"Get Fit" Video-CommRm 11:00 ROSARY- PrDinRm 1:15 Movie Matinee-CommRm 3:00 Happy Hour-Pub 3:15 Coffee Hour- CK 6:30 BINGO- CommRm.
nRm omm Rm w/Paul - Claribel - VIE -SL	20 1:15 "Get Fit"- SL 2:00 June Birthday Party w/Pierce—CommRm 3:00 Happy Hour- CommRm. 6:30 BINGO- CommRm.	21 <u>SUMMER BEGINS</u> 10:00 Stop & Shop 11-1 BBQ Lunch Outdoors 1:45 BINGO- CommRm. 3:15 Coffee Hour-CK 6:30 Cordial/Trivia-NL 6:30 Poker-NL	22 10:00 "Get Fit" Video-ComRm 11:00 ROSARY -PrDinRm 1:15 Movie Matinee -Com.Rm. 3:00 Happy Hour- Pub 3:15 Coffee Hour-CK 6:30 BINGO- CommRm.
DinRm ommRm cil— ng -PrDin.Rm t -CommRm VIE—SL	27 12:30 Sunshine—SL 1:15 "Get Fit: - SL 2:00 Music w/Elaine- SL 3:00 Happy Hour—CommRm 6:30 BINGO—CommRn	28 10:00 Stop & Shop 12:00 Book Club Lunch-Pub 1:45 BINGO—CommRm 3:15 Coffee Hour -CK 6:30 Cordial/Trivia—NL 6:30 Poker—NL	29 10:00 "GET FIT"Video-ComRm 11:00 ROSARY—PrDinRm 1:15 Movie Matinee-CommRm 3:00 Happy Hour—Pub 3:15 Coffee Hour—CK 6:30 BINGO—CommRm.

The Orchards at Southington



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Stacia continued from page 1

our community gave her the privacy she needed at the time. She praised the staff for their devotion to all residents emphasizing, "The Orchards was the best thing I ever did," and selected her apartment due to one option it provided: great closet space!

Stacia noted that people are different with how they transition to a new community. She said that some adjustments take six days while others may take six weeks or six months but "It is home." Stacia commented that The Orchards has a traditional look and feel which she enjoys while others were becoming too modern. She called The Orchards "aesthetically pleasing."

I was honored and proud to assist Stacia who was poised and graceful in sharing her journey and thank her for her participation in spending a wonderful day with me!



For our latest news and photos, visit us on Facebook!

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