



A monthly newsletter dedicated to our residents and family members.

March 2019

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Mulberry Gardens and The Orchards residents create beautiful friendships

Mulberry Gardens has an exciting program starting this month called “The Traveling Notebook.” Residents of Mulberry Gardens and The Orchards have the opportunity to create friendships through a pen pal activity.

Both of the communities will receive composition style notebooks. We encourage our friends to write about where they were born/lived, family, hobbies and such. The notebooks will be gathered and then delivered to the two assisted living communities on a weekly basis.

We plan on having regular visits with one another, whether it's gathering at one's place of residence for a luncheon or joining in on a fun activity.

The possibilities are endless. My hope is to build new friendships, share stories and make new memories.



Above: From left, Arlene H., Dora D. and Helen M. are getting in the Hawaiian mood while holding a prop during a concert.

Feeling the love



Above: Andrea Fuschino, CNA, chats with resident Roz S. at a Valentine's Day event.

No wintertime blues here!

During these cold, dark days, it can be hard to get motivated. To raise our spirits at Mulberry Gardens, we hosted a Hawaiian week full of great “tropical” programs.

We started the week off by having a wonderful Hawaiian meal prepared by Chef Peter Fescio and his team of cooks. Residents enjoyed Hawaiian Po' Boy: burnt ends, slaw and smoked gouda cheese on a garlic brioche bun. Following the delicious meal, we enjoyed some great entertainment with “Dancing in the City.” It was very interesting to learn the culture, traditions, and the many types of hula dancing of the native Hawaiians. We also enjoyed

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March Birthdays

Residents

Kathryn O.	March 3
Mary Ann T.	March 10
Janet M.	March 11
Clara D.	March 14
Elizabeth P.	March 14
Arlene H.	March 16
Mary F.	March 19
Trudy M.	March 26

Adult Day Center

Pat F.	March 1
Maryann T.	March 31

Marian Heights Adult Day Center

Marylen H.	March 5
Joan P.	March 13
Irena K.	March 30

Welcome, new residents!



Eileen Paulick was born on Aug. 25, 1923 in Springfield, Massachusetts and has also resided in Old Saybrook. Eileen has three sons, Joe, Ed and Bill along with seven grandchildren. Eileen attended technical college to become an x-ray technician. Her hobbies include traveling, gardening and walking, and listening to Big Band music.

Louise Raccio was born in East Haven. She and her husband, Alfred, share three children, Karen, Lewis and Mary along with seven grandchildren. Louise worked in an office at Blue Cross/ Blue Shield. Her hobbies include playing cards especially solitaire and pinochle. She is also a wonderful cook!



March Events

March 1

1:30 p.m. Entertainment with Doug Mulcahy

March 5

1:30 p.m. Mardi Gras Party with Nick and Nancy

March 11

3:30 p.m. Irish Music (bagpipes) & Step Dancing with Maggie and family

March 14

1:30 p.m. Clara Duksa's 100th birthday party with entertainment by Mick

March 17

1:15 p.m. St. Patrick's Day Party with John Banker

March 26

1:30 p.m. Music with Les Julian

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a variety of musical programs provided by Tom Stankus (T-Bone) and Jose Paulo. The Hawaiian slide-show presentation with Roger Hart was amazing, bringing back many memories of those that had traveled to Hawaii. Ed M. stated he vacationed there four times and often reminisces of all the wonderful times he spent there with his family. We ended our Hawaiian week with a Tiki Bar Happy Hour.

It was so nice to just relax to some tropical music over some pina coladas and daiquiris, even in the wintertime!

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 March 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.



Visit Mulberry Gardens on Facebook!

SNAPSHOTS: Mulberry Gardens makes memories

There is always something exciting happening at Mulberry Gardens. Take a look at some of our latest doings.



Above: Entertainer Jose Paolillo croons a tune at the Valentine's concert.



Roz S., a member of the Adult Day Center, gets in the birthday spirit.



Above: Emile H. builds a train model.

Left: Eileen P. dances with entertainer John Paolillo during the Valentine's celebration.



Above: Denis E. gets a close-up view as he works on his train model.



Left: Pat I. and Emile H. share a dance.

Left: Artistic talents emerge during the snowflake plate painting class.

Mulberry Gardens of Southington



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Dinner with the Experts: Planning for the future

Planning for the future is difficult – so many options, so many unknowns; no one knows what the future holds. A Dinner with the Experts will provide information to be prepared for the “what’s next.” This free program will be held Wednesday, March 27, 5 to 7 p.m., at Mulberry Gardens of Southington, 58 Mulberry St.

Discussion will center on estate planning, advanced directives, Medicaid, assisted living, adult day care, and rehabilitation. Presenters are by Sharon Robinson, RN, BSN, MHA, regional director of Skilled Nursing Facilities Operations, Hartford HealthCare Senior Services, and Valerie DePaolo, Esq. Mulberry Gardens of Southington is sponsoring.

A complimentary light dinner will be served. Seating is limited and registration is required. To RSVP, call Mulberry Gardens, 860.276.1020.

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 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.



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