

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

NOVEMBER 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

Veteran Pinning

Join Mulberry Gardens and Chief Lee of the Stow-Munroe Falls Fire Department as we honor our veterans in a Veterans Day lapel pinning. Weather permitting, the event will be held outside and veterans will be socially distanced during the ceremony. The event will take place in the side parking lot near the rocking chairs, just in sight of the flag pole. In the case of inclement weather, the pinning will take place in the Activities Room, in front of the Veterans Wall.

The event will take place Wednesday, November 11th, at 11:30 a.m. Along with their pin, veterans will receive a rose and a certificate thanking them for their service.

Help us honor the service of:

- John B., US Air Force
- John D., Core of Engineers, US Military
- Earle H., US Navy
- Don K., US Navy
- Tony L., Medical Core, US Military
- Roy R., US Navy
- Lenny S., US Army
- Frank W., US Air Force
- Jim W., US Army
- Woody W., US Navy





Honoring Our Veterans

Join us in honoring our veterans this November. Especially in these difficult times, it's important to remember their sacrifices as they fought for our country. Our community will be doing this in many ways, both large and small, throughout November. The first and most visible is our Veterans Wall, which is located in our Activities Room, overlooking the residents. We are constantly updating it, and filling the space with the faces of proud veterans.

But it doesn't end there!

Residents will have the opportunity to add stars to our Veterans Flag, which will be showcased in the main lobby here at Mulberry Gardens. Each star will hold the name of a veteran, their branch, the length of service, and where they served. These can be resident veterans, or the names of veterans in the lives of our residents.

This will be a month-long activity and new stars will be added over time.



Veterans Social

Veterans are invited to join us Wednesday, November 11th, at 2:30 p.m., following for a Veterans Social. Light refreshments will be offered, including non-alcoholic beer, cake, and other goodies. Weather permitting, we will host the event outside on the patio. In case of cold weather, veterans may join us inside. Our vets are encouraged to don any medals they've earned during their service! Come help us honor our veterans!

Preserving Veterans' Stories

With thousands of stories of service and sacrifice, the Veterans History Project preserves and shares the firsthand accounts of America's war veterans.

Created in 2000 by the U.S. Congress, the ongoing program is part of the American Folklife Center at the Library of Congress. The personal narratives of men and women who served in all branches of the military from World War I to present-day conflicts are being collected. Their memories help document history and provide a better understanding of the realities of war for future generations.

Veterans are encouraged to share their experiences by submitting video or audio interviews, written memoirs, letters, photos and other historical documents. Families of deceased veterans can also contribute.

To date, the project has collected 108,000 stories, making it the nation's largest archive of oral history of its kind. Some accounts have been digitized and are available for viewing online.

To learn more about the Veterans History Project and how to participate, visit LOC.gov/vets.

Voting

As the country turns its attention to voting, we want to thank everyone who participated in a piece of history. No matter the outcome, we are proud to have been a part of helping our residents cast their votes in these trying times. We will continue to support our community and help them take part in our nation's living history.





Veterans Reminiscing

We're inviting our veterans to come share their stories on Tuesday, November 10th, at 2:30 p.m., as we gear up for Veterans Day. They can be serious, sometimes funny, and too often sad, but the important thing is to share them. Each story connects us and gives us a peak into the lives of others. Often, we discover curious similarities that bring us closer together. Veterans are welcome to share their stories in writing as well, and the Activities Department will create a commemorative booklet to be displayed in the Activities Room.

Thanksgiving Favorites Across the Nation

If you look at the dinner tables across the country at Thanksgiving, it's unlikely you'll find any two feasts that are exactly the same. Every family has its own food traditions, but many homes in the same region enjoy similar holiday dishes.

Ocean offerings: Historians believe a variety of shellfish was abundant at the original Thanksgiving feast, and the tradition continues today in several regions. In New England, mussels are a popular side dish, as is oyster stuffing, a favorite in the South, too. And you just may find green bean salad with octopus on a holiday table in Hawaii.

Corn of plenty: Many New England tables feature corn on the cob as a nod to the first Thanksgiving, while corn casserole or corn pudding is commonly found in the Midwest. Southern cooks often serve cornbread dressing, which is made with blue cornmeal in Southwestern states.

A berry good idea: Fruit at Thanksgiving? It has to be cranberries. While jellied cranberry sauce from a can remains popular throughout the country, homemade versions take on distinguishing characteristics: Pure cranberry sauce is a staple in Western states, the Northeast is home to cranberry relish with citrus peel, and cranberry salad can be found in the South and Midwest.

Praiseworthy pies: Leave plenty of room on your plate for pie—nearly every region has its own specialty. Pumpkin pie is popular in most states, but in the South, sweet potato pie is king. Southerners also love their pecan pie, which is a favorite in the Midwest, too. Apple pie and Concord grape pie are enjoyed in the Northeast, and a Michigan dessert table isn't complete without cherry pie.

Veteran Letter Writing

Calling all veterans! Join us this November in writing letters to soldiers actively serving this great country. Give them your support and let them know you're thinking about them in these hard times. They would love to hear from you and would appreciate any advice you have to share. See Sara in Activities for paper, envelopes and postage. Or bring her the finished letters and she'll mail them out! Any responses will be given to the residents themselves.

An Attitude of Gratitude

A thankful heart is a happy heart—it may sound cliché, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

Keep a journal — A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

Create a collage — Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

Say "thank you" — Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

Give back — Donating your time, skills and money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose and overall well-being.

NOV 2020

Birthdays

Violet Adams, 8th
(Employee)

Lois Woodruff, 9th

Deborah Propst,
12th (Employee)

Krystal Schultz,
13th (Employee)

Jane Gourley, 13th
(Employee)

Olga Zitzmann, 15th

Doria Murray,
16th (Employee)

Marie Meloy, 17th

Locations

Activity Room, AR

Dining Room, DR

Library, LB

Mulberry Room, MR

Munroe Room, FC

Wellness Center, WC

“Thanksgiving
just gets me all
warm and tingly
and all kinds
of wonderful
inside.”

—Willard Scott

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYLIGHT SAVING TIME ENDS 1 11:30 Senior Yoga, AR 2:30 Sunday Service, AR 3:30 Gratitude Tree, AR 3:30 Ping Pong, AR	2 10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Monday Mindfulness and Journaling, AR 3:30 Beach Ball Blast, AR	ELECTION DAY 3 10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Bingo 1, AR 3:30 Bingo 2, AR 6:30 Movie Night with Sara, AR 7:00 Ping Pong	4 10:00 Seasonal Snack Cart 1 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Seasonal Snack Cart 2 3:30 Brain Teasers, AR	5 10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Veteran Star Project, AR 3:30 Activity Planning Committee: Gingerbread Village, AR	6 10:00 Snack Cart 2:30 Autumn Coloring Pack, AR 3:45 Autumn Independent Puzzlers, AR	7 2:30 Independent Cards, AR 3:30 Saturday Food for Thought Pack, AR
8 11:30 Senior Yoga, AR 2:30 Sunday Service, AR 3:30 Sunday Refreshments 3:30 Ping Pong, AR 	9 10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Letters to Soldiers, AR 3:30 Flyswatter Volleyball, AR 	10 10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Bingo 1, AR 3:30 Bingo 2, AR 4:30 Veterans Discussion Group, AR 6:30 Gingerbread Village Construction, AR 7:00 Ping Pong	VETERANS DAY 11 11:30 Veteran Pinning with Chief Lee, AR 12:00 Senior Fitness 2, AR 2:30 Veterans Day Social, AR 3:30 Veterans Day Trivia, AR	12 10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:00 Cooking Club, AR 3:30 Bingo, AR 	13 10:00 Snack Cart 2:30 Autumn Coloring Pack, AR 3:45 Autumn Independent Puzzlers, AR 	14 2:30 Independent Cards, AR 3:30 Saturday Food for Thought Pack, AR
15 11:30 Senior Yoga, AR 2:30 Sunday Service, AR 3:30 Sunday Refreshments 3:30 Ping Pong, AR 	16 10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Turkey Bowling, AR 3:30 Turkey Time Brain Teasers, AR 	17 10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Bingo 1, AR 3:30 Bingo 2, AR 4:30 Stumpers with Sharon, AR 7:00 Pumpkin Ring Toss, AR 7:00 Ping Pong 	18 10:00 Seasonal Snack Cart, AR 11:30 Chair Dancing with Jess!, AR 2:30 Thanksgiving Pictionary, AR 3:30 Arts and Crafts with Amber, AR	19 10:00 Guys' Time with Todd, WC 10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Thanksgiving Mystery Prize Bingo 1, AR 3:30 Thanksgiving Mystery Prize Bingo 2, AR	20 10:00 Snack Cart 2:30 Autumn Coloring Pack, AR 3:45 Autumn Independent Puzzlers, AR	21 2:30 Independent Cards, AR 3:30 Saturday Food for Thought Pack, AR
22 11:30 Senior Yoga, AR 2:30 Sunday Service, AR 3:30 Sunday Refreshments 3:30 Ping Pong, AR	23 10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Letters to Soldiers, AR 3:30 Flyswatter Volleyball, AR	24 10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Bingo 1, AR 3:30 Bingo 2, AR 6:30 Gingerbread Village Construction, AR 7:00 Ping Pong	25 10:00 Seasonal Snack Cart 1 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Seasonal Snack Cart 2 3:30 Brain Teasers, AR	THANKSGIVING 26 10:00 Snack Cart 11:30 Gobble Till You Wobble Exercise, AR 2:30 Thanksgiving Movie Matinee w/Popcorn, AR 3:30 Turkey Trivia and Puzzle Pack, AR	27 10:00 Snack Cart 2:30 Autumn Coloring Pack, AR 3:45 Autumn Independent Puzzlers, AR	28 2:30 Independent Cards, AR 3:30 Saturday Food for Thought Pack, AR
29 11:30 Senior Yoga, AR 2:30 Sunday Service, AR 3:30 Sunday Refreshments 3:30 Ping Pong, AR	30 10:00 Snack Cart 11:00 Senior Fitness 1, AR 12:00 Senior Fitness 2, AR 2:30 Resident Council, AR					



Gratitude Tree

With the holiday season in full swing, it's important to take a step back and remember the reason for the festivities. Take time to appreciate the gifts, both great and small, we've been given. Now, more than ever, a focus on gratitude is the key to remaining grounded in a world that feels up in the air.

This November, join Activities in creating a Gratitude Tree in the Activities Room. Every day, residents are encouraged to add one leaf with something they are grateful for – it could be large or small – a kind word spoken in the hall or the presence of a loved one at the window. By Thanksgiving, our tree should be overflowing with gratitude. Even though the leaves outside have fallen, ours will remain safe and warm.



Stay Active in Autumn

As the calendar changes to a new month, let it inspire you to change up your exercise and activities routine. Turn over a new leaf with these options:

Go for a stroll: Take in the fall scenery where you live with a walk outdoors. Savor the fresh air, cooler temperatures and views of nature.

Take your pick: Get some exercise while walking through a farmers' market or local farm or orchard to pick fresh produce.

Warm up to a new workout: If the weather keeps you inside, try a new workout. Tai chi, yoga, dancing, and chair exercises are low-impact and don't require a lot of equipment or space.

Go digital: Older adults are growing fans of video games. Whether it's playing a virtual sport, an arcade game or word puzzles, digital gaming has been shown to provide cognitive and emotional benefits.

Get hands-on: Knitting, painting, woodcarving and other crafts can be both relaxing and engaging. Taking pride in your handiwork boosts self-confidence.

November Brain Teasers and Puzzle Packs

Feel like having a lazy weekend? No worries! Stop by the Activities Room every weekend and grab a packet full of puzzles, brain teasers, and seasonal coloring. Share your coloring pages with Sara in Activities, for a chance to see your work displayed in the Activities Room!

Looking to exercise your mind in a group? Join us every week for new puzzles and brain teasers in the Activities Room. If you have a puzzle or brain teaser you want to share, bring it with you, and try to stump your friends!



Turkey Trot Olympics

Join the Activities Department for a week of games and sports to help us stay active as Thanksgiving fast approaches. Our Turkey Trot Olympics will be held between Monday, November 16th and Thursday, November 19th, at 2:30 p.m. in the Activities Room. Each day, residents will compete in a new sport or activity to test their skills and have a good time!

Suggestions for indoor sports and games can be given to Sara in Activities, leading up to the event. Though we encourage friendly competition, our focus is always on teamwork and cooperation among the community.

Every day surrounding the Turkey Trot, residents can participate in games, trivia and discussions to exercise their minds as well as their bodies!



Journaling and Mindfulness

Holiday festivities often pull us out of ourselves — the rush to get every detail exactly right or to begin shopping for that perfect gift. It can feel as draining as it does satisfying. Because of this, taking time for ourselves is often set aside. Of course, it doesn't have to be. Mindfulness, or the act of checking in with yourself, can be done every day in ways both great and small.

To foster this mindfulness, our Activities Department is encouraging residents to journal daily or as often as they can. Every week will include a new journaling prompt, and residents are encouraged to share their thoughts and ideas with one another. That way when life gets hard, these journals are a reminder to slow down and be mindful.

To bolster mindfulness and positive mental health, enjoy these easy tips and tricks for practicing mindfulness in your daily routine:

- 1. Breathe:** Breathing is among the most important practices of mindfulness. By taking deep, even breaths, we tell our bodies to calm down. This deep breathing sends a message to our brains that we don't need to panic and helps us think past our fight or flight.
- 2. Check in With Your Body:** We have a tendency to live in our own heads, especially under stress. By sitting and just feeling every part of our bodies, from our head to our feet, we get in touch with the physical.
- 3. Sleep and Rest:** Has anyone ever told you to “sleep on” a big decision? There's a kernel of truth to the saying, as sleeping helps rest and reset our minds and bodies to better weigh the pros and cons of a decision. More importantly, giving your body a predictable schedule with plenty of rest will make your days feel more productive and give you more energy while awake!



Mulberry Gardens' Gingerbread House Competition

With the winter holidays fast approaching, we turn our attention to decorating — specifically, gingerbread decorating. Join us throughout November as we decorate



our gingerbread village! Each resident is encouraged to add their own little touch to the project and the assembly will take place throughout November. Our facility is competing with fellow Hawthorn Communities and each gingerbread village will have a theme.

Sara in Activities will be holding a decorating committee meeting in early November to discuss the village theme and the materials we will need. Residents are invited to attend, or otherwise suggest ideas anywhere throughout the process. Pictures will be taken at each step of the process and bound into a book to showcase our hard work!

See the attached Activities Calendar for dates and times!

Staff Involvement

Here at Mulberry Gardens, we aren't just a community. We're a family. From helping with room service, to leading classes, groups and other activities, the Mulberry family is a dedicated and interconnected team that cares deeply for our residents.

Because we do, we are proud to bring you several Manager-led activities in the month of November. They include Culinary Club with the Chef, where we make yummy treats and discuss the wonderful menu here at Mulberry, and Stumpers with Sharon, where our Director of Nursing exercises the brain with fun and informative facts and trivia! Of course, our Managers are involved in so many more activities including chair dancing and crafts. We encourage residents to attend and really get to know the Mulberry Family!

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395 South Main Street
Munroe Falls, Ohio 44262



Fall in love...

With Our Gracious Lifestyle

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.

Mulberry Gardens

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330-634-9919