

November 2019/Vol. 5, No. 11

By Carol Volpe, Activities Director

Dining director inspired by mom, her kitchen and his passion for food

Just a few weeks before our annual resident/family outdoor picnic which hosts more than 200 people, Lou Roca joined The Orchards staff as our new Director of Dining Services. Not only did he have a new facility, staff and kitchen to familiarize himself with, he was now looking at a huge undertaking with our picnic just a short time away.

But Lou didn't come unraveled or frazzled; he immediately jumped in and quickly embraced the opportunity to help plan, prepare and execute a wonderful afternoon of delicious foods and desserts that was enjoyed by everyone.

He exhibits enthusiasm and excitement for what he loves to do. Lou gets his inspiration and passion for food from his mother with whom he spent many hours in the kitchen learning, eating and just having fun.

Lou started his culinary education in a local Port Chester, New York, Italian restaurant where he began as a pot washer working his way through every position in the kitchen. See **Dining** on page 4



The Orchards spotlights residents' talents



Joseph Y. and his wooden vehicles

Residents at The Orchards in Southington decided to showcase their many hobbies, talents and creativity for this year's "National Assisted Living Week."

Each year, a week in September is designated with a theme and this year's theme was "Creativity." At this year's event, 20 residents displayed some of the original work.

Joseph Y., a retired employee for the Southington Highway Department, showcased his incredible wood working of heavy duty payloaders, dump trucks and more that he created from scrap pallets. Even the tires and tracks were made of wood. Betty


T. displayed her beautiful hand-stitched needlepoint and quilted bedspread, which took five years to complete. Peggy T. proudly

featured her pencil and painted portraits. A phenomenal quilter, Deanna S., showcased her quilting of bedspreads, table runners and wall hangings. Kay G. and Isabelle D. featured their hand-painted depictions of barns and floral arrangements.

Walter H. proudly shared his years as a B-24 fighter pilot for the U.S. Air Force

See **Exhibit** on page 4

November 2019 Month

Sunday	Monday	Tuesday	Wednesday
<p>*Check the daily for activity locations*</p>		<p><i>Calendar subject</i></p> 	
<p>3 10:00 Mass/Communion 2:00 Ice Cream Social</p>	<p>4 10:30 "GET FIT" 1:00 CHORALEERS 1:30 Bridge Club 1:30 Mah-Jongg 101 1:30 Scrabble 1:30 Michael's Craft Store 2:30 BINGO 3:15 Coffee Hour</p>	<p>5 <u>Election Day</u> 9:30 Non-Denom. Serv. 11:00 Knit,Crochet,Looping 1:15 "Get Fit" 1:30 Wellness Clinic 3:00 Happy Hour 6:30 BINGO</p>	<p>6 9:30 ROSARY 10:00 Christmas T lunch 10:30 "GET FIT" 3:00 Rummikub 6:30 Movie Time 6:30 Setback</p>
<p>10 10:00 Mass/Communion 2:00 Music w/Paul Kulas</p>	<p>11 <u>Veterans Day</u> 10:30 "GET FIT" 1:00 CHORALEERS 1:30 Bridge Club 1:30 Mah-Jongg 10 1:30 Scrabble 2:30 BINGO 3:15 Coffee/Crosswords w/Heidi 6:30 Movie Time</p>	<p>12 9:30 Non-Denom. Serv. 11:00 Knit,Crochet,Looping 1:15 "Get Fit" 1:30 Wellness Clinic 2:00 Music w/Jon Condie <u>Patriotic Theme</u> 3:00 Happy Hour 6:30 BINGO</p>	<p>13 9:30 ROSARY 10:30 "GET FIT" 12:00 Men's Group 2:00 Thanksgiving 3:00 Rummikub 3:30 Veterans Coff 6:30 Movie Time 6:30 SHS Veterans 6:30 Setback</p>
<p>17 10:00 Mass/Communion 1:00 CCSU Concert 2:00 Pumpkin Ice Cream Social</p>	<p>18 10:30 Walmart 10:30 "GET FIT" 1:00 CHORALEERS 1:30 Bridge Club 1:30 Mah-Jongg 101 1:30 Scrabble 3:15 Coffee Hour 6:30 BINGO 6:30 Movie Time</p>	<p>19 9:30 Non-Denom. Serv 11:00 Knit,Crochet,Looping 1:15 "Get Fit" 1:30 Wellness Clinic 2:00 Music w/Bill N.. 3:00 Happy Hour 6:30 BINGO</p>	<p>20 9:30 ROSARY 10:30 "GET FIT" 2:00 Cake Pops w/L 3:00 Rummikub 6:30 Movie Time 6:30 Setback</p>
<p>24 10:00 Mass/Communion 2:00 Ice Cream Social</p>	<p>25 10:30 "GET FIT" 1:00 CHORALEERS 1:30 Bridge Club 1:30 Mah-Jongg 101 1:30 Scrabble 3:15 Coffee Hour/Mandalas 6:30 BINGO 6:30 Movie Time</p>	<p>26 9:30 Non-Denom. Serv. 11:00 Knit Crochet Looping 1:15 "GET FIT" 1:30 Wellness Clinic 1:30 Food Talk w/Lou 2:30 BINGO 7:00 Genealogy Group</p>	<p>27 9:30 ROSARY 10:30 "GET FIT" 2:15 Resident/St Meeting 3:00 Beltone Hear 3:00 Rummikub 6:30 Southington A 6:30 Movie Time—</p>

Family Happenings



Wednesday	Thursday	Friday	Saturday
<p><i>ect to change</i></p> 		<p>1</p> <p>10:00 Stop & Shop 1:45 BINGO 2:00 Scrabble/Rummikub 3:15 Coffee & Games 6:30 Cordials/Trivia</p>	<p>2</p> <p>10:00 "GET FIT" Video 11:00 ROSARY 1:45 Movie Matinee 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO</p>
<p>Free Shop &</p>	<p>7</p> <p>10:30 Slots Ball w/Heidi 1:15 "GET FIT" 2:00 "The Business of Fighting" w/Arnie Pritchard (letters home from WW II) 3:00 Happy Hour 6:30 BINGO</p>	<p>8</p> <p>10:00 Stop & Shop 1:45 BINGO 2:00 Scrabble 2:00 Rummikub 10:00 Holiday cards for Active Military 6:30 Cordials/Trivia</p>	<p>9</p> <p>10:00 "GET FIT" Video 11:00 ROSARY 1:45 Movie Matinee 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO</p>
<p>Luncheon Placemats Happy Hour Musical Concert</p>	<p>14</p> <p>10:30 Slots Ball 10:30 Wadsworth Museum of Art 1:15 "GET FIT" 3:00 Happy Hour 6:30 BINGO</p>	<p>15</p> <p>10:00 Stop & Shop 10:00 Diabetes Month With Sandy 1:45 BINGO 2:00 Scrabble 2:00 Rummikub 6:30 Cordial/Trivia</p>	<p>16</p> <p>10:00 "GET FIT" Video 11:00 ROSARY 1:45 Movie Matinee 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO—<i>Veranda D.R.</i></p>
<p>Flour</p>	<p>21</p> <p>10:30 Slots Ball w/ Heidi 12:30 Sunshine Committee 1:15 "GET FIT" 2:00 November Birthdays w/Airborne Trio 3:00 Happy Hour 6:30 BINGO</p>	<p>22</p> <p>10:00 Stop & Shop 12:00 Book Club Luncheon 1:45 BINGO 2:00 Scrabble 2:00 Rummikub 3:15 Coffee & Crosswords 6:30 Cordial/Trivia</p>	<p>23</p> <p>10:00 "GET FIT" Video 11:00 ROSARY 1:45 Movie Matinee 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO</p>
<p>Staff Council Dinner Arts & Craft S.Liv. Rm.</p>	<p>28</p> 	<p>29</p> <p>10:00 Stop & Shop 1:45 BINGO 2:00 Scrabble 2:00 Rummikub 3:15 Coffee Hour 6:30 Cordial/Trivia</p>	<p>30</p> <p>10:00 "GET FIT" Video 11:00 ROSARY 1:45 Movie Matinee 3:00 Happy Hour 3:15 Coffee Hour 6:30 BINGO</p>

The Orchards at Southington



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The next 18 years brought him to a private drug and alcohol rehabilitation facility in New Canaan, Connecticut where he began as their sous chef working his way up to their kitchen department head. He began working as an Assistant Director for Compass Group 15 years ago and continues to be a part of Hartford HealthCare team now working at The Orchards.

Since our two dining rooms have been renovated, Lou plans on making some appealing table-setting changes that our residents will surely enjoy. In the kitchen he is mastering some new fall and winter meal changes along with beginning a monthly “Teaching Kitchen” event which involves resident volunteers to help prepare food items to share with an audience of The Orchards residents.

“I look forward to making meals that are most enjoyable,” Lou stated. “It is important for our residents to have that experience.”

Executive Director LeaAnn Blanchard states, “Lou’s addition to The Orchards has been well received by residents and staff. With his experience in senior living, we look forward to enjoying his creativity.”

Exhibit from page 1

with a photo of the plane and many newspaper articles representing his years of service.

These are just a few examples of the wonderful talent our Orchards residents have achieved. We are extremely proud of them.

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For more information, call
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