



A monthly newsletter dedicated to our residents and family members.

November 2018

Vol. 4, No. 11

Mulberry Gardens celebrates Assisted Living Week

Each year, Mulberry Gardens of Southington celebrates National Assisted Living Week in September. This year's theme was "Capturing the Moment."

We started the week with a family and friends picnic. Throughout the week, we had activities such as tie-dye shirt making, make your own sundae bar, a visit from the cupcake truck and entertainment with Elvis!

On "Bucket List Wednesday," we virtually toured Alaska by request See **Week** on page 3



Photo by Bonnie Tormay

Residents and staff of Mulberry Gardens model the tie-dye shirts they created for 'Throwback Thursday' that was held Sept. 13 during National Assisted Living Week.



Mulberry Gardens pageant winner takes spotlight at Apple Harvest Parade

Ms. Senior Mulberry Gardens 2018 Christine DeCarlo, her sister, Linda Karwoski and Donna Johnson, the Activities Director took part in the Apple Harvest Parade on Sept. 30. This is the third year Mulberry Gardens has participated in this annual event that we eagerly anticipate. Residents and staff love attending and cheering on our Mulberry Gardens representatives.

In the photo, Christine meets some of the other local pageant royalty. Winning a pageant title has been a dream of Christine's since she was a little girl. Mulberry Gardens was thrilled that we made this dream into a reality!

Happy Thanksgiving to our

Welcome, New Residents!

November Birthdays

Residents

Betty G.	Nov. 1
Mae S.	Nov. 2
Karla C.	Nov. 5
Gino M.	Nov. 9
Roland L.	Nov. 13
Lucretia N.	Nov. 16
Barbara M.	Nov. 21
Edward T.	Nov. 23

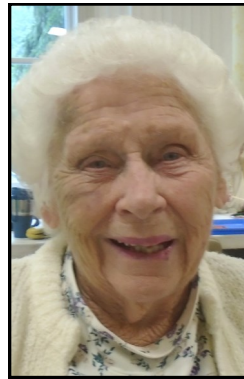


Adult Day Center

Helen D.	Nov. 1
Michael A.	Nov. 9
May B.	Nov. 12
Rich A.	Nov. 18

Marian Heights

Marie F.	Nov. 8
Pasquale P.	Nov. 11
Don G.	Nov. 9



Jane Clark

Jane Clark was born in New Haven and also resided in Cheshire. She has four children Bill, Mark, Sharon and Steve along with seven grandchildren. Jane was a teacher for the first graders in Highland School in Cheshire. She was involved with the Girl Scouts and the Junior Woman's organization. She loves to be social and to listen to Big Band Music. Welcome to Mulberry Gardens, Jane!

Madeleine Altfeter

Madeleine Altfeter was born in Waterbury. She has four children Bruce, Lynn, Rick and Ned and 10 grandchildren! Madeleine enjoys crocheting and listening to music. Her favorite music is from the '40s and '50s era and easy listening. Welcome to Mulberry Gardens, Madeleine!



November Events

Nov. 2

1:30pm Entertainment with the Bristol Fiddlers

Nov. 7

1:30pm Music with Ashley Cruz

Nov. 11

10:30am Veterans Day Social with music provided by Larry Batter

Nov. 15

1:30pm Music Therapy with Maggie

Nov. 20

1:30pm Entertainment with Bob Lupi

Nov. 27

2:00pm Roger Hart Presentation

Mulberry Gardens to hold free memory screenings on Nov. 8

As part of National Memory Screening Day, an annual initiative of the Alzheimer's Foundation of America, Mulberry Gardens of Southington will offer free, confidential memory screenings on Thursday, Nov. 8, from 10 a.m. to 12:30 p.m.

Jennifer Doty, BSW, director of social services and resident service coordinator, will administer the memory screenings and provide educational materials about memory concerns and brain health. The one-on-one screenings consist of questions and tasks, and take 10 to 15 minutes to administer.

AFA suggests memory screenings for anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; who believe they are at risk due to a family history of dementia; or who want to see how their memory is now and for future comparisons.

Memory screenings are very important in that early detection can help physicians more effectively treat cognitive impairment and possibly slow

Memory see page 3

residents, families and staff!

Adult day centers feature friendships and fun

Mulberry Gardens offers two adult day centers - one at the Plantsville community and the other at Marian Heights in New Britain. They provide a great opportunity to engage older adults in an enhanced quality of life in a safe, nurturing environment.

Open houses will be held:

Mulberry Gardens

- Tuesday, Nov. 13, 1:30-3:30pm
- Thursday, Nov. 15, 6-8pm

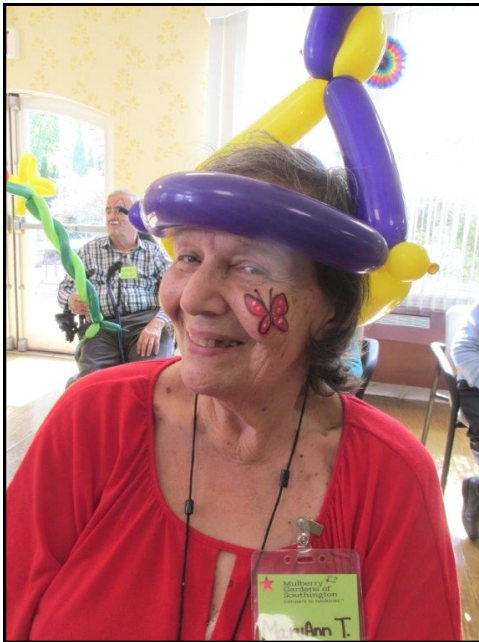
Marian Heights

- Tuesday, Nov. 13, Friendship Club, 10am-2pm

Call 860.276.1020 to learn more.



Above: Members of the Marian Heights Adult Day Center display the fall wreaths they crafted.



Above: Members of the combined Men's Clubs offer cheers during an autumn luncheon. They are, from left, Doug N., Aurelle D., a volunteer at Mulberry Gardens, Bill F. and Bob M.

Left: MaryAnn T., member of the Adult Day Center, joins in the Carnival Day fun.

Memory from page 2 down memory changes.
These screenings are not a diagnosis but a tool to guide an individual that he or she may require follow-up from their physician.

To make an appointment for a memory screening at Mulberry Gardens, call 860.276.1020.

Week from page 1 and had a great presentation with Roger Hart. We wore our tie-dye shirts on "Throwback Thursday" and enjoyed a variety of music provided by Rick Almeida. Finally, we captured the moment with all the great photos on "Scrapbook Saturday." It sure was a wonderful week!

Mulberry Gardens of Southington



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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 (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.

The next caregivers group will be held Nov. 13.

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.



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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 to us and we thank you for sharing it.