



A monthly newsletter dedicated to our residents and family members.

April 2018

Vol. 4, No. 4

Spring brings new opportunities at Mulberry Gardens

By Katie Mauriello, executive director

Happy Spring! Thank you to all the friends, families and residents that filled out our resident/family surveys! We are listening...

I'd like to share some exciting news and updates:

The new parking is being created and should be finished by May. When the project is completed we should have about 20 more parking spaces.

In March we had a few team building sessions with our staff on customer service, dementia and safety training.

We've been interviewing pharmacies that specialize in assisted living and decided to go

with CT Pharmacy. A letter will be going out soon regarding the change. You do not have to change - this will be an option and we will have CT Pharmacy coming out for a presentation to residents and families to help make your decision.

Next time you're visiting, please stop by and take a look at our updated GoodLife Fitness Gym located on our lower level. Updates were made to the gym thanks to Main Street Foundation which awarded Mulberry



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Capture nature's beauty... with a camera!

By Donna Johnson, activities director

As our days get warmer, the Mulberry Gardens residents will take advantage of the spring weather by going on nature walks. Breathing in the fresh air, listening to the chirping of the birds and watching Mother Nature work her wonders will not just elevate anyone's mood but motivate us as well!

With all the beauties of nature, why not capture them? Mulberry Gardens residents will have the opportunity to join a photography workshop. Each resident that joins our class will have

See **Camera** on page 3

Petting Zoo returns on April 22

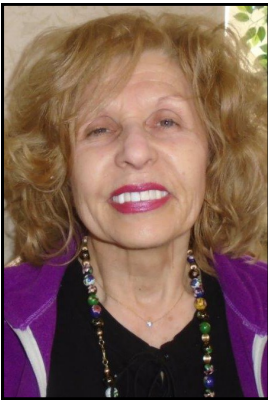
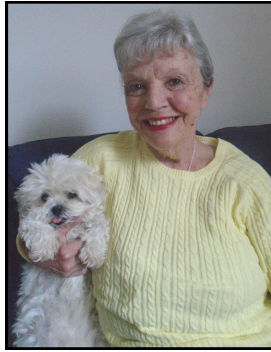


Phil D. meets a kid at the 2017 Petting Zoo.

Did you know that April is National Volu

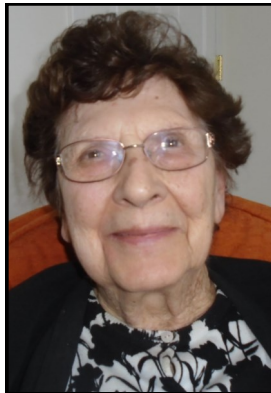
Welcome to our new residents!

Beth Cox was born on July 24, 1942 in Lincoln, Maine and also resided in Southington. Beth has four children plus three stepchildren including six grandchildren. Beth worked as a Realtor and at the State Capitol. Her hobbies include bowling, ceramics and painting. Beth enjoys all kinds of music, especially the '50s and '60s. Her cute pooch, Lucy, lives here, too!



Christine DeCarlo was born on June 15, 1943 in Bristol and also resided in Wolcott. She worked in marketing and was also a director of a funeral home. Her hobbies include going to plays/musicals, outings to museums and going to the beach. Christine absolutely loves the color red!

Florence Pozanski was born in New Britain on Dec. 11, 1924. Florence and her husband, Henry have two children, Janet and Marjorie, and one grandchild, Michael. Florence worked as an executive secretary at Loctite (now Henkel). Her hobbies include reading, knitting, working on crosswords and bingo.



Welcome!

April Happenings

April 3

1:30pm Entertainment with John Banker



April 10

1:30pm Music with East Chicago Joe

April 12

1:30pm Music Therapy with Maggie

April 18

1:30pm Big Birthday Bash with Ashley Cruz

April 22

1:30pm Earth Day Kelly's Kids Petting Zoo visit

April 24

1:30pm Roger Hart Presentation

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Gardens a grant! Remember, GoodLife Fitness is included in the rent so if you or your loved is not participating and would like to, please call Michele to make arrangements.

The Activities and Dining Departments are looking forward to starting Happy Hour in the next month or so!

We are looking forward to our "Dinner with the Experts: Future Planning" night with Attorney Val DePaolo and Sharon Robinson, regional director of Skilled Nursing Facilities Operations, on Wednesday, April 4, starting at 5 p.m. Discussion will center on estate planning, advanced directives, Medicaid, assisted living, adult day care, and rehabilitation. Seating is limited so please RSVP to our receptionist Bonnie Tormay at 860.276.1020.

Just a friendly reminder if you would ever like to meet with me, please feel free to make an appointment by calling me at 860.276.1020 or emailing Katie.mauriello@hhchealth.org.

Thank you, Katie Mauriello

Be sure to "like" us on Facebook to keep

Volunteer Month? Let's thank our volunteers!

Welcome to the world!



Loretta LaFreniere, who has lived at Mulberry Gardens since March 2017, recently celebrated the birth of her great-granddaughter, Ember Anderson, who was born on Jan. 3 to Britney Anderson, Loretta's granddaughter. Loretta, who was previously a manager for CL&P, enjoys dancing, entertaining and traveling. Congratulations, Loretta!

Camera continued from page 1

their own album.

One of the most positive benefits of photography includes helping people connect instantly! Not only are we sharing an image but we are sharing a piece of ourselves, our thoughts, and our personality.



In order for this program to be successful, we are asking for used digital cameras for donation. If you are interested in donating, please contact

Donna Johnson at
Donna.Johnson@hhchealth.org.

Hopefully we can look forward to more pleasant weather as spring approaches. Can't wait to see our creativity bloom!

April Birthdays

Residents

Fred M.	April 2
Dolores W.	April 7
Douglas N.	April 9
Ben M.	April 14
Lorraine Z.	April 14
Norma S.	April 19



Adult Day Center

Marcy F.	April 3
Vinny L.	April 7

Marian Heights

Maria K.	April 9
Arthur M.	April 13
Gladys C.	April 24

Sleep & Medications: What to Take and What to Avoid

Many people who have problems sleeping may be wondering if medication is the answer. Two pharmacists will lead a free program on this topic on Thursday, April 12, 11:30 a.m., at Mulberry Gardens.

Discussion will include what medications are safe and what should be avoided. Presenters will be Sean Jeffery, PharmD, with Integrated Care Partners Hartford HealthCare Group and clinical professor, University of Connecticut School of Pharmacy, and Christina Polomoff, PharmD, Integrated Care Partners and Assistant Clinical Professor at the University of Connecticut School of Pharmacy. The same program will be repeated on Thursday, May 1.

Seating is limited and registration is required. To RSVP, call 855.HHC.HERE/855.442.4373.

up with our latest photos and activities!

Mulberry Gardens of Southington

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Mulberry Gardens of Southington
58 Mulberry St., Plantsville, CT
06479 * 860.276.1020



Like us on Facebook!

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, April 10 and May 8.

To register, call Marie Terzak, 860.276.1020.

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Tell us!

We'd love to read your review of Mulberry Gardens of Southington! Just go to www.google.com, search "Mulberry Gardens of Southington" and click in the right box on "write a review." Thank you!