



A monthly newsletter dedicated to our residents and family members.

November 2020

Vol. 6, No. 5

Mulberry Gardens takes a look back.... and ahead

Since early spring when the pandemic impacted not only the world but Connecticut, Hartford HealthCare assisted living and skilled nursing communities continually modified their delivery of care to ensure the health and safety of residents and staff. As the state cautiously reopened, Mulberry Gardens consistently operated under guidelines set by the state of Connecticut and the Department of Public Health.



Staff and residents gather to show off their shirts for Mulberry Gardens' annual Tie-dye Day held during National Assisted Living Week in September.

One of our top priorities was keeping families informed about the precautions and community health status. Regular communiques and phone calls about loved ones were encouraging to family members as were video chats and later outdoor visits.

In turn, our Mulberry Gardens families continued encouraging and supporting us as well, sending

cards, donations of delicious meals for staff, thank you signs and gift baskets. Your kind gestures were really appreciated during challenging times. We are in this together!

Even though residents were restricted to their rooms for several months, the activities department stayed quite busy by modifying their programs and creatively offering them in new ways. Hallway games became very popular - hockey, bingo, card games and

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Voting signs remind residents



Residents Bob V. and Janice B. want everyone to know how important it is to vote so they created "vote" signs. Thank you for the reminder!

Stay in touch with Mulberry Gardens

Walk to End Alzheimer's 2020

Mulberry Gardens' participation in the annual Walk to End Alzheimer's looked different this year than previously when hundreds of people would congregate at different sites around Connecticut to raise funds.

Even though the Walks were canceled, supporters were not deterred – instead thinking of new ways to still hold the events that support the Alzheimer's Association's education and awareness outreach.

During the first two weeks of October,



Resident Debbie D., left, and Donna Johnson, activities director, display their Walk to End Alzheimer's T-shirts.

Mulberry Gardens residents, staff and family participated independently in the 2020 Walk to End Alzheimer's by walking or running any distance anywhere - in their neighborhood, on the treadmill or at a nearby park. Some of our residents and staff took an out-trip to Hubbard Park in Meriden to put in a few steps.

Executive Director Jacquelyn Gaulin was very generous by matching each dollar raised and a progress board was displayed in the lobby.

Thank you to each person who participated. You made a difference in the fight to end Alzheimer's disease!

Speaking of walks...



Residents take a nature stroll at Panthorn Park in Milldale. Others chose to put out their chairs near the pond to watch the wildlife.

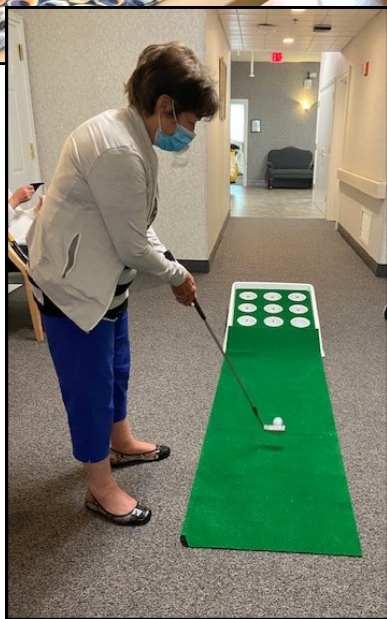
November Birthdays

Residents

Mae S.	Nov. 2
Aldo C.	Nov. 7
Candide S.	Nov. 22
Edward T.	Nov. 23



ens of Southington on Facebook!



Above left: Creating baby blankets for the Family BirthPlace.

Above right: Resident Debbie D. presents "survival kits" to Southington police officers.

Far left: Resident Beatrice M. tries her skill at a hallway game.

Near left: Rosemary T., left, and Erika, a Quinnipiac intern student, dance to the music.

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"The Price is Right"-style competitions were a big hit. Mulberry Gardens even had traveling ice cream and happy hour carts!

When summer came, we were eager to be outdoors where we enjoyed weekly concerts and other activities such as gardening. There's nothing like listening to live music especially in the great outdoors on our beautiful campus.

Fast forward to September, we kicked off Assisted Living Week with a festive carnival. Our residents enjoyed fun games, the petting zoo and great carnival food - the fried dough was a favorite. Tie-dying T-shirts was another favorite event as residents and staff did it

together. A group photo is the proof of all the different colors and patterns.

This year, the theme for Assisted Living Week was "Caring is Essential." Our activities staff and residents wanted to take this opportunity to give back to the community by bringing some positivity and joy especially during this challenging time. We wanted to show our appreciation for first responders and put together "survival kits" full of yummy snacks. The police officers were very grateful for our donation and were surprised to see how many we made.

Residents also diligently worked on creating fleece baby blankets for new mothers at the Hospital of

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Hartford HealthCare

Mulberry Gardens of Southington

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Central Connecticut Family BirthPlace in New Britain. Donated with love, each blanket also included a note with words of advice to the mothers, offering support and reassurance about motherhood. Photos from many of these activities are on page 3.

As we enter the lovely month of November, here at Mulberry Gardens we are filled with a great sense of gratitude! With Thanksgiving around the corner, we are so thankful and fortunate to have one another; family, friends, co-workers to help us through this unprecedented time. Our hope is renewed each day as our Mulberry Gardens team – residents and associates alike - work together in the goal of keeping our community safe and healthy. We know that we will get through this step-by-step and side-by-side (six feet apart, for now)!

- Donna Johnson,
activities director

Mulberry Gardens introduces virtual tour

For those who have not visited our lovely community, a three-minute video tour has been added to our website. You can access it by visiting www.mulberrygardens.org and select “Floor plans and options.” <https://hcseniorservices.org/video-gallery?vidId=wLU8GBkZTE>.

Feel free to watch and share!