

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

OCTOBER 2020

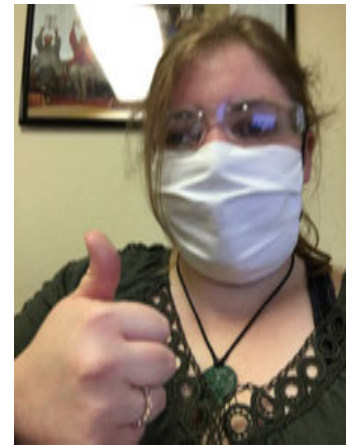
MULBERRY GARDENS STAFF

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

The Face of Activities

As Mulberry reopens for resident small group activities, you may notice an exciting new face in our Life Enrichment Department. Sara is thrilled to lift spirits and make a difference in these uncertain times. She's hit the ground running in her role as the Life Enrichment Coordinator, doing everything from slinging corn on the cob and root beer floats, to calling bingo!



But the fun doesn't end there. With a background in human services and an eye for creativity, Sara will be brightening residents' doorsteps with a smile and a craft — maybe even a brain teaser or two! She encourages residents to drop by the Activities Room any time with ideas, and will be encouraging our community to be involved (while social distancing, of course!).

Of course, Life Enrichment is more than bingo and crafts. Because of this, residents will see a resurgence of activities like flyswatter volleyball, beach ball blast, and assorted exercise and fitness programs to stay active! Every month, residents are encouraged to attend an Activities Planning Committee led by Sara, where she will document and implement resident suggestions and ideas in the coming month's activities calendar. Her goal is that, even with smaller group sizes and social distancing, Life Enrichment will be the glue that holds our community together!



Gorgeous Gourds

Can you feel it in the air? The air is crisp, the leaves are turning and the holiday season is fast approaching. Grab your fluffy blankets and some apple cider as we ring in October! As you may have noticed, September was all about sunflowers and how they lift us up. In the month of October, our focus turns to those gorgeous gourds.

That's right, folks. It's pumpkin season again!

We use pumpkins for everything from pies to decorations, and they come in an explosion of colors like orange, yellow, and even green. Of course they're delicious, but did you know pumpkins have tons of other benefits for our minds and bodies?

Fill your gourd with these fun facts!

1. Pumpkins are fruits!
2. They boost your immune systems and are a good source of Vitamin C and antioxidants like beta-carotene!
3. Pumpkin keeps your eyes healthy! Did you know? A cup of cooked pumpkin provides over 200% of your Vitamin A intake? This aids vision, especially in dim light!
4. Pumpkins can help you feel full, supporting weight loss. Pumpkin is high in fiber, which fills you up and for longer. It also helps slow the absorption of sugar in the blood and aids digestion.
5. Pumpkins are a heart healthy choice! The potassium in pumpkins can have a positive effect on blood pressure.



October Goodies Cart

The weather is getting colder, the days shorter. As we tuck ourselves under our blankets and warm our noses out of the cold, we're bringing you something special! Every Wednesday afternoon, the Activities Department will be bringing around goodies on the snack cart for residents to enjoy! Every week is a different treat.

- **Wednesday, October 7th:** Hot Cocoa Bar
- **Wednesday, October 14th:** Pumpkin Pie
- **Wednesday, October 21st:** Apple Cider
- **Wednesday, October 28th:** Spooky Cookies



A World of Entertainment

Don't let this virus get you down! Let us lift your spirits this October as we bring music back into the building! Join us on Monday, October 12th, at 2 p.m., for warm drinks and lively entertainment by Greg Piscura! Due to current regulations, the concert will take place outside. Residents are encouraged to dress warmly and join us outside for a gorgeous fall day. In the event that the weather is less than gorgeous, we'll be broadcasting the concert to residents from the safety and warmth of the building. Warm drinks will still be provided.



Birthday Wishes!

Every birthday is its own milestone — another year of memories, experiences and laughter as September gives way to October. Frank Washko, for example, celebrated his 96th birthday on Wednesday, September 9th of this year! That's 96 years young!

To celebrate, the Culinary Department prepared a lovely birthday cake with a card and flowers from the Mulberry team. Staff gathered to serenade Frank outside his door, as we wished him many happy years to come!



Frank W. (96)



Resident Anniversaries

Love is in the air as Mulberry Gardens celebrates exciting milestones. We celebrated two in September alone!

Hilda and John Gullion celebrated their 66th anniversary on August 22nd. To celebrate, the Culinary team baked them a beautiful pecan pie. These two are practically inseparable and can be found basking in the sunlight of a lazy afternoon, or taking part in fun activities around the community!

On September 22nd of 2020, John and Dolores Dovjak celebrated their 58th anniversary! Despite the up and down struggles of this pandemic, these love birds have had each other every step of the way. They can be seen taking walks around the community, or sitting and laughing with each other outside. Did you know that Dolores and John met through friends while she worked at Goodrich and he worked at Goodyear? That's too good to be true!

Help us celebrate their love by wishing them happy anniversaries!

Simple Ways To Make Someone Smile

World Smile Day, October 2nd, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your community. Put a note in your mailbox saluting the letter carrier.

Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.

Stuff a Scarecrow

Join us as we decorate Mulberry Gardens in a fun, festive way! The Activities Department is reaching out to ask for gently used clothing donations. Fall-themed clothing items like flannels, jeans, gloves and straw hats are appreciated. Don't have a flannel? Don't worry! Our scarecrows are as diverse as we are and will reflect the diverse community we have here. Come make a scarecrow for right outside your door, or to haunt the hallways and common areas.

Give all donations to the Activities Department to be washed and sanitized, prior to their use. Each resident will have their own materials, to encourage social distancing during the craft.

Of course, our fun doesn't stop inside the building. The city of Stow is hosting a Scarecrow Competition, and all entries will be showcased on the lawn of City Hall. The frame is provided and residents are encouraged to help decorate this scarecrow as well!

Crafter's Corner

October kicks off a season of crafting. Here at Mulberry Gardens, we're getting into the spirit of the season! Join the Life Enrichment Department for Crafter's Corner, every Thursday in October. Our crafts hit a wide range — everything from beautiful fall luminaries, to spooky pumpkin painting. Keep your peepers peeled for painting classes and other exciting seasonal crafts!

Don't feel like leaving the comfort of your couch? Look out for the Art Cart, which will be haunting the halls of Mulberry Gardens this October baring signature take-and-make crafts you can do at home!



Sunflower Painting Class

OCT 2020



Birthdays

Marjorie Mortimer, 2nd
Sharon Lann, 7th (Employee)
Todd Frantz, 10th (Employee)
Barbara Coleman, 13th
Alice Gatrellhahn, 14th
Emma White, 20th
Marjorie Shives, 23rd
Diana Sferra, 23rd (Employee)
Joan Stokes, 29th
Marge Durfee, 31st

Locations

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

“Autumn’s the mellow time.”
—William Allingham

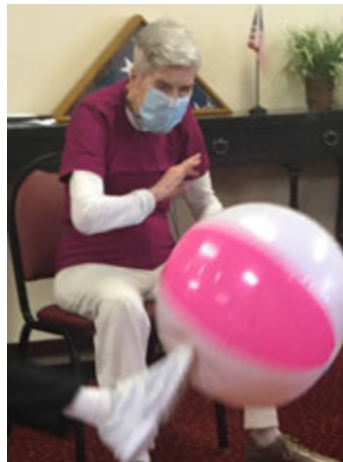
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
				10:00 Snack Cart 11:30 Gentle Stretch Exercises, AR 2:30 Crafter’s Corner, AR 2:30 Trivia Fun, AR 3:30 Bingo, AR 6:30 Haunted Hallway Decorating	2 10:00 Snack Cart 2:30 Autumn Coloring Pack, AR 3:45 Autumn Independent Puzzlers, AR 	3 10:00 Snack Cart 2:30 Independent Cards, AR 3:30 Saturday Food for Thought Pack, AR
	4 10:00 Snack Cart 11:30 Laughing Yoga, AR 2:30 Sunday Service, AR 3:30 Coloring Therapy, AR	5 10:00 Snack Cart 11:30 Senior Fitness, AR 2:30 Beach Ball Blast!, AR 3:30 Word Puzzles, AR	6 10:00 Snack Cart 11:30 Chair Dancing, AR 2:30 Trivia Fun, AR 3:30 Bingo, AR 6:30 Movie Night with Sara, AR	7 10:00 Seasonal Snack Cart 1 11:30 Senior Aerobics, AR 2:30 Seasonal Snack Cart 2 3:30 Brain Teasers, AR 	8 10:00 Snack Cart 11:30 Gentle Stretch Exercises, AR 2:30 Cooking Club, AR 3:30 Crafter’s Corner, AR 6:30 Haunted Hallway Decorating	9 10:00 Snack Cart 2:30 Autumn Coloring Pack, AR 3:45 Autumn Independent Puzzlers, AR
	11 10:00 Snack Cart 11:30 Laughing Yoga, AR 2:30 Sunday Service, AR 3:30 Patio Refreshments, AR	12 COLUMBUS DAY 10:00 Snack Cart 11:30 Senior Fitness, AR 2:00 Concert by Greg Piscura 3:30 Card Club, AR	13 10:00 Snack Cart 11:30 Chair Dancing, AR 2:30 Trivia Fun, AR 3:30 Stumpers w/ Sharon!, AR 6:30 Movie Night with Sara, AR 	14 10:00 Seasonal Snack Cart 1 11:30 Senior Aerobics, AR 2:30 Seasonal Snack Cart 2 3:30 Brain Teasers, AR 	15 10:00 Guys’ Time with Todd, WC 10:00 Snack Cart 11:30 Gentle Stretch Exercises, AR 2:30 Crafter’s Corner, AR 3:30 Bingo, AR 6:30 Haunted Hallway Decorating	16 10:00 Snack Cart 2:30 Autumn Coloring Pack, AR 3:45 Autumn Independent Puzzlers, AR
	18 10:00 Snack Cart 11:30 Laughing Yoga, AR 2:30 Sunday Service, AR 3:30 Coloring Therapy, AR	19 10:00 Snack Cart 11:30 Senior Fitness, AR 2:30 Beach Ball Blast!, AR 3:30 Word Puzzles, AR	20 10:00 Snack Cart 11:30 Chair Dancing, AR 2:30 Trivia Fun, AR 3:30 Bingo, AR 6:30 Movie Night with Sara, AR 	21 10:00 Seasonal Snack Cart 1 11:30 Senior Aerobics, AR 2:30 Seasonal Snack Cart 2 3:30 Brain Teasers, AR	22 10:00 Snack Cart 11:30 Gentle Stretch Exercises, AR 2:30 Crafter’s Corner, AR 3:30 Bingo, AR 6:30 Haunted Hallway Decorating	23 10:00 Snack Cart 2:30 Autumn Coloring Pack, AR 3:45 Autumn Independent Puzzlers, AR 
25 10:00 Snack Cart 11:30 Laughing Yoga, AR 2:30 Sunday Service, AR 3:30 Patio Refreshments, AR	26 10:00 Snack Cart 11:30 Senior Fitness, AR 2:30 Birthday Bash and Welcome Party, AR 3:30 Card Club, AR	27 10:00 Snack Cart 11:30 Chair Dancing, AR 2:30 Trivia Fun, AR 3:30 Bingo, AR 6:30 Movie Night with Sara, AR	28 11:30 Senior Aerobics, AR 2:00 Haunted Hallway Door Decor Voting 3:00 Staff Halloween Costume Parade!	29 10:00 Snack Cart 11:30 Gentle Stretch Exercises, AR 2:30 Crafter’s Corner, AR 3:30 Bingo, AR 6:30 Haunted Hallway Decorating 	30 10:00 Snack Cart 2:30 Autumn Coloring Pack, AR 3:30 Wicked Word Search Pack	31 HALLOWEEN 10:00 Snack Cart 3:00 Hallway Trick or Treat 4:00 Halloween Spectacular! 



Keeping Active in October

As the leaves change and the weather cools, staying active might feel like a chore. But it doesn't have to be! Join the Life Enrichment Department for a month of fun, active games and exercises for the body, as well as the mind. We pride ourselves on having an active community and our programming reflects that. This includes:

1. Senior Aerobics
2. Beach Ball Blast
3. Flyswatter Volleyball
4. Witch's Hat Ring Toss
5. Bowling
6. Horse Racing
7. Trivia
8. Brain Teasers
9. Art Classes
10. Discussion Groups and Current Events



Get Wise About Owls

Mysterious and a little spooky, owls have captured our imaginations since ancient times. These birds have features that may make your head spin!

- An owl can turn its head almost all the way around without moving its body. Unique bones in the bird's neck allow it to twist to the left or the right 270 degrees.
- Owls need this ability because they can't move their large eyes, their most notable trait. Working like binoculars, an owl's eyes are tube-shaped and fixed in place.
- They're known for their hooting calls, but some owls hiss, whistle, growl or bark.
- Owls have such sensitive hearing, they can detect a mouse under snow.
- Thanks to their broad wings and thick feathers that muffle noise, the birds barely make a sound when flying.
- Most owls are active at night, giving us the expression "night owl."
- Owls are zygodactyl, meaning their feet have two toes that face forward and two that face backward. That trait, along with their sharp talons, gives them a powerful grip.
- Why are owls considered wise and used to symbolize knowledge? In Greek mythology, Athena, the goddess of wisdom, was often depicted with owls.
- At about 5 inches, the elf owl is the tiniest owl species. Compare that to the great gray owl, which can be over 30 inches tall.

Halloween Costume Parade

This year as Halloween closes in, we'll be doing something extra special to lift your spooky spirits! Get dressed in your spooky best on Wednesday, October 28th, at 3 p.m., as the staff at Mulberry Gardens puts on a costume parade! The Spooky Snack Cart will be passing out haunted goodies during the event and the staff may have tricky treats of their own to pass out! Each department will have a theme, so stay tuned!

Haunted Hallways

Calling all residents and staff! Join us this October as we haunt the hallways! Help us liven up our building by decorating your doors to set the mood this fall. Residents interested in participating are encouraged to speak to Sara in Activities. Together, you can brainstorm how best to decorate your door and we'll get you the materials! The spookiest door will be featured in the upcoming newsletter!



Classic No Bake Pumpkin Pie Recipe

Ingredients:

- 1 TBSP Sugar
- 4 OZ Cream Cheese (Softened)
- 1 TBSP Milk
- 2 Packages Instant Vanilla Pudding Mix
- 1 1/2 Cups Cool Whip
- 15 OZ Can of Pumpkin
- 1 Graham Cracker Pie Crust
- 1 TSP Pumpkin Pie Spice
- 1 Cup Milk

Instructions

1. Mix cream cheese, 1 TBSP milk and 1 TBSP sugar in a medium mixing bowl until smooth.
2. Gently fold in the cool whip and spread on the graham cracker crust.
3. Whisk the pudding mixes into the cup of milk until well blended, and then stir in the pumpkin and pumpkin pie spice.
4. Spread the pumpkin filling on top of the cream cheese layer and refrigerate for at least 3 hours before serving. If desired, add a little whipped cream on top right before serving!



Smile! It's Good For You!

Did you know that smiling daily can be good for you? It's true! Besides offering a mood boost, smiling releases cortisol and endorphins that provide numerous health benefits, including:

1. Reduced blood pressure
2. Reduced stress
3. Improved Mood

Challenge yourself on National Smile Day (October 2nd)! To start flexing your smile muscles, try one of these fun smile challenges!

1. Post-It Note Challenge: Gather 10-20 colorful post-it notes and write down people, places or things that make you smile. Stick the post-it notes someplace you'll see every morning to start your day!
2. Waiting Challenge: Catch yourself in a moment where you are waiting. It could be in traffic, or between activities. Stop and smile. See if others smile back!
3. 19 Challenge: Did you know that scientists have calculated that there are 19 types of smiles? How many do you have? Stand in front of a mirror and try out different smiles. This is a fun challenge to do in a small group. See how many smiles you can come up with together!

Trick or Treat!

Join us in celebrating this spooky season as we invite the community for an afternoon of fun, games, and trick-or-treating! Our Trick-or-Treat will be held on Saturday, October 31st, at 3 p.m., and will be followed directly by a (socially distanced)



Halloween party in the Main Dining Room. We are inviting resident families to be involved, and grandchildren are encouraged to come and trick or treat with the residents!





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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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