



A monthly newsletter dedicated to our residents and family members.

December 2019

Vol. 5, No. 12

Mulberry Gardens welcomes Daphne Lagasse, new dining director

In this article, Daphne Lagasse, MS, Mulberry Gardens' new dining director, writes about her career path to our community.

After graduating high school in Connecticut, I attended Trinity College in Burlington, Vermont and studied social work. During my undergraduate education I completed two internships, one at Child Protective Services and the other at Crisis Services. After graduation I worked as a case manager for Child Protective Services in Burlington, Vermont. Then for over 10 years, I worked in a variety of front line state social work positions and crisis community mental health positions.

I moved to North Carolina in 1995 and continued my social work career, but also started to



See **Dining** on page 2 Dining Director Daphne Lagasse stirs soup to be served for lunch.



Halloween Hijinks

As we prepare for the holidays, we look back at Halloween shenanigans at Mulberry Gardens. Many residents and staff donned costumes including our "Grease" celebrities. More photos on page 2.

Register today with our receptionist f

Halloween Festivities

December Birthdays

Residents

Florence P. Dec. 11
Janice B. Dec. 16
Ninon D. Dec. 21
Marie D. Dec. 25
Alice H. Dec. 27

Adult Day Center

Bob S. Dec. 2
Jan M. Dec. 3
Rick R. Dec. 12
Lena C. Dec. 26



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Left: Modeling their Play-Doh costumes are, clockwise from upper left, Rita V., Debbie D., Pat I. and Beatrice M. The women won the Best Group Costume prize.



Below: One of the pumpkin contest winners was Jane C. who helped create a cowboy which received the prize for funniest. Other categories were scariest and most original.

Dining from page 1

dabble in cooking. I began getting work as a prep cook for restaurants and catering companies. I discovered I loved making food and as a result, making people happy. (As a social worker, this was a major bonus point.) I continued on this culinary path for over 20 years in North Carolina. I worked full- and part-time for a high-end catering company in Chapel Hill, opened my own catering company, worked for a number of great restaurants, and opened and ran my own restaurant.

After over 20 years in the culinary business, my desire was to combine my two careers. Food is happiness, satisfaction and healing. This is when I pursued a passion for the healthcare side of the business. When I applied as a part-time cook at a hospital, I was encouraged to apply for the executive chef position at Duke Raleigh Hospital. I did, was hired and started my path in healthcare. When I moved back to Connecticut,

I got a job as executive chef at another hospital where I was in charge of the culinary services for patient services, retail, catering and off-site culinary management.

I found that in this position, I was too busy managing all the areas of my department, and my availability to connect with patients was extremely limited. My original goal was to work closely more with patients, customers, residents and guests regarding their diets and food we prepare and serve. I began looking for an avenue that would foster and support this important goal and passion.

I believe senior living is a perfect opportunity to connect with residents and strive to make the food in their home healthy, delicious and appealing. I'm so excited to have the opportunity to work as the dining director for Mulberry Gardens and strive to make their three meals a day something they will thoroughly enjoy.

For our December 8 Holiday Brunch!

Snapshots of life at Mulberry Gardens

Autumn has featured a variety of activities for residents and members of the Adult Day Center including a train ride to see fall foliage and special in-house events.

Right: Veterans enjoy a special luncheon in their honor on Veterans Day.



Right: Marcia J., of the Adult Day Center, visits the New England Carousel Museum in Bristol.



Below right: Mulberry Gardens residents and staff enjoy the music at the Veterans Day concert held at Southington High School.

Below: During a trip to Thomaston Railroad, visitors pose as scarecrows at the pumpkin patch. They are, clockwise from top, Donna Johnson, Debbie D., Adrienne Junget and Jeanne H.



News from Mulberry Gardens

Holiday Toy Drive Underway

Mulberry Gardens of Southington is partnering with Southington Care Center and The Orchards at Southington in collecting unwrapped new toys for Southington Community Services from Nov. 18 to Dec. 10. Valentine the Clown will take her voyage to the North Pole on Dec. 12 so be sure to drop off your gift before then. The collection box is located in the lobby. Thank you!

Volunteers welcome!

Mulberry Gardens is looking for volunteers who would like to work with our residents and members of the Adult Day Center. Activities may include assistance with recreation, events, arts and crafts, evening bingo and more.

Questions? Call Donna Johnson, activities director, at 860.276.1020.

Mulberry Gardens of Southington



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December Events

Dec. 8

10:30 a.m. & 1 p.m.

Holiday Brunch

- Please RSVP to
the receptionist.

Debbie, the
harpist, will
entertain at

10:30am and the
Barber Shop Quartet at
2pm.



Dec. 10

1:30 p.m. Entertainment
with John Paolillo

Dec. 17

6 p.m. Music with Tom
Alvord

Dec. 19

10:30 a.m. Slide Show
presentation on, "Winter
Dreams" with Roger Hart

Dec.31

1:30 p.m. New Year's Party
with Jose Paulo

Dementia support group open to families and caregivers

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 (Dec. 10) of every month, 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, 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.