



Mulberry Gardens of Southington
58 Mulberry Street, Plantsville, CT 06479
860.276.1020 • www.mulberrygardens.org

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Note to Family and Friends

A special thanks to all who participated in Mulberry Gardens' resident/family surveys and Planetree Focus Groups. The information gathered from the surveys and focus groups is important to ensure that we, at Mulberry Gardens, are meeting the needs of the people we serve.

Our plan is to utilize our Planetree Steering Committees along with the sub committees to address opportunities to enhance the lives of our residents. You are invited to a Progress Report meeting on **Tuesday, November 10th from 5:30 p.m. to 6:30 p.m.** A light dinner will be served. Please R.S.V.P. to Lori Spencer at spencerl@mulberrygardens.org or call 860-378-3917.

Thank you kindly,
Perry Phillips

*****GIFT CERTIFICATES*****

A Perfect Gift!
Purchase a Massage Therapy gift certificate for your loved one! You may purchase these at our front desk.



*For more information,

**Call Marie Terzak
Retirement Counselor**

860.276.1020

58 Mulberry Street
Plantsville, CT 06479

A Not for Profit Member of the Central Connecticut Senior Health Services

Mulberry Gardens of Southington



A Monthly Newsletter Dedicated to Our Residents and Family

Issue LXI, November 2009

Enjoying Our Outings with Family and Friends



Movie Night November 12th!

Join your loved one here at Mulberry Gardens for a free and fun-filled movie night complete with popcorn, soda and door prizes. We'll be watching *Mamma Mia* starring Meryl Streep and Pierce Brosnan. Please contact Maria Tarantino, Activities Coordinator at 860-276-1020. Movie night is open to Day Center members, residents, family and friends as a part of our Planetree initiative!

Clockwise from top left: Resident Albert Z. with his sister Rose at our picnic outing to Hubbard Park; the group enjoying their picnic lunch; residents and staff donate their time at a Rock Cats baseball game (below).

Residents, staff and family members enjoyed their time spent together during a picnic outing to Hubbard Park in Meriden on Monday, September 21st. Even a great granddaughter of one of our residents came along to enjoy the fun!



Our Alzheimer's Support Group will be held Tuesday, November 10th at 6:30 p.m.

~ November Highlights ~

Friday, 6th ~ 2 p.m.: Music With John Zygmunt.

Wednesday, 11th ~ Happy Veteran's Day!
10:30 a.m.: Music with John and Al.
12 p.m.: Special luncheon for Veterans and their spouses.
3 p.m.: Formal Veterans Recognition with Colonel John.

Monday, 16th ~ 10:30 a.m.: Nature Slide Show by Roger Hart.

Tuesday, 17th ~ 2 p.m.: Music with Bill O'Connor.

Thursday, 26th: Happy Thanksgiving!

Monday, 30th ~ 2 p.m.: Tree Trimming Social in Lobby

Monday, 30th ~ 3 p.m.: New Resident Social.

Alzheimer's Support Group

The Alzheimer's Support Group for families and caregivers will be held **Tuesday, November 10th at 6:30 p.m** and will continue each second Tuesday monthly. Living with Alzheimer's disease or a related memory disorder is challenging. The group covers topics including communication techniques, caregiver support, wandering, religion, music, behavior, family dynamics, validation breakthrough, and more! Care for loved ones during our sessions is available. *Please call Marie at 860-276-1020.*

Celebrating National Assisted Living Week



Mulberry Gardens celebrated *National Assisted Living Week* in September. There were so many wonderful programs planned for the residents. Florence W. (pictured above) won the "Pumpkin Weigh In" contest, Marie S. won first place and Ed G. came in second in the "Corn Husking" contest and Marie S. won the "Guess How Many Acorns are in the Jar" Contest! Our fun-filled contests brought many smiles and laughter. *Congratulations to our contest winners!*

Exercise at any Age!

Age should never be an excuse for not exercising. There are very few conditions that don't benefit from exercise.

Part of exercising well is being *well prepared*. Make sure you are well rested, well hydrated and well fed before starting out. It is also crucial to wear loose comfortable clothing and shoes with good arch support so your feet and calves do not get sore and your spine stays aligned. If you are not already active, you should begin slowly. Walking is the perfect activity to start with, especially if you have not exercised in a while. Starting slowly prevents soreness and reduces your chances of overdoing it. Walking, swimming, and bicycling are good examples of gentle exercises. You should also do resistance, or strength training two days per week unless you are advised not to do so by a physician.

You need to of course check with your doctor about the specifics of any exercise regimen especially if you are recovering from an operation or have a chronic illness.

Give the Gift of Health and Wellness...

Not sure what to give your loved one for the holidays this year? Maybe there's a birthday coming up for that special someone and you can't seem to find the right gift... or maybe that person seems to have everything already? If you're like most of us, you've probably run into this problem

more than once. *Here's the perfect solution:* Mulberry Gardens has gift certificates available for its Good Life Fitness program, Massage Therapy and Beauty Salon! Visit the front desk today and cross off one more person on your holiday shopping list!

Staff Anniversaries...

Janice Laderoute - 7 yrs.	Irene Rock - 4 yrs.
Laura Tarantino - 6 yrs.	Lorraine Belas - 3 yrs.
Lucile Tedesco - 6 yrs.	Marilena Irizarry - 2 yrs.
Anna Belden - 5 yrs.	Jeanne Junget - 2 yrs.
Diane Dahn - 5 years.	Frank Sequenzia - 2 yrs.
Maria Tarantino - 5 yrs.	Rachel Wendt - 2 yrs.
Deborah Frisk - 4 yrs.	

Happy Birthday to Our Staff...

Rachel Wendt	November 3
Diane Dahn	November 4
Paula Abbatiello	November 5
Ryan Buckman	November 10
Jane Stanke	November 13
Kathleen Castolene	November 21
Michael Sadusky	November 24
Lorraine Belas	November 25

Happy Birthday To Our Residents

Isabelle S.	November 1
Ethel E.	November 17
Teresa M.	November 13
Wanda B.	November 17
Margaret K.	November 19
Gemma J.	November 20
Jane B.	November 27
Peg H.	November 29

Day Center Birthdays

Brooke B.	November 1
Florence S.	November 4
Jim D.	November 11
Mary P.	November 14

Any questions about information contained in our newsletter? If so, please contact Lori Spencer at 860.276.1020.