

September 2018/Vol. 4, No. 9

By Carol Volpe, Activities Director

## Christine Solimini-Swift joins mission trip to bring eye care to Lakota

**O**n her one-week mission trip to South Dakota in June, Christine Solimini-Swift, exercise physiologist at The Orchards at Southington, was impressed by the herds of roaming bison, the majestic thunderheads, threat of tornadoes and the 50-foot-tall stainless steel sculpture, “Dignity,” of an indigenous woman that honors Lakota and Dakota women. But to Christine, nothing was as impressive as the strength and resilience of the Lakota people she met on the Rosebud Indian Reservation, an officially recognized Native American reservation that measures more than 1,000 square miles in south-central South Dakota. Christine was a member of a 37-person Native Eyes team organized through Artists For World Peace, based in Middletown, which provided free eye clinics serving nearly 1,300 individuals.



Above: Christine Solimini-Swift, exercise physiologist at The Orchards, explains the dangers of sugar to Robert Moreno, who lives on the Rosebud Indian Reservation in South Dakota.

The program, which was hosted by Sinte Gleska University, a four-year private American Indian tribal college, was held in memory of Chief Luciano Perez, the uncle of Wendy Black-Nasta, founder of Artists for World Peace.

This was the first year that Native Eyes traveled to South Dakota. Volunteers were from Connecticut, Florida, New York and Colorado. Artists For World Peace has offered the same eye care program in Tanzania for 10 years. Many of the Native Americans had never received eye care before and were found to have astigmatism and other eye problems. More than 1,000 eyeglass prescriptions were written. The oldest patient was 92 and the youngest was a preschooler.

The team also

See **Mission** on page 4



Photos © Claudia Paul and Artists for World Peace - NATIVE EYES © 2018  
Above: The Lakota dancers prepare to perform.

**Sunday(s)**

10:00am CATHOLIC MASS - Channel 11 TV and Communion  
Community Room  
3:00pm SETBACK  
South Living Room  
3:15pm COFFEE & Conversation  
Country Kitchen  
6:30pm CARDS  
Country Kitchen

**Monday(s)**

10:30am "GET FIT" w/Christine  
Community Room  
1:00pm CHORALEERS Practice  
Community Room  
1:30pm BRIDGE CLUB  
Veranda Dining Room  
2:30pm BINGO  
Community Room  
3:15pm COFFEE & Conversation  
Country Kitchen  
6:30pm CARDS  
Card Corner

**Tuesday(s)**

9:30am Non-Denom SERVICE w/ Pastor Victoria Triano  
South Living Room  
1:15pm "GET FIT" w/Christine  
Community Room  
1:30pm WELLNESS CLINIC  
3rd Floor Wellness Office  
3:00pm HAPPY HOUR -PUB  
6:30pm CARDS  
Country Kitchen  
6:30pm BINGO  
Community Room or MacIntosh Dining Room


**Wednesday(s)**

9:30am ROSARY  
South Living Room  
10:30am BIBLE STUDY  
w/ Rev. Bro. Private Dining Room  
10:30am "GET FIT"  
Community Room  
6:30pm SETBACK  
North Living Room

**PLEASE REGISTER FOR OUT TRIPS WITH OUR RECEPTIONIST**  
**September 2018**

Events listed on the top of calendar functions at The Orchards. Residents in schedule or location. All residents to attend OUT TRIPS. Trips are weather dependent.

2  
2:00pm  
Ice Cream Social  
Country Kitchen




3



4  
2:00pm  
1964/65 New York World's Fair Presentation w/Jason  
Community Room




5  
3:00pm  
Resident/Staff Meeting  
Community Room




9  
2:00pm  
Ice Cream Social  
Country Kitchen




10 NATIONAL ASSISTED LIVING WEEK



1:30pm OUT TRIP WALMART




11  
CAPTURING THE 1940s DAY



12 12:00pm Men's Group Luncheon The Pub  
1:30pm Fall Craft w/Laure-Jo  
Community Room  
CAPTURING THE 1950s DAY

16  
2:00pm  
Ice Cream Social  
Country Kitchen



17  
1:00pm Choraleers Begins  
Community Room  
2:30pm Scrabble  
South Living Room




18  
1-6pm BLOOD DRIVE  
Community Room  
2:00pm Orchards Cooks  
Country Kitchen




19  
1:00pm Food Talk w/C  
Community Room



23 2:00pm Music w/Jim Sheehan—Comm. Room




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30  
2:00pm  
Ice Cream Social  
Country Kitchen



24



25  
2:00pm Music w/Les Julian  
South Living Room  
6:30pm Genealogy  
Community Room

Bingo in Macintosh tonight

26 1:30pm Downtown "The Weddings"—Community Room  
1:30pm Sunshine C  
2:00pm Blankets for South Living Room




6:30pm Southington Crafts - Community Room

(s)	Thursday(s)	Friday(s)	Saturday(s)
Room DY wn ing Room w/Chris y Room Room	1:15pm "Get Fit" w/Christine South Living Room 3:00pm HAPPY HOUR - Pub 6:30pm CARDS Country Kitchen 6:30pm BINGO Community Room	9:45am OUT TRIP - Stop & Shop 1:45pm BINGO Community Room 3:15pm COFFEE & Conversation Country Kitchen 6:30pm CARDS Country Kitchen 6:30pm CORDIALS & Conversation w/Trivia South Living Room 6:30pm POKER South Living Room	10:00am "GET FIT" Video Community Room 11:00am ROSARY GROUP Private Dining Room 1:15pm MOVIE MATINEE Community Room 3:00pm HAPPY HOUR in PUB 3:15pm COFFEE & Conversation Country Kitchen 6:30pm CARDS Country Kitchen 6:30pm BINGO Community Room

are regularly scheduled weekly  
s will be notified of any change  
s are welcome and encouraged  
her permitting.


Welcome  
**SEPTEMBER**  
be sweet!



1  
10:00am  
"Get Fit" with Video  
Community Room  
  
1:15pm  
Movie Matinee 

6  
2:00pm  
Music w/Don Szamier  
Community Room  




7  
10:15  
Laughter w/LeaAnn  
Community Room   
1:15pm  
Noodle/Balloon Volleyball  
South Living Room  


8  
10:00am  
"Get Fit" w/video  
Community Room   
1:15pm  
Movie Matinee  
Community Room  


13  
2:00pm  
CAPTURE THE MOMENT  
RESIDENT VIDEO  
w/refreshments  
Community Room  



14  
CAPTURING THE  
1970s DAY  
  
6:30pm  
S'mores by campfire  
w/Carol 

15  
11:30am  
THE ORCHARDS  
20th Anniversary  
Family Picnic  
Lots of food, fun and  
entertainment for the  
entire family!  
JOIN US!   


20  
2:00pm  
September Birthday Party  
w/Jose Paulo  
Community Room  
  


21  
10:15am  
Laughter w/LeaAnn  
Community Room   
1:15pm  
Noodle/Balloon Volleyball  
South Living Room  


23  
10:00am  
"Get Fit" w/video  
Community Room   
1:15pm  
Movie Matinee  
Community Room  


27  
1:30pm  
Downton Abbey  
"The Weddings" continues  
Community Room  


28  
10:15am  
Laughter w/LeaAnn  
Community Room   
1:15pm  
Downton Abbey  
"The Weddings" Conclusion

29  
10:00am  
"Get Fit" w/video  
Community Room   
1:15pm  
Movie Matinee  
Community Room  


# The Orchards at Southington



Connect to healthier.™

34 Hobart St., Southington, CT 06489  
860-628-5656  
[southingtonorchards.org](http://southingtonorchards.org)

## Mission from page 1

offered health information, exercise classes, art activities and face painting for children and distributed sunglasses, socks and stuffed animals.

Christine, as health educator, shared information about nutrition, fitness, stress management and other health issues.

Many of the health problems can be attributed to the poverty, lack of availability to fresh fruit and vegetables, and the high consumption of sugary drinks. During the week she identified two people who were not monitoring their diabetes nor using insulin – they were referred for further medical care.

“I was in disbelief of the poverty – highest unemployment rate in the country and the suicide rate is one of the highest. Nine out of 10 don’t have a job. Some live 15 to 20 people in a 20-by-30-foot space. It is hard to believe this happens in our country,” Christine reflected. Yet the people were humble, grateful and very appreciative.

Many moments touched her – from the opening blessings and closing ceremony to the daily personal greeting from Dr. Lionel Bordeaux, university president for more than 40 years. Each night she and the others were treated to cultural programs. She was particularly moved by the “giveaway” on the final evening, giving a special offering to someone she bonded with. She felt privileged when she was asked to present food to Chief Leonard Crow Dog.

“I am glad I went – it was an amazing experience. It took me a week to process,” Christine said. “It was heartwarming and heartbreaking.”

## The Orchards to celebrate 20th anniversary with Family Picnic

Families of The Orchards residents: Come help us celebrate The Orchards 20th Anniversary on Saturday, Sept. 15, from 11:30am-2pm. Join us for our outdoor barbeque with lots of delicious food, live entertainment with The Elderly Brothers, photo booth, Valentine the Clown, raffles and much, much more! Please RSVP to the front desk or call 860.628.5656.

Let’s celebrate!