

May 2019/Vol. 5, No. 5

By Carol Volpe, Activities Director

## LeadingAge CT presents Caring Hands Award to a certified nursing assistant

Samantha Mifflin, CNA, has worked at The Orchards for less than one year but she has already made a big difference in residents' lives. On April 8 she was honored with a Caring Hands Award by LeadingAge Connecticut. She and other CNAs from across the region received their awards at a luncheon that was held at the Aqua Turf Club, emceed by Scot Haney of WFSB-TV.

"The Caring Hands Award is a recognition of the contribution that nursing aides provide in enhancing the quality of life for older adults. The focus is on honoring those who exemplify the highest standards of compassion, commitment and excellence in caregiving," according to LeadingAge Connecticut.

LeaAnn Blanchard, The Orchards executive director, nominated

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Sandy Ingriselli, RN, director of nursing, left, congratulates Samantha Mifflin, CNA, on her Caring Hands Award.

## Easter donation



Residents Stacia A. and Anna L. deliver Easter goodies to Janet Mellon of Southington Community Services with Carol Volpe, activities director. Thank you, everyone, for your kindness!




## Spring brings exciting events

Spring has sprung at The Orchards and we have planned some exciting events, new programs and opportunities for our residents beginning in May! On May 10, we will hold our Annual Mother's Day Tea outside on the patio for all our Orchards ladies. It will feature some yummy desserts created by our kitchen supervisor, Claribel Fraser, along with entertainment and surprises.

Beginning May 9, residents will have the opportunity for massage therapy with Lindsey DellaVecchia. Lindsey has been a massage therapist for 13 years and is the owner and operator of A Moment Away Day Spa in Southington. She is proficient in chair massage and

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# MAY 2019

| Sunday   | Monday  | Tuesday  | Wednesday   |
|--|---|--|---|
| <p><b>LEGEND</b><br/>           Comm Rm.= Community Room<br/>           SL= South Living Room<br/>           NL= North Living Room<br/>           CK= Country Kitchen<br/>           Ver.DR=Veranda Dining Room<br/>           WO= Wellness Office 3rd Floor<br/>           Pr.Din.Rm= Private Din.Rm<br/>           Highlighted = Out Trips</p> |   |  | <p><b>1</b><br/>           9:30 ROSARY -Pr.<br/>           10:30 "Get Fit"- Co<br/> <b>1:30 Hubbard Park</b><br/>           6:30 NETFLIX MO<br/>           6:30 Set Back -NL<br/>           6:45 G.Scout Night</p>  |
| <p><b>5</b><br/>           10:00 Mass/Communion -SL<br/>           2:00 Flute Choir Comm Rm.<br/>           2:00 Ice Cream on sticks<br/>           Comm Rm.<br/>           3:00 Coffee Hour CK</p>  | <p><b>6</b><br/>           10:30 "GET FIT"- Comm Rm<br/>           1:00 CHORALEERS Comm Rm<br/>           1:30 Bridge Club -Ver. DR<br/>           2:30 BINGO -Comm Rm<br/>           3:15 Coffee Hour -CK<br/>           6:30 NETFLIX MOVIE -SL</p>  | <p><b>7</b><br/>           9:30 Non-Denom.Serv. -SL<br/>           LESLIE JEWELRY—SL<br/>           11:00 Knitting/Crochet -SL<br/>           1:15 "Get Fit" -Comm Rm<br/>           1:30 Wellness Clinic -WO<br/>           2:00 Broadway Dance Show<br/>           Comm Rm.<br/>           3:00 Happy Hour Comm Rm<br/>           6:30 BINGO - Comm Rm</p> | <p><b>8</b><br/>           9:30 ROSARY -Pr D<br/>           10:30 "GET FIT" -C<br/>           12:00 Men's Group<br/>           3:30 Veterans Coff<br/>           6:30 NETFLIX MO<br/>           6:30 Set Back—NL</p>  |
| <p><b>12</b> <u>Mother's Day</u><br/>           10:00 Mass/Communion -SL<br/>           3:00 Coffee Hour -CK</p>    | <p><b>13</b><br/>           10:30 "Get Fit"-Comm Rm<br/>           1:00 CHORALERS—Comm Rm<br/>           1:30 Bridge Club- Ver.DR<br/>           2:30 BINGO—Comm Rm<br/>           3:15 Coffee Hour—CK<br/>           6:30 NETFLIX MOVIE—SL</p>   | <p><b>14</b><br/>           9:30 Non-Denom.Serv.-SL<br/> <b>10:00 Tree Shop &amp; Lunch</b><br/>           11:00 Knitting/Crochet -SL<br/>           1:15 "Get Fit" -Comm Rm<br/>           1:30 Wellness Clinic -WO<br/>           2:00 Noodle/Ball SL<br/>           3:00 Happy Hour-CommRm<br/>           6:30 BINGO- Comm.Rm.</p>                        | <p><b>15</b><br/>           9:30 ROSARY- Pr.D<br/>           10:30 "Get Fit"- Co<br/>           1-6pm BLOOD DRI<br/>           6:30 NETFLIX MO<br/>           6:30 Set Back- NL</p>   |
| <p><b>19</b><br/>           10:00 Mass/Communion-SL<br/>           2:00 Ice Cream Social -CK<br/>           3:00 Coffee Hour—CK</p>  | <p><b>20</b><br/>           10:30 "GET FIT"-CommRm.<br/>           1:00 CHORALEERS-Com.Rm<br/>           1:30 Bridge Club-Ver DR<br/>           2:30 BINGO- CommRm.<br/>           3:15 Coffee Hour—CK<br/>           6:30 NETFLIX MOVIE -SL</p>  | <p><b>21</b><br/>           9:30 Non-Denom.Serv -SL<br/>           11:00 Knitting/Crochet-SL<br/>           1:15 "Get Fit"- Comm.Rm.<br/>           1:30 Wellness Clinic -WO<br/>           2:00 Orchards Cooks -CK<br/>           3:00 Happy Hour—Pub<br/>           6:30 BINGO—Mac Tonight</p>   | <p><b>22</b><br/>           9:30 ROSARY-PrDi<br/>           10:30 "GET FIT"-C<br/>           2:00 Birthday Party<br/>           Comm.Rm<br/>           3:00 Beltone Heari<br/>           6:30 NETFLIX MO<br/>           6:30 Set Back- NL<br/>           6:30 So.Arts &amp; Cra</p> |
| <p><b>26</b><br/>           10:00 Mass/Communion-SL<br/>           2:00 Ice Cream Social -CK<br/>           3:00 Coffee Hour—CK</p>  | <p><b>27</b><br/> <br/>           8:15 Memorial Day Ceremony<br/>           10:30 "Get Fit"-Cancelled<br/>           1:00 CHORALEERS-Cancelled<br/>           1:30 Bridge Club-VerDR<br/>           2:30 BINGO-CommRm.<br/>           3:15 Coffee Hour-CK<br/>           6:30 NETFLIX MOVIE-SL</p> | <p><b>28</b><br/>           9:30 Non-Denom.Serv -SL<br/>           11:00Knitting &amp; Crochet-SL<br/>           1:15 "Get Fit"- CommRm.<br/>           1:30 Wellness Clinic-WO<br/>           2:00 Food Talk—CommRm.<br/>           3:00 Happy Hour -CommRm.<br/>           6:30 BINGO-Mac Tonight<br/>           6:30 Genealogy Grp. CommRm.</p>           | <p><b>29</b><br/>           9:30 ROSARY—PrD<br/>           10:30 "GET FIT" C<br/>           1:30 Sunshine Comr<br/>           2:00 Resident Coun<br/>           6"30 NETFLIX MO<br/>           6:30 Set Back—NL</p>   |

|   | Thursday   | Friday   | Saturday   |
|---|--|--|--|
| Din.Rm<br>mm Rm<br><b>Daffodils</b><br>VIE -SL<br><br>-Comm Rm            | <b>2</b><br>1:15 "Get Fit" -SL<br>2:00 Phrase Game -NL<br>3:00 Happy Hour- Comm Rm<br>6:30 BINGO -Comm Rm                                      | <b>10:00 Stop &amp; Shop</b><br>1:45 BINGO -Comm Rm<br>2:00 Scrabble -SL<br>3:15 Coffee Hour -CK<br>6:30 Cordial/Trivia -NL<br>6:30 Poker -NL                                  | <b>4</b><br>10:00 "Get Fit" Video -ComRm<br>11:00 ROSARY -Pr Din.Rm<br>1:15 Movie Matinee-Comm Rm<br>3:00 Happy Hour-Pub<br>3:15 Coffee Hour -CK<br>6:30 BINGO -Comm Rm  |
| Din.Rm<br>Comm Rm<br>Lunch- Pub<br>Fee Hour -Pub<br>VIE-SL                | <b>9</b><br>9:30-10:30 Massages -Pr.DinRm<br>1:15"Get Fit-SL<br>2:00 Patriotic Craft -CommRm<br>3:00 Happy Hour -Comm Rm<br>6:30 BINGO-Comm Rm | <b>10</b><br><b>10:00 Stop &amp; Shop</b><br>1:30 Mother's Day Tea<br>Outside Patio<br>1:45 BINGO-Comm Rm<br>3:15 Coffee Hour -CK<br>6:30 Cordial/Trivia -NL<br>6:30 Poker -NL | <b>11</b><br>10:00 "Get Fit" Video-<br>ComRm<br>11:00 ROSARY-PrDinRm<br>1:15 Movie Matinee-CommRm<br>3:00 Happy Hour-Pub<br>3:15 Coffee Hour- CK<br>6:30 BINGO-CommRm    |
| DinRm<br>mm Rm.<br>VE-Comm Rm.<br>VIE-SL                                  | <b>16</b><br>1:15 "Get Fit"-SL<br>2:00 Old Time Fiddlers ComRm<br>3:00 Happy Hour- CommRm.<br>6:30 BINGO- Comm Rm                              | <b>17 National Pizza Day</b><br><b>10:00 Stop &amp; Shop</b><br>1:45 BINGO- CommRm<br>2:00 Scrabble -SL<br>3:15 Coffee Hour -CK<br>6:30 Cordial/Trivia-NL<br>6:30 Poker- NL    | <b>18</b><br>10:00"Get Fit" Video-<br>CommRm<br>11:00 ROSARY- PrDinRm<br>1:15 Movie Matinee-CommRm<br>3:00 Happy Hour-Pub<br>3:15 Coffee Hour- CK<br>6:30 BINGO- CommRm. |
| nRm<br>ommRm<br>y w/John<br><br>ng-Pr.Din.Rm<br>VIE -SL<br><br>ft-CommRm. | <b>23</b><br>1:15 "Get Fit"- SL<br>2:00 Music w/Paul -CommRm.<br>3:00 Happy Hour- CommRm.<br>6:30 BINGO- CommRm.                               | <b>24</b><br><b>10:00 Stop &amp; Shop</b><br>12:00 Book Club Lunch-Pub<br>1:45 BINGO- CommRm.<br>3:15 Coffee Hour-CK<br>6:30 Cordial/Trivia-NL<br>6:30 Poker-NL                | <b>25</b><br>10:00 "Get Fit" Video-ComRm<br>11:00 ROSARY -PrDinRm<br>1:15 Movie Matinee -Com.Rm.<br>3:00 Happy Hour- Pub<br>3:15 Coffee Hour-CK<br>6:30 BINGO- CommRm.   |
| DinRm<br>ommRm<br>nittee SL<br>cil-CommRm<br>VIE-SL                       | <b>30</b><br>1:15 "Get Fit: - SL<br>2:00 Music w/After All<br>CommRm<br>3:00 Happy Hour-CommRm<br>6:30 BINGO-CommRn                            | <b>31</b><br><b>10:00 Stop &amp; Shop</b><br>1:45 BINGO-CommRm<br>2:00 Scrabble-SL<br>3:15 Coffee Hour -CK<br>6:30 Cordial/Trivia-NL<br>6:30 Poker-NL                          | <b>Calendar<br/>subject<br/>to change</b>  |

# The Orchards at Southington



Connect to healthier.™

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## **Caring** continued from page 1

Samantha for the honor. “Sam gives every resident special attention, making them feel dignified and important. She adapts her duties to meet the residents’ needs and treats them with respect and dignity,” LeaAnn wrote in the nomination. “Sam emulates devotion, empathy and kindness each day, making her an exceptional caregiver.”

Five other CNAs representing Hartford HealthCare Senior Services were also honored.

Congratulations, Samantha! You and our other CNAs truly enhance the quality of life for The Orchards’ residents.

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medical massage along with many additional modalities. Sessions will be by appointment and approximately 10-15 minutes. There is a small fee.

May will bring Zumba Gold with Paula. This will be a 30-minute seated Zumba group session. Great way to keep fit while having loads of fun!

On May 15, we will take in a New Britain Bees Stadium morning game against the Lancaster Barnstormers. Play ball!

On Memorial Day, May 27, we will hold our annual ceremony. An honor guard of American Legion, Post 72 veterans will present and hang the flag along with a brief ceremony at our circle by the main entrance. Join us to remember those who sacrificed for our country.

# The Orchards at Southington



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For more information, call  
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