



A monthly newsletter dedicated to our residents and family members.

February 2020

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Mulberry Gardens embraces the power of pet therapy

Anyone who has spent time with a dog or a cat knows the powerful effect they can have on people. It could be as simple as the sound of a cat's purr or the petting of an animal that can be so soothing. Spending time with a pet has many great benefits such as bringing comfort to the lonely, reducing stress, ending depression and giving unconditional love. After all, they do not judge!

Mulberry Gardens would like to welcome our newest visitor, Phybee, a 3-year-old Labrador Retriever. Phybee, from Healers with Halos, will be coming to Mulberry Gardens every month to share her love. Our residents – many who were previous pet owners -

See **Pets** on page 2



Residents Phillip H. and Eileen P. greet Phybee.



Volunteer Profile: Helene Tomalesky

Helene Tomalesky started out as a volunteer for Mulberry Gardens 11 years ago. She volunteered her time by playing the piano and holding singalongs. Currently, Helene visits Mulberry Gardens twice a month, still playing the piano and holding singalongs. She also joins us for the rosary on the third Friday of every month to distribute communion.

Every Halloween and Christmas, Helene holds special parties for our residents. She always dresses for the occasion whether it's as a Halloween cat or a Christmas elf. The residents look forward to her visits especially when she brings her grandsons who now know the importance of giving back. They love to watch the little ones. Thank you, Helene!

Mulberry Gardens and the Adult Day Center are welcoming more volunteers to assist with activities. See **Meet** on page 2

Presidents' Day is Feb. 17. Wh

February Birthdays

Residents

Mary B.	Feb. 3
Joan T.	Feb. 3
Jane C.	Feb. 12
Edward R.	Feb. 13
Phillip H.	Feb. 16
Carmen C.	Feb. 16
Rosemary T.	Feb. 18
Anna J.	Feb. 20
Billy G.	Feb. 23
Katherine T.	Feb. 24
Natalie P.	Feb. 24

Adult Day Center

Elaine G.	Feb. 19
Richard D.	Feb. 23

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have already grown fond of her.

Another one of our canine friends is Sam, who comes with Emily, his caretaker, and Marge Rivera, the director of social services at the Salvation Army in Bristol. Mulberry Gardens has a monthly spiritual program with Emily, Marge and Sam. This pooch has other fans outside our community - He recently starred in the Netflix movie, "The Sleepover."

Watch the daily 'Communique' for details on the dogs' next visits.



Residents greet Sam, one of our canine visitors.

February Events

Feb. 6

6 p.m. Big Birthday Bash with Doug Mulcahy

Feb. 14

10:30 a.m. Valentine's Day Show with Joe Cadena, "East Chicago Joe"

Feb. 20

10:30 a.m. Slide show presentation with Roger Hart

Feb. 24

1:30 p.m. 100th birthday party for Katherine T. with entertainment by Ashly Cruz

Feb. 26

1:30 p.m. Presentation with meteorologist, Art Horn

Feb. 27

10:30 a.m. Music Therapy with Maggie

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Resident Arlene H. thanks one of Mulberry Gardens' youngest visitors.

Join us to meet new people and make a difference in the lives of others. Interested? Learn more by contacting Donna Johnson, activities director, at 860.276.1020 or emailing her at Donna.Johnson@hhchealth.org

Happy 99th birthday, Loretta!



Happy 99th birthday, Loretta L.! Each year on her birthday, her family provides pizza and cake to all the residents of the Coral Neighborhood. Thank you!

Who is your favorite president?

Snapshots of life at Mulberry Gardens

No winter blues at Mulberry Gardens - Recent festivities have included celebrating Hat Day and birthdays as well as enjoying entertainment. We are already looking ahead to Valentine's Day, a visit from meteorologist Art Horn on Feb. 26, and the first day of spring.



Above: Jerry W., a member of the Adult Day Center, is already in the Valentine's Day spirit.



Left: Residents Jane C. and Eileen P. celebrate New Year's.

Below: From left, Janice B., Donna Johnson, activities director, and Helga D. show the festive New Year's ball that residents crafted.



Right: Residents Rita and Bob V. are stylin' on Hat Day.





Mulberry Gardens of Southington

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Adult Day Center provides safe, nurturing option

Family members often worry about their loved ones being home alone during the day without social interaction or supervision. Mulberry Gardens of Southington offers an adult day program with engaging activities, personal care assistance, meals and socialization in a safe, nurturing environment.

An adult day program may be ideal for an older person who needs supervision because of safety issues; is experiencing cognitive and/or physical decline; is unable to structure his or her daily activities; is unable to handle basic life skills; or requires services or support that a family member cannot provide.

Questions? call Marie Terzak,
860.276.1020.

Respite care available at Mulberry Gardens caregivers support group

Living with Alzheimer's disease or a related memory disorder can be challenging and feel overwhelming for families and caregivers. Hartford HealthCare's Mulberry Gardens of Southington offers a free support group for families and caregivers on the second Tuesday of every month (Feb. 11) from 10:30 to 11:30 a.m. Facilitators Jenn Doty, BSW, social worker, and Ingrid Kausyla RN, BSN, director of wellness, provide suggestions, community support and a safe environment to listen or share thoughts and feelings.

Respite care is available during the meeting at Mulberry Gardens' Adult Day Center. Call Marie Terzak, retirement counselor, at 860.276.1020 several days in advance to make arrangements or to register for the group.