



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

October 2018

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## Mulberry Gardens resident receives veterans service medal



The red, white and blue ribbon of the State of Connecticut Veterans Wartime Service Medal contrasted proudly with the red jacket worn by Zbigniew “Ziggy” Galka, Mulberry Gardens resident. He beamed as the long-awaited medal was pinned on him by Wayne Rioux, Hartford HealthCare's

veterans liaison and Vietnam-era Army veteran.

The recognition ceremony held on Aug. 21 was to honor Galka's military service in the U.S. Army during the Korean War. His life's journey to the United States was long. Born in Poland, the youngest of three boys, at an



Above: Gathering at the awards ceremony are, from left, Maria Galka, Donna Johnson, activities director, Zbigniew “Ziggy” Galka and Wayne Rioux, Hartford HealthCare veterans liaison.

early age he lost his father who was taken prisoner by the Russians and executed. He and his mother were also taken to Russia but they escaped, traveling by train, boat and on foot along the Caspian Sea to Uzbekistan, Iran and Pakistan. They took a boat that landed them in Tanzania in Africa where they lived at a refugee camp for six years. By 1948, they were on a boat again to England where his oldest brother was in the Air Force. Three years later they made their way to the United States.

Six months after arriving in the U.S. in 1952, Galka was drafted. He trained at Fort Dix in New Jersey and because he spoke Russian, he was pulled into military intelligence and ultimately assigned to Hokkaido, Japan where he

Left: Mulberry Gardens resident Zbigniew “Ziggy” Galka salutes Wayne Rioux, Hartford HealthCare veterans liaison, after receiving his Veterans Wartime Service Medal.

See **Medal** on page 3



Celebrate autumn at our seasonal activities: O

## October Birthdays

### Residents

Helen M. Oct. 12  
Dorothy M. Oct. 14  
Rita K. Oct. 14  
Paul B. Oct. 14  
Patricia I. Oct. 18  
Debbie D. Oct. 28



### Adult Day Center

Jerry W. Oct. 24

### Marian Heights

Stanley B. Oct. 1  
Maureen B. Oct. 15  
Carmen U. Oct. 15  
Henry B. Oct. 18  
Zygmunt M. Oct. 20  
Dunuta F. Oct. 21

## Happy 90th birthday!



Resident Russ Magnuson was celebrated by family and friends at his 90th birthday party held Sept. 2. Among the guests was his daughter Carol. The custom cake featured a photo of a World War II-era blimp car restoration project that Russ headed through a 20-year process. He moved to Mulberry Gardens in 2016 and is an enthusiastic participant in our many programs. Happy birthday!

## October Events

**Oct. 9**

**1:30 p.m.** "Oktober Fest" with entertainment by David Gloskosy



**Oct. 16**

**1:30 p.m.** Music with Les Julian

**Oct. 18**

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

**Oct. 23**

**2 p.m.** Entertainment with "Sophistication"

**Oct. 31**

**1:30 p.m.** Halloween Party with music with Nick and Nancy

## Adult Day Center Essex Steam Train adventure



Members of the Mulberry Gardens Adult Day Center had a day of adventure on the Essex Steam Train and boat excursion which takes guests along - and on - the Connecticut River to see the sights, including Gillette Castle, originally owned by actor William Gillette but is now a state park.

Be sure to "like" us on Facebook to keep

## October Fest on Oct. 9 and Halloween on Oct. 31!

Fall Family Picnics bring residents and loved ones together for fun and food



Above: Resident Rita K. gathers with family.



Above: Resident Donald S. with family



Above: Resident Marge S. enjoying loved ones

Left: Resident Marie D. and family poses for a photo op.

**Medal** from page 1

served 14 months. Completing his tour of duty, he arrived back in the U.S., met Maria, whom he married and had two daughters with. He has spent the last 60-plus years in New York, New Jersey and Connecticut where he settled at Mulberry Gardens in July 2016.

The State of Connecticut Veterans Wartime Service Medal was established in 2005 and an awards ceremony is held annually. However, because Galka was unable to attend it, the

special event was coordinated at Mulberry Gardens.

“Veterans, especially from Korean and World War II, are sometimes forgotten. Thank you for bringing that honor, dignity and respect to them and their families,” Rioux said. “It makes it worthwhile. They know they are not forgotten for what they did 50 or 60 years ago.”

Congratulations to Ziggy and a thank you to all our veterans!

up with our latest photos and activities!

# Mulberry Gardens of Southington

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## Respite care available during caregivers 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.

Upcoming sessions will be Tuesdays, Oct. 9 and 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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## Crafty business

Members of the Mulberry Gardens at Marian Heights Adult Day Center in New Britain decorate initials of their first names. Among those showing their artistic skills are, left to right, Pela B., Anna W. and Wiktorina W.