

Mulberry Gardens

GRACIOUS RETIREMENT & ASSISTED LIVING

395 South Main Street • Munroe Falls, Ohio 44262 • Phone (330) 634-9919 • www.seniorlivinginstyle.com
Facility License Number 2405R

SEPTEMBER 2020

MULBERRY GARDENS STAFF

Administrator..... MELISSA HELTON-DIMARZO
Assistant Administrator..... JESSICA SHENKER
Director of Health Services..... SHARON LANN
Resident Services
Coordinator..... AMBER HINDELANG
Executive Chef..... JORDAN LOOP
Community Sales JENNEFER ORR
Activity Coordinator SARA BOOKER
Maintenance Coordinator..... TODD FRANTZ

HAWTHORN
SENIOR LIVING

A Grand Relationship

Anyone who has received a loving hug, phone call or letter from a grandchild knows how truly special and beneficial that bond is.

Intergenerational relationships are important for the emotional growth of a child, who develops a sense of belonging and identity by feeling part of a larger family. A grandparent can strengthen this connection by passing on family history, heritage and traditions. Grandparents also serve as a child's source of wisdom, emotional support, entertainment and, of course, unconditional love.

In return, grandchildren bring meaning and joy to a grandparent's life. By being able to play a nurturing role and watch grandchildren grow — without the responsibility of primary parenting — grandparents experience an increased sense of self-worth and purpose.

One of the biggest rewards of the grandparent-grandchild relationship is learning new things from each other. Together, grandparents and grandchildren can share and explore existing passions and new interests, and both old and young can experience the world from a fresh perspective.





Activity Fun

Our small-group, safe, social-distanced activities have been going strong! We had some crafting fun making coasters.



Jeanne Keller



Patricia Woodling

Eight Interesting Facts About Autumn

1. Autumn begins

There are two different dates when autumn could be said to begin. Autumn, as defined by the Earth's orbit around the Sun, begins on the equinox which falls on September 22nd or 23rd.

However, to record climate data, it is important to have set dates that can be compared, so meteorological autumn always begins on September 1st.

2. Trees prepare for winter

One of the most stunning signs of autumn is the turning of the leaves. The shorter days are a sign to trees to begin to prepare for winter.

During winter there is not enough light for photosynthesis to occur, so as the days shorten throughout autumn, the trees begin to close down their food production systems and reduce the amount of chlorophyll in their leaves.

3. The chemistry of colour

Chlorophyll is the chemical which makes tree leaves green and as it declines, other chemicals become more prominent in the leaves.

These are responsible for the vibrant ambers, reds and yellows of autumn. The chemicals responsible are types of flavonoids, carotenoids and anthocyanins.

Did you know some of these chemicals are the same ones that give carrots (beta-carotenes) and egg yolks (luteins) their colours?

4. People born in Autumn live longer

A study in the Journal of Aging Research found that babies born during the autumn months are more likely to live to 100 than those born during the rest of the year.

Their study found that 30 % of U.S. centenarians born during 1880-1895 were born in the autumn months.

5. The days get shorter

The word equinox comes from the Latin equi (meaning equal) and nox (meaning night) accounting for the equinox marking the time when day and night are of equal length.





We often notice the nights begin to draw in from this point as after the autumn equinox, the nights are longer than the days, until this is reversed at the spring equinox.

6. **A date for your diary – September 24th, 2303**

Generally speaking, the autumn equinox always falls on either September 22nd or 23rd, but not quite always.

Because the Gregorian calendar is not quite in perfect symmetry with the Earth's orbit, the autumn equinox will very occasionally fall on September 24th. This last happened in 1931 and will next happen in 2303.

7. **Persephone's return**

In Greek mythology, autumn began when Persephone was abducted by Hades to be the Queen of the Underworld. In distress Persephone's mother, Demeter (the goddess of the harvest), caused all the crops on Earth to die until her daughter was allowed to return, marking spring.

8. **Autumn and Fall**

We typically think of 'fall' as the North American version of the word 'autumn', but it was in fact in widespread usage in England until relatively recently.

Originally a shortening of the phrase fall of the leaf, the phrase was common in England in the 17th century.

The word autumn entered English from the French automne and didn't become common usage until the 18th century.

Article adapted from:

<https://www.metoffice.gov.uk/weather/learn-about/weather/seasons/autumn/autumn-facts>

The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight.

The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color, blooms can also be orange, red or purple, or have striped hues.

Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed.

A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.



Gardening Club

The Mulberry Gardens Assisted Living Garden was a huge success this year! We have had a huge variety of fresh, delicious veggies including tomatoes, peppers, cucumbers and much more!



*Carlie the Therapy Dog
doing some outside visits
with the residents*

















SEPT 2020

Birthdays

- Barb Cawley, 2nd
- Christopher Varga, 5th (Employee)
- Joyce Scafidi, 5th
- Rebecca Long-Poinar, 5th (Employee)
- Julie Long, 8th
- Frank Washko, 9th
- John Guillion, 9th
- Gwen Arnold, 9th
- Lois Meeker, 10th
- Peg Hall, 13th
- Pat Smith, 18th
- Eloise Carr, 21st
- Virginia Waterloo, 22nd
- Amanda Sammons, 24th (Employee)
- Mary Jo Rich, 25th
- Nyki McWilliams, 28th (Employee)
- Samantha Purtan, 29th (Employee)

Locations

- Activity Room, AR
- Dining Room, DR
- Library, LB
- Mulberry Room, MR
- Munroe Room, FC
- Wellness Center, WC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 Snack Cart 11:30 Let's Make Music! 2:30 Bingo, AR 4:00 Trivia Fun 6:30 Pool and Puzzles	2 10:00 Snack Cart 11:30 Senior Aerobics, AR 2:30 Brain Teasers 6:30 Resident Game Night, AR 	3 10:00 Snack Cart 11:30 Gentle Stretch Exercises 11:30 Let's Make Music! 2:30 Crafting Corner, AR 4:00 Trivia Fun 6:30 Resident Movie Night, AR	4 10:00 Snack Cart 11:30 Fitness Fun 2:30 Bingo, AR 3:45 Autumn Puzzlers	5 10:00 Snack Cart 10:30 Today's Topics, AR 11:30 Stretch & Flex, AR 2:30 Bowling, AR 
6 10:00 Snack Cart 11:30 Senior Aerobics, AR 1:00 Coloring Therapy 1:30 Today's Topics, AR 3:45 Reminisce & Watch: Favorite TV Shows, AR	LABOR DAY 7 10:00 Snack Cart 11:30 Senior Fitness, AR 11:30 Name That Tune!, AR 3:15 Dominoes & Triominoes, AR 6:30 Resident Card Night, AR	8 10:00 Snack Cart 11:30 Let's Make Music! 2:30 Bingo, AR 4:00 Trivia Fun 6:30 Pool and Puzzles 	9 10:00 Snack Cart 11:30 Senior Aerobics, AR 2:30 Brain Teasers 6:30 Resident Game Night, AR 	10 10:00 Snack Cart 11:30 Gentle Stretch Exercises 11:30 Let's Make Music! 2:00 Cooking Club with Chef Jordan 4:00 Trivia Fun 6:30 Resident Movie Night, AR 	PATRIOT DAY 11	12 10:00 Snack Cart 10:30 Today's Topics, AR 11:30 Stretch & Flex, AR 2:30 Flyswatter Volleyball, AR 2:30 Bowling, AR
13 10:00 Snack Cart 11:30 Senior Aerobics, AR 1:00 Coloring Therapy 1:30 Today's Topics, AR 3:45 Reminisce & Watch: Favorite TV Shows, AR 	14 10:00 Snack Cart 11:30 Senior Fitness, AR 6:30 Resident Card Night, AR	15 10:00 Snack Cart 11:30 Let's Make Music! 2:30 Bingo, AR 4:00 Trivia Fun 6:30 Pool and Puzzles	16 10:00 Snack Cart 11:30 Senior Aerobics, AR 2:30 Brain Teasers 6:30 Resident Game Night, AR	17 10:00 Guys' Time with Todd, WC 10:00 Snack Cart 11:30 Gentle Stretch Exercises 11:30 Let's Make Music! 2:30 Crafting Corner, AR 4:00 Trivia Fun 6:30 Resident Movie Night, AR 	18 ROSH HASHANAH BEGINS AT SUNSET 10:00 Snack Cart 11:30 Fitness Fun 2:30 Bingo, AR 3:45 Autumn Puzzlers 	19 10:00 Snack Cart 10:30 Today's Topics, AR 11:30 Stretch & Flex, AR 2:30 Bowling, AR
20 10:00 Snack Cart 11:30 Senior Aerobics, AR 1:00 Coloring Therapy 1:30 Today's Topics, AR 3:45 Reminisce & Watch: Favorite TV Shows, AR	21 10:00 Snack Cart 11:30 Senior Fitness, AR 3:15 Dominoes & Triominoes, AR 6:30 Resident Card Night, AR 	AUTUMN BEGINS 22 10:00 Snack Cart 11:30 Let's Make Music! 2:30 Bingo, AR 4:00 Trivia Fun 6:30 Pool and Puzzles 	23 10:00 Snack Cart 11:30 Senior Aerobics, AR 2:30 Brain Teasers 6:30 Resident Game Night, AR	24 10:00 Snack Cart 11:30 Gentle Stretch Exercises 11:30 Let's Make Music! 4:00 Trivia Fun 6:30 Resident Movie Night, AR 	25 10:00 Snack Cart 11:30 Fitness Fun 2:30 Bingo, AR 3:45 New Resident Welcome Party, AR 3:45 Autumn Puzzlers 	26 10:00 Snack Cart 10:30 Today's Topics, AR 11:30 Stretch & Flex, AR 2:30 Flyswatter Volleyball, AR 2:30 Bowling, AR
YOM KIPPUR BEGINS AT SUNSET 27	28 10:00 Snack Cart 11:30 Senior Fitness, AR 6:30 Resident Card Night, AR 	29 10:00 Snack Cart 11:30 Let's Make Music! 2:30 Bingo, AR 4:00 Trivia Fun 6:30 Pool and Puzzles 	30 10:00 Snack Cart 11:30 Senior Aerobics, AR 2:30 Brain Teasers 6:30 Resident Game Night, AR			



Easy Apple Crisp Recipe

Servings: 6 Servings

Cook Time: 35 minutes

Total Time: 1 hour
10 minutes

Prep Time: 25 minutes

Ingredients:

Topping

- 1/2 cup (70g) all-purpose flour
- 1/2 cup old-fashioned oats
- 1/2 cup (110g) packed light-brown sugar
- 1/2 tsp baking powder
- 1/4 tsp ground cinnamon
- 1/4 tsp salt
- 1/3 cup (76g) unsalted butter, diced into small cubes

Apple filling

- 2 lbs Granny Smith apples (at room temperature) peeled, cored and sliced thin (about 1/8-inch)
- 3 Tbsp (42g) unsalted butter, melted
- 2 Tbsp all-purpose flour
- 3 Tbsp water
- 1 Tbsp lemon juice
- 1/2 tsp vanilla extract
- 1/4 cup (55g) light-brown sugar
- 1/2 tsp ground cinnamon
- 1 pinch salt

Instructions:

1. Preheat oven to 375 degrees and position oven rack one level below the center. Butter an 8 by 8 inch baking dish (or small casserole dish with a similar size), set aside.
2. In a mixing bowl whisk together 1/2 cup flour, the oats, 1/2 cup brown sugar, 1/2 tsp baking powder, 1/4 tsp cinnamon and 1/4 tsp salt for 30 seconds.
3. Add diced butter and using clean fingertips, rub butter into dry mixture until it comes together into small crumbles. Transfer to refrigerator to chill while preparing filling.
4. In a small mixing bowl, whisk together melted butter and flour until well blended, then mix in water, lemon juice and vanilla. Stir in 1/4 cup brown sugar, 1/2 tsp cinnamon, and pinch of salt.
5. Place apples in a large bowl then pour butter mixture over apples and toss to evenly coat, then pour apple mixture into prepared baking dish and spread into an even layer.
6. Remove topping from refrigerator and sprinkle into crumbles evenly over top of apples.
7. Bake in preheated oven until top is golden brown and apples are tender when pierced with a toothpick, about 35 minutes.
8. Remove from oven and allow to rest 10 minutes before serving. Serve warm with vanilla ice cream and salted caramel sauce if desired.

Recipe Notes

Be sure to slice your apples thinly so they become fully tender. No one wants a crunchy apple in their apple crisp.

If you only have salted butter on hand, reduce the salt in the topping to 1/8 tsp and omit the salt in the filling.

Recipe Source: Cooking Classy (originally shared October 2013)



Help Someone Discover our Caring Lifestyle ... and We Would Like to Give You \$1,000!

Invite a friend to join us for a delicious chef-prepared meal and if they decide to move in, everybody wins! Your friend will discover the amazing lifestyle provided at Mulberry Gardens Assisted Living, and we'll give you a check for \$1,000. This is a limited time offer so don't wait to start spreading the word! Please contact the Administrator for more details.



Dried Fruits for a Wellness Boost

Bite-sized servings packed with flavor, dried fruits can be a sweet addition to a nutritious diet. When you're hankering for a snack, reach for one of these popular options:

Apricots — This orange, velvety fruit related to the peach is rich in vitamins A, C and E, which promote healthy vision, benefit your skin, and can help strengthen immunity. Apricots' high calcium and iron content aids in maintaining strong bones and good circulation.

Dates — Although they taste very sweet, dates have a low glycemic index, making them a nourishing nibble for those watching their blood sugar levels. Full of fiber and iron, these sticky dried fruits are featured in baked goods, as well as rice and lentil dishes.

Prunes — Like dates, prunes, which are dried plums, are a sweet, filling snack that won't cause blood sugar levels to spike. Prunes are good sources of vitamins A and K, as well as fiber, potassium and boron, a mineral that supports bone health.

Figs — Grown on certain species of ficus trees, figs have more fiber than any other fruit. Their high levels of fatty acids, antioxidants and prebiotics can help lower cholesterol, prevent disease and improve digestion.

Raisins — These dehydrated grapes contain potassium and iron, which are linked to lowering blood pressure and inflammation. Sprinkle them in cereal and salads, bake them in cookies and bread, or add them to trail mix. They're also a flavorful ingredient in a variety of savory recipes.

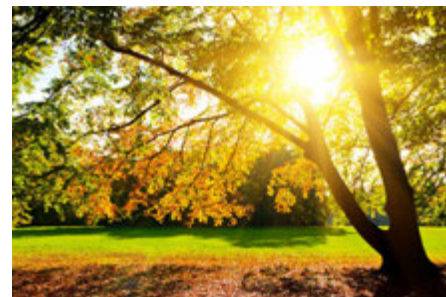


Autumn Fitness and Wellness

Fall is a great time in Northeast Ohio: the colors of the changing leaves, the scenery, the smells and the beautiful weather. The crisp, cool mornings and warmth of the afternoon sun create some of the most ideal conditions for getting outside. It is important for both physical and mental health to keep moving. Walking is a great low-impact exercise to keep ourselves fit, both mentally and physically.

Regular exercise has been shown to improve mood, reduce stress, improve lung and heart function,

as well as help lower blood pressure. Mulberry Gardens Assisted Living is committed to keeping our residents active and healthy, and we offer small-group exercise classes in our activity room to accommodate everyone's needs. Wishing you and your loved ones a safe and happy fall.



Find Joy Through Journaling

Keeping a journal is a practice dating back thousands of years. In addition to preserving memories, journaling can help improve your life in other ways.

Ease stress: Writing down things that make you worried, angry or sad helps you to release those emotions, reducing anxiety and stress.

Some people keep a gratitude journal and record reasons they are thankful, which can foster a healthy, happy perspective on life.

Solve problems: When you're not sure how you feel about something that's bothering you, try journaling about it. Writing uses your left brain, allowing your right brain to free itself from mental blocks and find a clearer understanding of the situation.

Improve relationships: It's normal to become irritated or upset with the people in our lives, but it's usually unwise to express it and pick a fight over every conflict. A journal is a private, safe place to vent frustrations.

Set goals: By writing in a journal every day, you can get to know yourself better and find out what's most important to you. This helps you focus on specific goals, and you can use your journal to track your progress as you move toward achieving them.





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395 South Main Street
Munroe Falls, Ohio 44262



Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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