



A monthly newsletter dedicated to our residents and family members.

March 2020

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Mulberry Gardens inspires with Random Acts of Kindness

With Valentine's Day as an inspiration, Mulberry Gardens participated in a week filled with Random Acts of Kindness activities.

Mulberry Gardens residents helped others and partnered with the local community to spread the word on how love and kindness can help the world be a better place.

We kicked off Random Acts of Kindness Week by creating fleece baby blankets. These cozy baby carrier blankets will be donated to the Hartford HealthCare hospitals. Our residents even wrote words of wisdom for all the new mothers-to-be!

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Right: Residents and staff display the fleece baby blankets they made before they were delivered to a local hospital.



High school students build intergenerational relationships with Legos



Mulberry Gardens residents recently enjoyed constructing models with Legos thanks to the assistance of the Southington High School CyberKnights Robotics Team. However, the residents also built friendships with the students who mentored them as they experienced this "toy" in a new way.

The relationship between the two groups began last year when team members Ethan Solury and Jake Gorham volunteered at Mulberry Gardens for several months to complete their required church confirmation hours. They

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Left: High school student Kyle, left, and resident Helen M. admire the colorful vehicle they built.

To see more photos, visit [Mulberry Gardens](#)

March Birthdays

Residents

Mary Ann T.
March 10

Myone A.
March 14

Elizabeth P.
March 14

Arlene H. March 16

Trudy M. March 26

Adult Day Center

Barbara B. March 18

Rich P. March 23

Mary Anne T. March 31



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Creating “kindness” button pins for staff, baking for our first responders, and making dog biscuits for the local animal pound were just a few of the programs we participated in.

Helping others is not only beneficial to the recipient but also brings joy and satisfaction to the giver. We love to help and what a great sense of purpose this is for our residents!



Residents Eileen P., left, and Debbie D., right, deliver baked goods to a Southington Police Department officer.

Legos from page 1

visited with residents, played games and gave a presentation about the award-winning robotics team. During the fall, residents even took an out trip to the Southington Drive-in to view the robots.

Ethan, who is also a member of the community outreach team, contacted his mentor, Stacey Gray, and together they developed the idea of introducing Legos to the residents. As a result, members of the CyberKnights came to Mulberry Gardens to work one-on-one or in small groups with seniors to create the Lego projects. The projects were customized and accommodated different skill levels and needs.

Through identifying various colors, shapes and sizes, Legos are not only fun but can help those with Alzheimer’s, dementia or other cognitive deficiencies. In addition, the activity can enhance motor skills as well as provide exercise for the mind and hands.

“Our main goal is to bring the high school students and older

adults together to share a positive experience while completing a new, stimulating activity,” said Donna Johnson, Mulberry Gardens activities director. Thank you, CyberKnights!



March Events

March 1

3 p.m. Piano Music with David Eberly



March 13

1:30 p.m. Irish music with Kevin Farley

March 17

2 p.m. St. Patrick’s Day entertainment with Blaise Tremazzo

March 19

10:30 a.m. Music Therapy with Maggie

March 25

6:30 p.m. Birthday Bash with Tom Callinan

Gardens of Southington on Facebook!

Snapshots of life at Mulberry Gardens

Whether it is raining or snowing outside, it is always “sunshine” inside at Mulberry Gardens. Residents and members of the Adult Day Center have opportunities every day for participating in art, music and special activities reflecting the season or holidays. If interested in out trips, stop by the reception desk or speak with Donna Johnson.

Below: Members of the Adult Day Center show their valentine sentiments.



Above: Our “art students” display the heart paintings they created with a teacher from the Art Studio of Connecticut - just in time for Valentine’s Day.



Above: Super Bowl fans display their football spirit. They are, from left, Patricia I., Emile H. and Maureen F.



Above: Jerry W., a member of the Adult Day Center, views the movie poster on his way to watch the film.



Mulberry Gardens of Southington

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Adult Day Center provides safe, nurturing option

Family members often worry about their loved ones being home alone during the day without social interaction or supervision. Mulberry Gardens of Southington offers an adult day program with engaging activities, personal care assistance, meals, entertainment and socialization in a safe, nurturing environment.

An adult day program may be ideal for an older person who needs supervision because of safety issues; is experiencing cognitive and/or physical decline; is unable to handle basic life skills; or requires support that a family member cannot provide.

For more information, call Marie Terzak, 860.276.1020.

Respite care available at Mulberry Gardens caregivers support group

Living with Alzheimer's disease or a related memory disorder can be challenging and feel overwhelming for families and caregivers. Hartford HealthCare's Mulberry Gardens of Southington offers a free support group for families and caregivers on the second Tuesday of every month (March 10) from 10:30 to 11:30 a.m. Facilitators Jenn Doty, BSW, social worker, and Ingrid Kausyla RN, BSN, director of wellness, provide suggestions, community support and a safe environment to listen or share thoughts and feelings.

Respite care is available during the meeting at Mulberry Gardens' Adult Day Center. Call Marie Terzak, retirement counselor, at 860.276.1020 several days in advance to make arrangements or to register for the group.