

# Mulberry Gardens

## MEMORY CARE

47 Steeplechase Lane • Munroe Falls, Ohio 44262 • Phone (330) 633-3026 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

MAY 2020

### MULBERRY GARDENS MC STAFF

Administrator.....MICHAEL SHACKELFORD  
Director of Health Services..... NEALY KALISTA  
Resident Services Coordinator... HEIDI BROWN  
Memory Care Coordinator ..... CONNIE NIGRO  
Executive Chef.....MATT GYULAI  
Community Sales .....MARY HARRISON  
Activity Coordinator .....SHERRY WEAVER  
Maintenance .....JIM JONES

HAWTHORN  
SENIOR LIVING

## Welcome Cathy, Our New Administrative Assistant!

Hi, I'm Cathy Wolverton and am so excited to be joining your amazing team. Just a little about myself. I have been married to my husband, Bob, for 23 years, and we have two daughters — Sarah, 22, and Emily, 21. Of course, I can't forget our dog, Sadie.

I enjoyed being a stay-at-home mom when my girls were little. Once they were in school I taught preschool for a couple years, and then decided to go into the field of home healthcare. My heart and passion is with the elderly, and now I'm excited to combine my knowledge and talent in my new position.

We enjoy family movie night in our home, and we also love to be outdoors in our wonderful nearby parks.



Welcome, Cathy!

## Happy Birthday!

### May Birthdays:

**Carl Schmader** — May 5th

**Danyel Starcher** — May 5th

**Stacey Jones** — May 7th

**Mary Beth Moats** — May 8th

**Anissa Cramer** — May 10th

**Matt Gyulai** — May 11th

**Nealy Kalista** — May 25th



**Melanie Starcher** — May 25th

**Mary Wilke** — May 26th



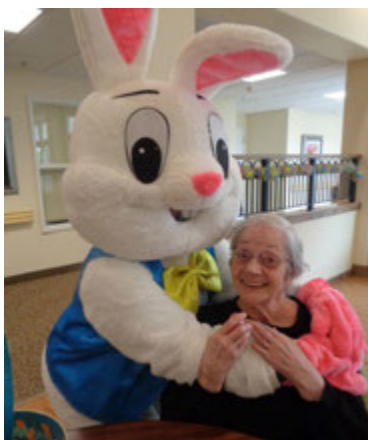


## Having Some Easter Fun!

We celebrated Easter this year with just a little more space between us, but still making sure we had lots of fun while celebrating! We spent a few days enjoying crafts, egg decorating and a special visit from the Easter Bunny herself!



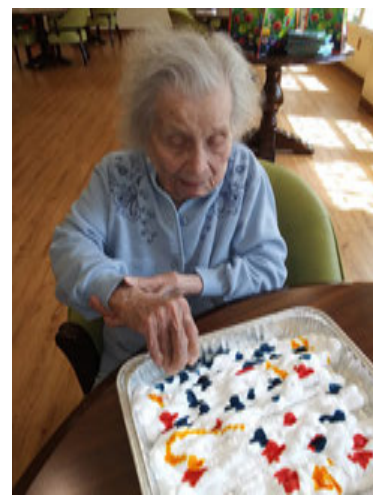
*Julie made a new door decoration!*



*Louise gets a warm hug from the Easter Bunny!*



*The Easter Bunny hops by the kitchen!*



*Anne, getting creative decorating eggs!*



*Connie helping Minnie add a little sparkle to her eggs!*



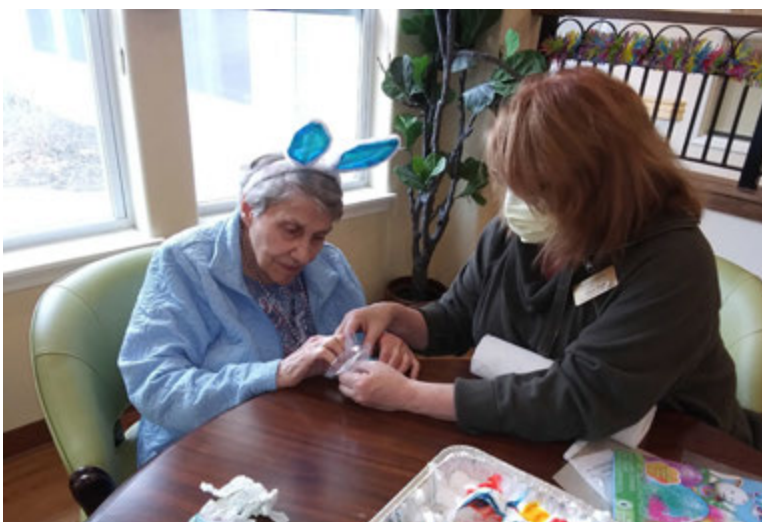
*Maria, making Easter necklaces*



*The Easter Bunny with our management staff*



*The Easter Bunny stops by to surprise Denny!*



*Mary Beth and Gina coloring eggs together*





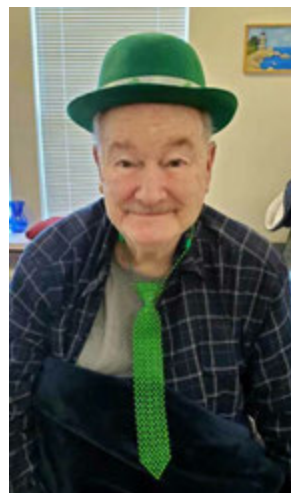
## St. Patrick's Day Silliness!



*Mary and Cosma being silly together!*



*Julie, looking beautiful in her headpiece!*



*Bert, looking handsome in his hat and tie!*



*Denny, is that you behind those amazing glasses?*



*Connie and Cathy are ready to spread the green!*



*Michael and Joan getting into the Irish spirit!*



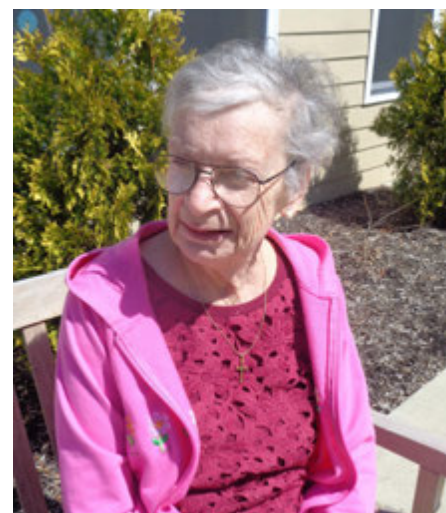
*Minnie, you are beautiful in green!*

## Enjoying a Beautiful Day

It only takes one sunny day and we in Ohio get spring fever! As the weather starts to warm up, trees and flowers start to bloom and we just have to step out into the beautiful fresh air and feel the warmth of the sun!



*Harry enjoying a beautiful breezy day!*



*Julie, soaking up the sun!*



## Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- |                     |                               |
|---------------------|-------------------------------|
| 1. Winifred Banks   | A. "Mamma Mia!"               |
| 2. Lena Younger     | B. "The Grapes of Wrath"      |
| 3. Mary Bailey      | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan   | D. "Mary Poppins"             |
| 5. Leigh Anne Tuohy | E. "Imitation of Life"        |
| 6. Ma Joad          | F. "The Blind Side"           |
| 7. Lora Meredith    | G. "A Raisin in the Sun"      |
| 8. Katie Nolan      | H. "It's a Wonderful Life"    |

## Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

R	O	D	D	R	O	D	U	N	K
C	O	N	W	O	N	N	I	L	A
S	P	A	R	R	G	I	S	O	K
O	D	M	A	W	O	B	I	P	A
V	K	B	G	O	R	C	R	I	M
E	N	O	P	I	E	K	H	W	O
K	I	B	S	T	O	R	E	I	T
I	L	O	F	I	N	C	A	K	M
E	L	I	L	E	R	H	W	A	O
Q	U	A	P	E	T	M	A	C	T

BOBOLINK  
CONDOR  
~~CROW~~  
DOVEKIE  
DRONGO  
DUNLIN  
FINCH  
IBIS  
KAKAPO

KIWI  
MACAW  
MAGPIE  
MOTMOT  
PETREL  
QUAIL  
RHEA  
SPARROW  
STORK

## Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

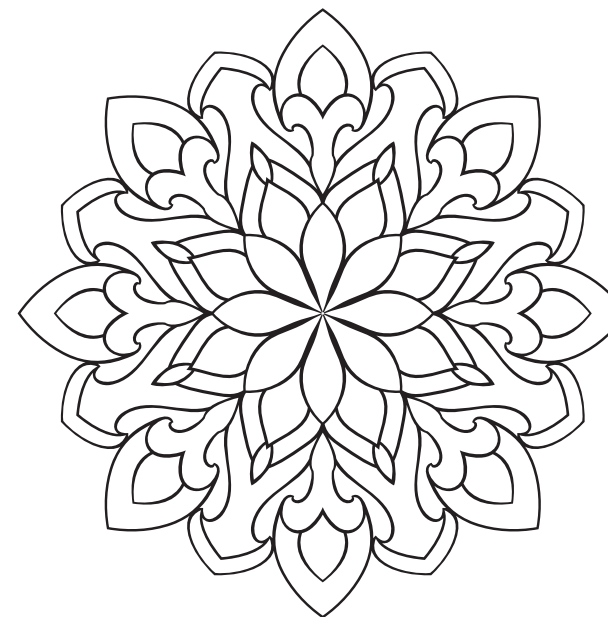


## Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

## Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



## A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

## Puzzle Solutions

### Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

### Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

## Take a Closer Look

See if you can identify 12 differences in these two illustrations.

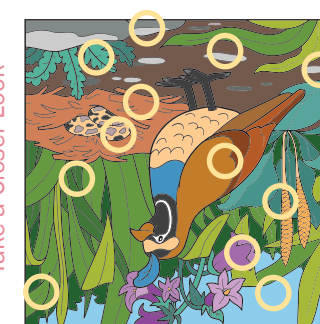
Solution can be found at the bottom of this page.



Feathered Friends

T	O	A	M	E	T	Q	U	A	D
I	C	M	A	C	T	E	L	I	F
O	W	A	H	R	O	E	L	I	F
M	K	A	K	I	N	K	I	K	I
T	I	N	C	S	T	O	R	E	I
M	W	O	B	E	K	E	N	O	P
I	M	R	I	C	R	L	V	K	B
A	P	A	B	I	P	O	D	M	A
K	S	O	K	I	S	S	P	A	R
A	L	I	N	I	N	C	O	W	N
K	D	U	N	K	R	O	D	R	O

Take a Closer Look



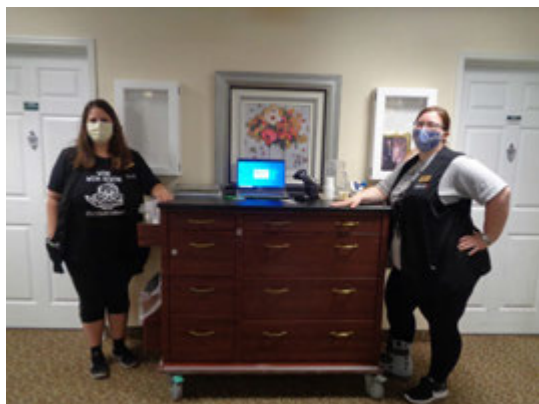




## Superheroes Work Here!

Family and Friends, please know that you have an amazing team here at Mulberry Gardens Memory Care that dearly loves your loved ones! We are taking great care to ensure they stay safe, healthy and engaged in activities during this season of the coronavirus. Taking temperatures of staff and residents, wearing masks, also taking extra measures to sanitize around the building are just a few of the things we are doing to keep our residents safe and healthy. Though we are not venturing out for outings or holding group activities, we hope that as you look through our newsletter you will see that we are still very much engaging our residents. We still had Easter celebrations, our Walking Club is still going strong, music is still a part of our daily activities, reading time has become a new favorite with our residents and they would never let us forget Bingo!

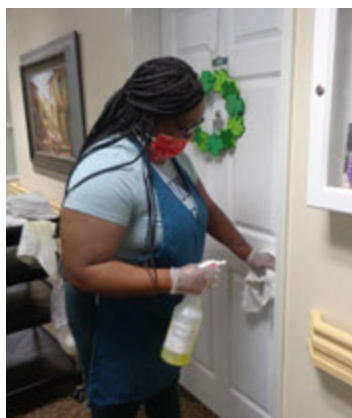
Please note: Some of the pictures in this newsletter were taken before changes that have been made and implemented currently.



*Thank you to our dedicated nursing staff!*



*Thank you, staff!*



*Thank you, staff, for keeping our building safe and sanitized!*



*Thank you, Chef Matt, for taking extra measures when preparing our food!*



*Thank you to our hardworking essential RAs!*

## A Sweet Treat

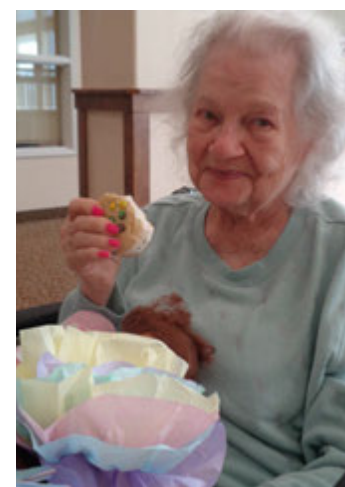
How many of you remember those hot summer days playing outside when in the faint distance you would hear that familiar tune of "Pop Goes the Weasel" or "The Entertainer"? You would race to the edge of your yard, waiting for that tune to come closer and closer before it turned down your street, then coming to a stop right in front of your house. That old familiar tune meant a nice, cool, sweet treat.

Did you know that the first ice cream truck was credited to Harry Burt of Youngstown, Ohio!

Our residents were reminded of that old familiar tune one afternoon when Michael "drove" the ice cream "truck" through the hallways handing out yummy sweet treats for us to enjoy. Our favorite was the M&M's ice cream sandwich!



*Michael passing out sweet treats!*



*Ruth enjoying her sweet treat!*

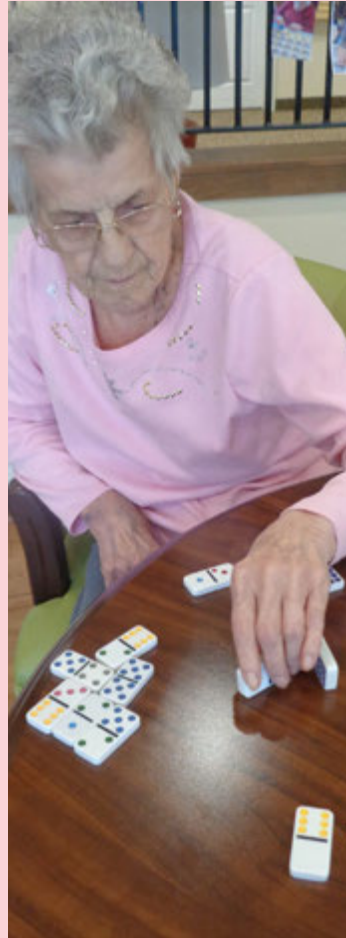




## Around Mulberry Gardens



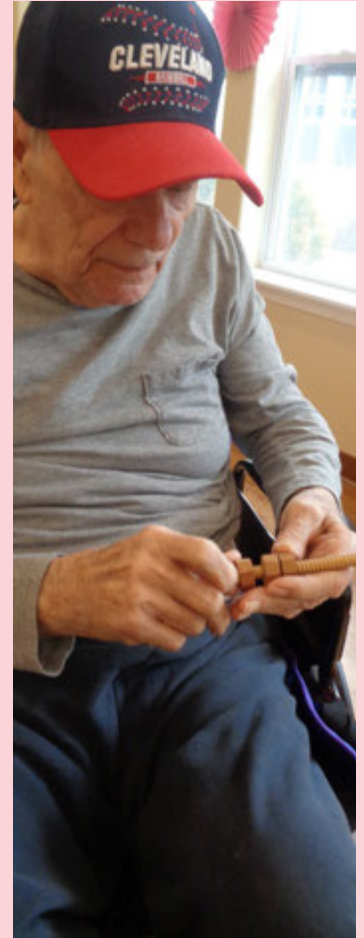
*Gina, enjoying a short story*



*Laura enjoying a game of Dominoes*



*Maria, coloring a masterpiece!*



*Mike, keeping his hands busy*



*June enjoying looking at pictures of her friends*



*Ellsbeth and Louise working on a puzzle together*



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Munroe Falls, Ohio 44262



## **SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

*Mulberry Gardens*  
MEMORY CARE

**330-633-3026**

