



*A monthly newsletter dedicated to our residents and family members.*

February 2019

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## Mulberry Gardens of Southington recaps 2018

**S**o hard to believe yet another year has come upon us. The memories gathered throughout the year are ones we will hold onto forever. Some of our most precious moments from 2018 included Christine DeCarlo, winning the 2018 Ms. Senior Mulberry Gardens title; Bob Bradley being recognized for his volunteer efforts; Ziggy Galka receiving a Wartime Service Medal; and Robert McNulty for being honored in the Meriden Hall of Fame.



Jacquelyn Gaulin

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Looking back at 2018: The newly renovated GoodLife Fitness Center opens on Aug. 2 with an official ribbon-cutting.



Bob Bradley



Christine DeCarlo



Robert McNulty



Ziggy Galka and Wayne Rioux

## February Birthdays

### Residents

Mary B.	Feb. 3
Joan T.	Feb. 3
Lothar S.	Feb. 6
Catherine L.	Feb. 10
Jane C.	Feb. 12
Mary M.	Feb. 18
Rosemary T.	Feb. 19
Anna J.	Feb. 20
Helen C.	Feb. 24
Katherine T.	Feb. 24
Natalie P.	Feb. 24



### Adult Day Center

Joy P.	Feb. 20
Elaine G.	Feb. 19

### Marian Heights

Filomena W.	Feb. 24
Susan L.	Feb. 27

## February Events

### Feb. 3

**1:30 p.m.** Super Bowl Party



### Feb. 5

**1:30 p.m.** Entertainment with T- Bone

### Feb. 7

**10:30 a.m.** Hawaiian Slide Show Presentation by Roger Hart

### Feb. 14

**3 p.m.** Valentine's Party with entertainer, John Paolillo

### Feb. 21

**1:30 p.m.** Music Therapy with Maggie



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## SNAPSHOTS: Mulberry Gardens memories



Valentine the Clown, third from left, engages staff in some holiday frivolity when she stopped by to pick up holiday gifts donated to Southington Community Services.



Family and friends congratulate Mulberry Gardens resident Loretta Lafreniere, seated, on her 98th birthday. She moved to Mulberry Gardens in 2017. Happy birthday, Loretta!

## 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 Feb. 12.

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.

## Mulberry Gardens welcomes Jennifer Petrozza

Mulberry Gardens is pleased to welcome Jennifer Petrozza as our new nurse designee. Jennifer worked six years as a nurse, first working as an LPN at Stone Academy and then receiving her RN degree from Goodwin College.

The role of the RN designee is to work with the nursing team to deliver services such as providing assessments on a regular period to ensure proper care is being provided. "I love working with the senior population because they deserve to live fantastic lives after all they have done for us," Jennifer said. "They offer wonderful stories about their pasts that I find invaluable to my future."

Jennifer has lived in Newington all her life. She has two children, Emily, 24, and Lauren, 20. Volunteering as a basketball coach and a PTA volunteer for 12 years gave Jennifer much pleasure, she said.



## Ring in the New Year - Times Square style

Mulberry Gardens' New Year's party was a big success! Watching the ball and balloon drop as we counted down to the New Year was so exciting!

Thanks to Janice B., a resident of our community, and Donna Johnson for creating this year's decorative ball. Janice - once an art teacher - was very proud of her work. We hope to use our dazzling ball for many years to come.



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Let's not forget about the grant we received for our GoodLife Fitness Center from the Bradley H. Barnes & Leila U. Memorial Trust of the Main

Street Community Foundation and our new executive director, Jacquelyn Gaulin, who took the helm in September. It will be exciting to see what 2019 will bring at Mulberry Gardens!

# Mulberry Gardens of Southington



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## Caregivers series focuses on dementia

Strategies and information on maintaining a healthy brain will be the emphasis of a free five-part series presented by Hartford HealthCare Center for Healthy Aging. “Dementia and Caregiving: Focusing on the Person While Understanding the Disease Progression” will be held Thursdays, Feb. 7 through March 7, 2 to 3:30 p.m., at Mulberry Gardens of Southington. Presenters will be Patty O’Brian, GDP, and Michelle Wyman, CDP, dementia specialists, of Hartford HealthCare Center for Healthy Aging, program sponsors. Participants are encouraged to attend all sessions.

Session 1: Overview of Dementia

Session 2: Basics of Good Communication and Understanding Behaviors

Session 3: Safety in the Environment and how to structure a day with activities

Session 4: Taking Care of the Caregiver and Care Options

Session 5: Legal and Financial

Seating is limited and registration is required. To RSVP, call Mulberry Gardens, 860.276.1020.



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### Write a Google review!

Now is your chance to let the world know about your personal experience with Mulberry Gardens of Southington and write a review.

It’s easy. Visit [www.google.com](http://www.google.com) and enter “Mulberry Gardens of Southington.” On the right-hand side, you will see a box labeled “Mulberry Gardens of Southington” and a blue link to where you can write your review. We’d love to hear from you! Your opinion means a lot and we thank you for sharing it.