



April 2019

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Mulberry Gardens resident celebrates 100th birthday

Resident Clara Duksa was looking and feeling snappy on March 14 during her 100th birthday party – matter of fact, she was snapping her fingers to “King of the Road” while entertainer Mick Iarrusso performed the 1960s hit.

Clara was indeed “Queen for the Day” as friends and family gathered in Mulberry Gardens’ River Room for her celebration. Many people waited to take their turn to dance with her and pose for photos. Some sang with her, “Sto lat! Sto lat! Niech zyje, zyje nam...,” a Polish song traditionally sung on birthdays and other special occasions.

She proudly displayed the congratulatory certificate she received from the White House. “Your American century is a proud part of our nation’s remarkable story,” it read in part.

Among the well-wishers were her son, Richard, and daughter-in-law, Susan, who said that her many years of living on the family farm may be key to her longevity.

A New Britain native, Clara and her husband Zigmon “Ziggy” met at a friend’s wedding and were married for 55 years before he died in 2008. They established Oak Bluff Farm on



Clara Duksa, celebrating her 100th birthday, poses for a photo op with her son, Richard and daughter-in-law Susan.

See **Birthday** on page 2

Ms. Senior Mulberry Gardens Pageant set for June 14

Mulberry Gardens is already planning for the Ms. Senior Mulberry Gardens Pageant! This year’s event will be held Friday, June 14.

Residents of Mulberry Gardens and members of the Adult Day Center or Mulberry Gardens at Marian Heights are welcome to participate in the much-loved gala celebrating women aging gracefully. There is no charge to participate or attend.

For more information, see Donna Johnson, activities director, or call her at 860.276.1020.

April Birthdays

Residents

Helen E. April 5
Doug N. April 9
Eva Panariti April 15
Dora D. April 16
Louise R. April 21

Adult Day Center

Marcy F. April 3
Viny L. April 7
Nancy H. April 9
Marge F. April 20
Pearl P. April 23

Marian Heights Adult Day Center

Maria K. April 9

Birthday continued from page 1

West Street where they first raised cows and developed a dairy business delivering and selling milk in the area. They later transitioned to thoroughbred horses - breeding, raising and boarding horses that ran on major race tracks from Maine to Florida. Though the interstate divided the parcel and a portion was sold to establish Southington Executive Park, son, Richard, and his wife Susan still farm a portion.



Above: Anna J. and Clara D. pose for a photo portrait. The two women met at Mulberry Gardens.

In addition to raising the family, including Richard and Thomas, and helping out with the family business, Clara had her own secretarial career in well-known businesses such as Landers, Frary and Clark, Grenby Manufacturing, New Britain General Hospital, and Pratt and Whitney. Her career had actually started in the Bureau of Public Relations at the Pentagon in Washington D.C. The couple loved traveling and spent 30 winters in Puerto Rico.

She said she enjoys living at Mulberry Gardens, which she moved to in December 2010, because of the freedom it allows her. She enjoys her friends and among her hobbies are taking walks.

“Everything is done for you. I have nothing to worry about,” she said. She recommends 20 minutes of stretching exercises which she does before rising each day. Her advice? “Keep your mind and body active.”



Left: Richard Duksa takes his mother out for a spin on the dance floor.

April Events

April 2

1:30 p.m. Entertainment with Tom Stankus (T-Bone)

April 5

3:30 p.m. Presentation with Jared Day on High Point of Silent Film

April 12

1:30 p.m. Music with East Chicago Joe

April 17

1:30 p.m. Entertainment with Ashly Cruz

April 18

1:30 p.m. Music Therapy with Maggie

April 20

1:30 p.m. Easter Egg Hunt with Family & Friends

April 23

10:30 a.m. Slide Show Presentation with Roger Hart

April 30

6 p.m. Entertainment with Tom Alvord

SNAPSHOTS: Mulberry Gardens makes memories

We started March with a fun Mardi-Gras party with entertainment provided by Nick and Nancy. Chef Peter Fescue prepared a New Orleans-style meal that included chicken gumbo, shrimp and chicken jambalaya, white rice, mixed vegetables and Bananas Foster with vanilla ice cream. We also enjoyed Ponchki, a Polish doughnut, on Fat Tuesday! The Mulberry Gardens residents always look forward to them every year.

We also enjoyed a lovely Irish show with the Carchie family featuring singing, bagpipes and the Irish jig. It felt like we were in Ireland! The Carchie family certainly gave a wonderful performance.



Left: Peter Fescue, director of dining services, leads a cooking demonstration where participants learned to make spring rolls.



Right: Entertainer Ashly Cruz croons some tunes at the Adult Day Center.



Above: Marylen H. dances to the festive music celebrating Tropical Week at Marian Heights Adult Day Center.



Left: Residents proudly display the mugs they painted for St. Patrick's Day. From left are, Mary Ann T., Theresa P., Eileen P. and Marge S.

Mulberry Gardens of Southington



Connect to healthier.™

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Handling the stress and emotions of caregiving

Caring for a person with
dementia is often an
emotional
“whirlwind.”

A free program,
“Handling the
Stress and
Emotions of
Caregiving,” will
be held



Thursday,
April 11, 4 p.m., to give
insights into emotional
coping strategies that
caregivers need. The event
will be held at Mulberry
Gardens of Southington, 58
Mulberry St. Presenter
Thomas Finn, PhD., clinical
psychologist, will discuss
topics including: identifying
major causes of stress in
caring for a person with
dementia; understanding how
thinking styles can intensify
stress reactions; learning
concrete tools for managing
physical health and
emotional well-being; and
more.

Light refreshments will be
served. Seating is limited and
registration is required. To
RSVP, call Mulberry Gardens,
860.276.1020.

Respite care available at support group

Living with Alzheimer’s disease or a related memory
disorder can be challenging for families and caregivers.
Mulberry Gardens offers a free support group for families
and caregivers on the second Tuesday of every month,
10:30 to 11:30 a.m. The next session will be April 9.

Facilitators provide suggestions, community support and
a safe environment to listen or share thoughts and
feelings. Jenn Doty, social worker, leads the group. Respite
care for loved ones in our Adult Day Center is available
with prior notice. To register or arrange care, call Marie
Terzak, retirement counselor, at 860.276.1020.