



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

August 2019

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## Mulberry Gardens welcomes Quinnipiac interns this summer

This summer, Mulberry Gardens has once again been very fortunate to welcome a group of occupational therapy students from the Quinnipiac School of Health Sciences, a division of Quinnipiac University in Hamden. The two groups of interns serve six weeks, seven hours each weekday.

“The students are having the opportunity to engage our residents in some exciting intergenerational programs, specifically those that encourage socialization and creativity,” said Donna Johnson, Mulberry Gardens activities director.

Not only do they focus on enhancing existing programs but they are creating new programming. One special project is memory care shadow boxes. These boxes are displayed outside the residents’ rooms and are a great way to share mementos of people and events of their lives, similar to a scrapbook.



Above: Gathering for a summer barbecue are, from left, Katie Antoniello, resident Patricia L. and Catherine Hill. Katie and Catherine are interns.

One resident’s shadow box featured a younger photo of herself with items owned such as a thimble, doily, flag pin, lace gloves, cross and a necklace. Others had items related to their personal hobbies including a crochet hook and a knitted item, a miniature bird, and images of a typewriter and piano. “We expect these boxes will be great conversation pieces where residents can reminisce with their friends and family,” Donna explained.

As in past years, the students have embraced their experience at Mulberry Gardens and putting their occupational therapy expertise into

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Left: Interns assist at crafting Fourth of July decorations.

# Save the date: Mulberry Gardens' annual picnic for

## August Birthdays

### Residents

Ola C.	Aug. 3
Marjorie M.	Aug. 17
Monica C.	Aug. 21
Jacqueline H.	Aug. 23
Eileen P.	Aug. 25
Barbara P.	Aug. 27
Helen M.	Aug. 28
Alice Y.	Aug. 30

### Adult Day Center

Perfecto N.	Aug. 5
Carole M.	Aug. 24

### Marian Heights

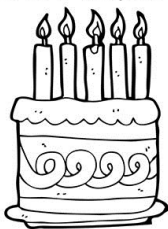
#### July

Mary R.	July 11
Clementina W.	July 17

#### August

Janis A.	Aug. 11
Reno B.	Aug. 29
Celia H.	Aug. 16
Jose L.	Aug. 17
Stella R.	Aug. 22
Wiktorina W.	Aug. 30

HAPPY  
BIRTHDAY!



## Welcome, new residents!

### Shirley Luppino

Shirley Luppino was born on June 19, 1938 in New Britain. She worked as a dance instructor, a studio owner and was a homemaker. Shirley has six children and six grandchildren. Her hobbies include boating, gardening and doing yoga.



### Philip Howard

Philip Howard was born on Feb. 16, 1931 in Pennsylvania and has resided in Cheshire. He worked 36 years for the New Haven Railroad Company as an operator and a freight agent. Philip is a big New York Yankees fan.



## Upcoming Mulberry Gardens events

### Annual Family Picnic on Sept. 8

Mulberry Gardens Annual Picnic, one of the most anticipated events of the year, will be held Sunday, Sept. 8, from 1 to 4 p.m., at Mulberry Gardens. Residents, family members and staff are invited. The celebration marks the start of National Assisted Living Week.

The picnic features food, beverages, music and fun! Reservation deadline is Aug. 4. RSVP to Donna Johnson, activities director, at 860.276.1020.

### Unravel the mysteries of Medicare

The complexities of Medicare leave many people wondering about their best options. A free program, "Medicare 101," will be held Monday, Aug. 5, 11 a.m. to noon, at Mulberry Gardens of Southington, 58 Mulberry St. Topics will include: what Medicare is and how it works; Medicare Advantage Plans; Medicare Supplement Plans; Prescription Drug Plans; when to enroll; and how to choose your Medicare plan. Presenter will be Marissa Hiebel, Medicare educator. Mulberry Gardens is sponsoring.

Seating is limited and registration is required. To RSVP, call Mulberry Gardens at 860.276.1020.

or residents, families and staff is Sunday, Sept. 8!

## Snapshots of life

It's been a busy summer for Mulberry Gardens residents - from celebrating the Fourth of July, enjoying outdoor barbecues, Caribbean Day and summer concerts, to cruising the Connecticut River on Riverquest. Every day is a new adventure for our residents and members of our Adult Day Center and Marian Heights.



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action. Intern Kayla Radar said it wasn't until she was at Quinnipiac that she realized the vast opportunities and psycho-social aspects of occupational therapy. Developing connections with the residents has been wonderful, she said. Zoe Cole knew at a young age that she wanted to study occupational therapy when she attended speech therapy appointments for her brother with special needs. Interested in specializing in pediatrics, she has loved interacting with the older generation, engaging them in programs and social activities, she said.

Mulberry Gardens resident Debbie D. loves having the students at the community. "I think it is a wonderful program - the interns are personable and fun," she said.

"We have been very grateful to the Quinnipiac students for choosing our community for their internship. We know the relationships built and memories created will last a lifetime," Donna remarked.



A resident's memory box displays several of the items that are meaningful to her: music, knitting, birds and a typewriter.

# Mulberry Gardens of Southington




Connect to healthier.™

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## August Events

### Aug. 1

**6 p.m.** Entertainment  
with Blaize Tremmazzo 

### Aug. 6

**1:30 p.m.** Music with Doug  
Mulcahy

### Aug. 16

**1:30 p.m.** Entertainment with  
Nick and Nancy

### Aug. 20

**6 p.m.** Entertainment with John  
Paolillo

### Aug. 22

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

### Aug. 31

**2 p.m.** Bob, The History Guy

## Volunteers welcome!

Mulberry Gardens is looking for volunteers who would like to work with our residents and members of the Adult Day Center. Activities may include assistance with recreation, events, arts and crafts, evening bingo and more. Questions? Call Donna Johnson, activities director, at 860.276.1020.

## Dementia support group open to families and caregivers

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 (Aug. 13) of every month, 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, 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.