



A monthly newsletter dedicated to our residents and family members.

August 2018

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Mulberry Gardens provides educational setting for therapy interns

Mulberry Gardens residents and occupational therapy students are having the unique opportunity to form intergenerational relationships this summer through an internship program with Quinnipiac School of Health Sciences, a division of Quinnipiac University in Hamden.

“This wonderful group of interns is assisting with the implementation of activities by facilitating programs, encouraging socialization and enhancing their daily living experiences,” said Donna Johnson, Mulberry Gardens activities director. There have been two groups of the fifth-year interns thus far, each serving six weeks, seven hours each weekday.

Each intern has developed a small group to engage residents in reminiscing, embrace their present life and get to know each other. Kristy Latella’s group was centered on building interactions using icebreakers such as “Life Experience Bingo” where participants cover



The first group of interns receive a warm farewell from Gino M.

game squares with phrases such as “I walked to school” or “I can play a musical instrument.”

Latella, who was first interested in studying physical therapy in college, said she likes the interaction with the residents on a personal level. Her goal is to bring out the individuals who may be shy and get them involved in knowing their neighbors and forming relationships.

Stephanie Hoang, who first studied medicine, transferred to occupational therapy because she saw the one-on-one opportunities. She said she is interested in working in either end of the age spectrum – newborns or geriatric. Hoang is settling in and enjoying getting to know each resident and their life experiences. Her focus group

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August Birthdays

Residents

Shirley F.	Aug. 13
Marie S.	Aug. 13
Marjorie M.	Aug. 17
Monica C.	Aug. 21
Jacqueline H.	Aug. 23
Barbara P.	Aug. 27
Helen M.	Aug. 28

Adult Day Center

Perfecto N.	Aug. 5
Diane P.	Aug. 5
Marcia M.	Aug. 7

Marian Heights

Janis A.	Aug. 11
Celia H.	Aug. 16
Jose L.	Aug. 17
Sharon G.	Aug. 18
Reno B.	Aug. 29
Wiktoria W.	Aug. 30

August Events

Aug. 7

6 p.m. Entertainment with Tom Callinan

Aug. 15

1:30 p.m. Music with Joe Cadena, "East Chicago Joe"

Aug. 16

1:30 p.m. Music Therapy with Maggie

Aug. 22

2 p.m. Civil War program with "Bob the History Guy"

Aug. 24

1:30 p.m. Summer Party with Entertainment provided by Jose Paulo

Aug. 29

10:30 a.m. Roger Hart Presentation on "Alaska"

Mulberry Gardens celebrates nursing assistants

In June, Mulberry Gardens celebrated National Nursing Assistants Week with activities and special events devoted to the excellent care our caregivers provide to our residents on a daily basis. We had a visit from the ice-cream truck and enjoyed entertainment. The nursing staff also had several treats; candy bar station, special breakfast along with gifts throughout the week. Thank you for all you do! You inspire us!



Certified nursing assistants join in the festivities honoring the work they do.

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made collages illustrating their interests or things they've done. They've also watched movie clips and reminisced. "We discussed how the past shapes who they are today," she said.

Student Sydney Barnes said she sees how occupational therapy can make a difference in a person's life. Personally the experience has fostered her own creativity as she individualizes the programs. "I like to know what brings meaning to them, things they like to do, their daily routine, finding a life balance," she said. "I like to focus on the many things they can still do."



An intern dances with resident Peggy B. at a jazz concert held at the New Britain Museum of American Art.

"This has been a great learning experience for all of us. Not only do the students gain knowledge and experience from their interns but they also share new innovative ideas with us," Johnson said. "We are thankful to Quinnipiac for choosing our community. The relationships built and memories created will last a lifetime."

Be sure to "like" us on Facebook to keep

n-cutting on Thursday, Aug. 2 at 2 p.m.

Fine time in the summertime

Residents and members of the Mulberry Gardens and Marian Heights adult day programs have visited the beach, attended our own car show, celebrated Father's Day, joined in in-house entertainment as well as attended summer concerts at Southington Care Center and downtown Music on the Green. And the summer fun has only just begun!



Above: Resident Loretta L. meets a kid held by Jessie Ouellette, activities assistant.



Residents and family members gather for a Father's Day luncheon.



Singer Ashley Cruz croons a tune to Wendell M.

up with our latest photos and activities!

Mulberry Gardens of Southington

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Respite care available during caregivers 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 (except December) from 10:30 to 11:30 a.m. Facilitators provide suggestions, community support and a safe environment to listen or share thoughts and feelings. Jenn Doty, BSW, Mulberry Gardens social worker, leads the group.

Upcoming sessions will be Tuesdays, Aug. 14. and Sept. 11

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.

GoodLife Fitness ribbon-cutting!

Thursday, Aug. 2, 2 p.m.

Recently our GoodLife Fitness Center was upgraded - new equipment, new carpet, new paint - all to provide the optimum environment for exercise. GoodLife Fitness is an individualized exercise program designed to enhance strength, stamina, balance and mobility as well as reduce the risk of falls and injuries. Exercise can increase independence, build self-esteem and offer socialization. The project was funded by the Bradley H. Barnes & Leila U. Barnes Memorial Trust of the Main Street Community Foundation.

Stop by our ribbon-cutting to meet Michele Boisvert, Mulberry Gardens' exercise physiologist, and learn more about GoodLife Fitness!

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