



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

May 2018

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## Mulberry Garden resident achieves distinctive recognition

One of our very own, Bob B., was recognized by the Connecticut Assisted Living Association at the Aqua Turf on April 5 for his volunteer efforts. We are so grateful to have such a gentle soul a part of our Mulberry Gardens family.

There is no denying, when someone is in the need of help, Bob comes to the rescue! Whether it's a staff member or a resident, Bob is always willing to volunteer in any way he can - assisting our residents with bingo, crafts, or just lending an ear. Bob is extremely helpful on outing days, holding the door, directing the residents, setting up and cleaning up after a program.

When we hold our bowling activity, we often joke about Bob being our #1 pinsetter.

During his seven-year stay at Mulberry Gardens, Bob has developed many meaningful relationships. One that really

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Chris Carter, president of the Connecticut Assisted Living Association, left, congratulates Mulberry Gardens resident, Bob B. for his volunteer efforts.



Volunteer Caroline Paul, left, and Donna Johnson

## Mulberry Gardens honors its volunteers

Mulberry Gardens honored all its fabulous volunteers at a celebration held April 10. We recognized all our dedicated friends with a great meal and entertainment provided by East Chicago Joe.

Caroline Paul, one of our volunteers, was awarded for her exceptional work. Caroline has been a Mulberry Gardens volunteer for several years, three times each week, eight hours a day at times. She helps residents and staff with daily activities and during meals. We always joke, saying she should be a part of our payroll. Caroline's sense of humor is one of her best attributes. She sees value of making others laugh. Her kind and caring ways are

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# Have you tried our “new” GoodLife Fitness center? S

Welcome to our new residents!

## Katherine “Kay” Torelli

Kay was born on Feb. 24, 1920 in New Britain. She worked as an inspector at Stanley Works and was also a homemaker. Katherine has two children, Kathleen and Ralph, five grandchildren and four great-grandchildren! Her hobbies include sewing, crocheting, watching games show and working on crossword puzzles.



## Barbara Parmelee



Barbara was born in New Britain and also resided in Berlin. She has three sons, Bill, Scott and Rick, and three grandchildren. Barbara worked as an administrative assistant. Her hobbies include knitting, playing cards and assisting with the Cub Scouts.

## Angelo Cardello

Angelo was born in Hartford and also lived in Rocky Hill. Angelo was a high school history teacher and also served in the U.S. Navy on the USS Iowa during the Korean War. He has one son, Brian. His favorite past-time is a good game of golf.



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stands out is the bond he and our volunteer, Richard Lewis, have created. The two friends play pool regularly and talk like old friends do.



At the CALA conference, Jenn Doty, BSW, social worker, left, congratulates resident Deb D. for serving on a resident panel.

We are also quite proud of Mulberry Gardens resident Deb D. who was on a guest panel speaking about assisted living at the CALA event.

Thank you, Bob and Deb, for being you! -

Donna Johnson, activities director

## May Happenings

### May 5

**1:30 p.m.** Cinco De Mayo Party with Michael Ciulla

### May 10

**10:15 a.m.** Magic Show with Phil Crossin

### May 11

**1:30 p.m.** Entertainment with Jose Paulo

### May 13

**3:30 p.m.** Mother's Day Social with entertainment provided by East Chicago Joe

### May 15

**6 p.m.** Entertainment provided by Doug Mulcahy

### May 17

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

### May 24

**6 p.m.** Music with Larry Batter

### May 28

**1:30 p.m.** Memorial Day Social - music provided by Don Zanier

Be sure to “like” us on Facebook to keep

# Stop by to learn more about enhancing your health!

## Mulberry Gardens residents enjoy programs of all types

Mulberry Gardens prides itself in the intergenerational opportunities that it offers throughout the year. Recently Central Connecticut State University students visited our Adult Day Center, bringing crafts and activities for program members. Thank you!



Above: Members of the Men's Club listen to Town Manager Mark Sciota, standing in center, speak on local issues.



Left: It's a sure sign of spring when the Easter Bunny visits. Resident Mary Ann T. shares a secret or two.

### May birthdays

#### Residents

Elisabeth S.	May 4
Cecelia D.	May 5
Paul M.	May 16
Art M.	May 24
Donald S.	May 24
Gary P.	May 27
Rita C.	May 27
Elizabeth F.	May 28
Bob M.	May 30

#### Adult Day Center

Dale G.	May 3
Mary Jane M.	May 5
Orela R.	May 8
Sharon R.	May 30

#### Marian Heights

Pat B.	May 9
James R.	May 10
Delores D.	May 15
Leona J.	May 29
Mary V.	May 30

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very evident to all who meet her. The residents absolutely love her and always look forward to her visits.

Caroline has worked as a licensed practical nurse at a nursing home in West Haven and wanted to continue helping others by volunteering. We are so glad she chose Mulberry Gardens!

- Donna Johnson,  
activities director

up with our latest photos and activities!

# Mulberry Gardens of Southington

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Mulberry Gardens of Southington  
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## Overwhelmed by caregiving? Join our 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, May 8 and June 12.

To register, call Marie Terzak, 860.276.1020.

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## **Pain & Medications: What to Take and What to Avoid**

With the alarm sounding about opiate abuse, understanding pain medications and using appropriately can prevent complications and abuse. A pharmacist will lead the free program "Pain & Medications – What's Safe and What to Avoid" on Thursday, May 10, 11:30 a.m. to 12:15 p.m., at Mulberry Gardens. Presenter will be Sean Jeffery, PharmD, CGP, FASCP, FNAP, AGSF, pharmacist with Integrated Care Partners Hartford HealthCare Group and clinical professor, University of Connecticut School of Pharmacy. Hartford HealthCare Center for Healthy Aging is sponsoring.

Seating is limited and registration is required. To RSVP, call 1.855.HHC.HERE/ 1.855.442.4373.