

# Mulberry Gardens

GRACIOUS RETIREMENT & ASSISTED LIVING

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

JANUARY 2021

## MULBERRY GARDENS STAFF

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

## Hawthorn Adventure: Island Hopping!

Swaying palms, powder-fine beaches, and clear blue waters – get Mulberry Gardens for a tropical getaway you won't soon forget! Beginning the week of January 17th through February 6th, we will be embarking on an Island-Hopping adventure through the Pacific Islands! You'll enjoy three weeks of sun, sand, rest and relaxation as we explore these amazing destinations:

- Hawaii
- Fiji
- New Zealand

As we make our scheduled stops, we will be experiencing the food, history and culture of each of these beautiful destinations. Be sure to look out for the Island-Hopping Kickoff Cart on January 11th, to get all of your travel information. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Travel Guide, Sara Booker, for all the details!

HAWTHORN  
SENIOR LIVING



## The Words of MLK

In honor of Martin Luther King Jr. Day on January 18th, here are some of his most enduring speeches.

**Montgomery bus boycott speech** — One of King's first public speeches took place on December 5th, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

**"I Have a Dream"** — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on August 28th, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

**Nobel Peace Prize speech** — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on December 10th, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

**"How Long, Not Long"** — On March 25th, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

**"I've Been to the Mountaintop"** — King gave his final address in Memphis, Tennessee, on April 3rd, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.

## Keeping Our Heads Up

The winter brings a strong and often melancholy mix of emotions — from the lingering joy and nostalgia of the recent holidays, or the loneliness brought on by the state of the world around us. Those emotions are real, and they are valid. It's important to understand that, though the shape of our world continues to change, we have each other and we will get through this.

Here at Mulberry, we've taken that to heart. No matter the shape our activities take, from group activities to more personalized programs and themed room carts, we're here to make your day a little brighter.

This month, we focus on ways to take care of ourselves, both physically and mentally — a mental vacation, compliments of our wonderful staff.

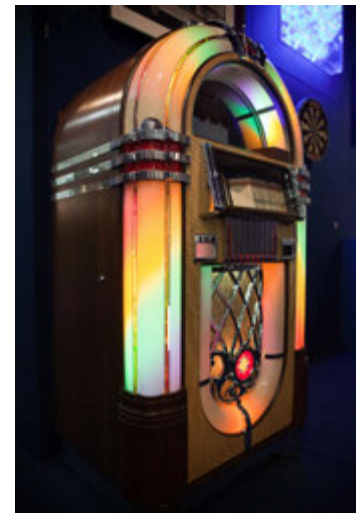
## Music and Memory

It comes as no surprise to know that music and memory go hand in hand. As we embark on our island vacation, residents will enjoy music that brings back memories of another time. Join Activities as we reminisce on our favorite vacations or exercise — all to those island tunes we know and love.

Of course, our musical offerings don't end there.

The islands we visit during the Hawthorn Adventure have their own unique music, often tied to traditions and culture we'll explore as we listen. Let's make those new memories, to the backdrop of Elvis' "Blue Hawaii," or a traditional ukulele.

Every so often, the music will come from outside Mulberry! While our entertainers cannot enter the building, they are more than happy to serenade our residents through open windows if it means lifting spirits. See the calendar for dates and times, and remember to always keep an island song in your heart.







## Bowling

We want to bring you a wide variety of activities to get you excited for the coming year. What better way to be active and make new friends while socially distancing, than bowling? For many of our residents, it's an opportunity to reminisce on a favorite pastime and even improve hand-eye coordination. See our calendar for dates and times!



*Our wild turkeys lining up in their finest feathers for Thanksgiving, 2020!*



*One of our residents about to make her first strike of the game!*

## Dip Into DIY

As we embark on the Hawthorn Adventure and begin island hopping via boat, helicopter, and ferry, we begin to experience the diverse culture and traditions of far away places. Along with the culture, there is something innately therapeutic about digging your hands into a project and making something that reflects the memories you made while you were on vacation. Join us in the Dining Room throughout the month of January, as we try our hands at everything from mixed-media beach portraits, to DIY soaps and more! All of it will reflect the culture and traditions of the places we discuss each week, until we really think we're there with our toes in the sand! See the calendar for more details and join us in making something truly memorable!

## Bingo Prize Store!

Bingo looks a little different, in 2021. With social distancing and frequent sanitization of cards and chips, it's important to continue to make staples like Bingo a worthwhile and rewarding experience for our residents. Because of this, the Activities Department is introducing something new to Bingo! Residents will receive a choice of candy for every win ... or something new!

For every win, residents have the opportunity to collect Bingo Bucks, which can be spent at the end of every month in the Bingo Prize Store! The store will have items of all shapes and sizes, ranging from fun little gifts to personal care and everyday treats. The shop is always being restocked, and the Activities Department is always adding something new. Refer to our calendar for more information and start collecting those Bucks!

## Capturing a Memory

Because many of our residents have traveled to such far away places as Hawaii, Fiji, and perhaps even New Zealand, we're encouraging them to lend photos of their travels to the islands to be used by the Activities Department in a collage that will be displayed in the Activities Room. Photos will be returned at the end of the month, or a copy will be made and given back for safe keeping.

Our goal is to fill our Island Collage with tropical memories that we can take with us into 2021! We'll add photos of our residents during their staycation as they participate in different events.



# JAN 2021

## Birthdays

Jessica Young, 2nd (Employee)  
 Mary Emling, 10th  
 Tracy Holzman, 14th (Employee)  
 Gerri Kramer, 15th  
 Tammy Bolt, 16th (Employee)  
 Michelle Harouff, 26th (Employee)  
 Michael Meloy, 26th (Employee)  
 Annette Sterzbach, 26th (Employee)  
 Ginny Chapman, 28th  
 Norma Hill, 29th  
 Don Kramer, 30th

## Anniversaries

Don and Gerri K., 1/15/1955

## 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
					<b>NEW YEAR'S DAY</b> 1 2:30 Island Coloring Therapy Pack, AR 3:45 Tropical Brain Twister Pack, AR	2 2:30 Independent Cards, AR 3:30 Saturday Food for Thought Pack, AR 
					10:00 Tropical Snack Trolley 3 <b>11:30 Hula Stretching and Exercise, AR</b> <b>2:00 Virtual Entertainment with Cameron</b> 3:00 Vacation Relaxation Cart <b>3:30 Services with Earle and Refreshments, DR</b> 4:00 Sunday Bowling, AR	10:00 Tropical Snack Trolley 4 <b>11:30 Let's Get Moving! Island Fitness, AR</b> 3:00 Vacation Relaxation Cart <b>4:30 Monday Classics, AR</b>
10:00 Tropical Snack Trolley 10 <b>11:30 Hula Stretching and Exercise, AR</b> <b>2:30 Sunday Service and Refreshments, DR</b> 3:00 Vacation Relaxation Cart 4:00 Sunday Bowling, AR 	10:00 Tropical Snack Trolley 11 <b>11:30 Let's Get Moving! Island Fitness, AR</b> 3:00 Vacation Relaxation Cart <b>4:30 Monday Classics, AR</b>	10:00 Tropical Snack Trolley 12 <b>11:30 Let's Get Moving! Island Fitness, AR</b> 3:00 Vacation Relaxation Cart <b>4:00 BINGO!, DR</b>	10:00 Tropical Snack Trolley 13 <b>11:30 Let's Get Moving! Island Fitness, AR</b> 3:00 Vacation Relaxation Cart <b>4:00 Beach Ball Blast!, AR</b>	10:00 Tropical Snack Trolley 14 <b>11:30 Let's Get Moving! Island Fitness, AR</b> <b>2:00 Cooking Club, AR</b> <b>3:00 Flyswatter Volleyball, AR</b> <b>4:00 Hawthorn Adventure Kickoff Cart!</b> 	2:30 Island Coloring Therapy Pack, AR 3:45 Tropical Brain Twister Pack, AR 	2:30 Independent Cards, AR 3:30 Saturday Food for Thought Pack, AR 
10:00 Tropical Snack Trolley 17 <b>11:30 Hula Stretching and Exercise, AR</b> <b>2:30 Sunday Service and Refreshments, DR</b> <b>3:30 Kona Coffee Tasting and Discussion, DR</b>	<b>MARTIN LUTHER KING JR. DAY</b> 18 10:00 Tropical Snack Trolley <b>11:30 Let's Get Moving! Island Fitness, AR</b> <b>3:00 Blue Hawaiian Mocktails</b> <b>4:00 Monday Movie Classics: Blue Hawaii, AR</b>	10:00 Tropical Snack Trolley 19 <b>11:30 Let's Get Moving! Island Fitness, AR</b> 3:00 Vacation Relaxation Cart <b>4:00 Island Bingo, DR</b>	10:00 Tropical Snack Trolley 20 <b>11:30 Let's Get Moving! Island Fitness, AR</b> 3:00 Vacation Relaxation Cart <b>4:00 Beach Portrait Mixed Media, DR</b>	<b>10:00 Guys' Time with Todd, WC</b> 21 10:00 Tropical Snack Trolley <b>11:30 Let's Get Moving! Island Fitness, AR</b> <b>3:00 Maui Mai Tai Mocktails!</b> <b>4:00 Remembering Hawaii: Trivia and Reminiscing, AR</b>	2:30 Island Coloring Therapy Pack, AR 3:45 Tropical Brain Twister Pack, AR	2:30 Independent Cards, AR 3:30 Saturday Food for Thought Pack, AR
10:00 Tropical Snack Trolley 24 <b>11:30 Island Exercise with Tai Chi Stretch!, AR</b> <b>2:30 Sunday Service and Refreshments, DR</b> 3:00 Vacation Relaxation Cart <b>4:00 Stress Buster: Essential Oil Rub, DR</b>	10:00 Tropical Snack Trolley 25 <b>11:30 Let's Get Moving! Island Fitness, AR</b> 3:00 Vacation Relaxation Cart <b>4:00 Monday Classics: Castaway, AR</b>	10:00 Tropical Snack Trolley 26 <b>11:30 Let's Get Moving! Island Fitness, AR</b> <b>2:00 Entertainment by Greg Piscura with Refreshments, DR</b> <b>4:00 BINGO!, DR</b> 	10:00 Tropical Snack Trolley 27 <b>11:30 Let's Get Moving! Island Fitness, AR</b> 3:00 Vacation Relaxation Cart <b>4:00 Diy Coconut Lotion Bars, DR</b>	10:00 Tropical Snack Trolley 28 <b>11:30 Let's Get Moving! Island Fitness, AR</b> <b>3:00 Flyswatter Volleyball, AR</b> <b>4:00 Cabana Cart: Coconut Water Lemonade</b> 	2:30 Island Coloring Therapy Pack, AR <b>3:00 Resident Council, DR</b> 3:45 Tropical Brain Twister Pack, AR 	2:30 Independent Cards, AR 3:30 Saturday Food for Thought Pack, AR 
10:00 Tropical Snack Trolley 31 <b>11:30 Island Exercise: Learning the Haka!, AR</b> <b>2:30 Sunday Service and Refreshments, DR</b> 3:00 Vacation Relaxation Cart <b>4:00 Bingo Prize Store, AR</b>						





## Island Exercise

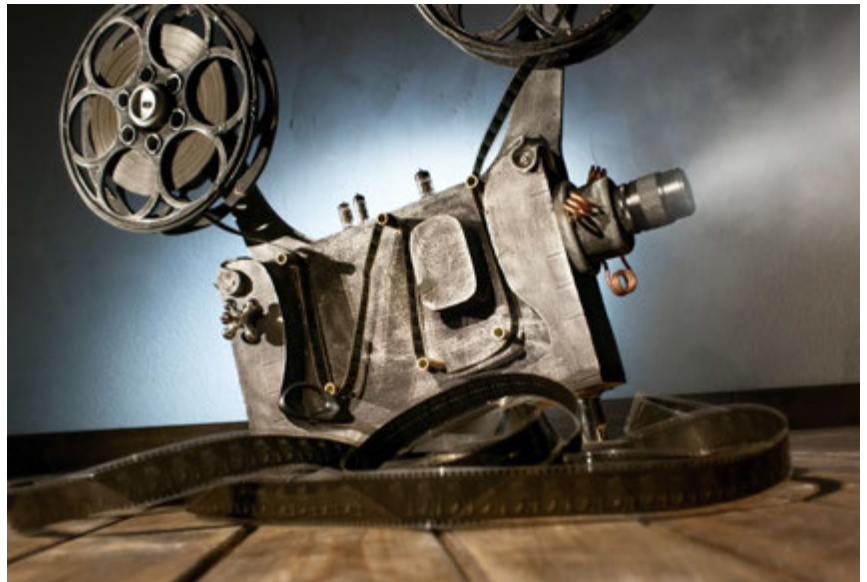
The sun, the sand, and the tradition and culture of a faraway place – that’s the magic we hope to capture during our 11:30 a.m. exercise during the month of January! Exercise is an integral part of our community, now more than ever. As we embark on our island-hopping adventure, we hope to incorporate many of these traditional dances, stretches, and other exercises into our routines! These can be anything from a traditional Hula, to the Haka dance of New Zealand, or simple Tai Chi to stretch our muscles and increase flexibility!



Because we’ll be visiting – at least in spirit – these faraway places, be on the lookout for daily trivia during exercise that gives us the background into these traditions.

## Monday at the Movies

Be on the lookout for timeless movie classics brought to you on the big screen. All of our movies will be island themed, or otherwise will have been filmed on the islands of Hawaii, Fiji, or New Zealand! Some of our movies will feature specific mocktails (that’s right, no alcohol necessary) that were also themed after the movies. And, for those of us who love a spot of trivia, we’ll be including a bit of movie trivia to really get involved! See our calendar for movie titles and show times, as seating is limited. If necessary, we will accommodate multiple showtimes.



## Vacation Relaxation Cart

We ring in the New Year with something very special – a vacation! And what’s a vacation without some relaxation? Our staff are experts when it comes to everything relaxation, and we want to bring it right to your door! So be on the lookout every week for the Vacation Relaxation Cart, which will have everything you could ever want (and some things you didn’t know you needed) to enjoy yourself in January of 2021!

Some fun additions include yummy treats, fresh fruit and snacks, as well as small crafts or self-care goodies. Don’t see something on the cart? Don’t worry! Let our dedicated staff know and we’ll do our best to include it.

After all, this is your vacation. You’ve earned it!



## Mocktails and More

What better way to ring in the New Year, than to whip up a batch of mocktails? That's right, folks! Look out for a slew of tropical treats (no alcohol necessary) to really give us that Island-Hopping feeling! Some of the mocktails, like the Blue Hawaiian and Maui Mai Tai, are themed specifically around the islands we'll be visiting during our Hawthorn Adventure! We're very excited to celebrate the start of 2021 with you, even if it's not on the white sand beaches of some far-off island.

## Tropical Fun Facts

As we embark on our Hawthorn Adventure, Tour Guide Sara wants to share a few fun facts about each island we'll be visiting in 2021!

### **HAWAII:**

1. Surfing was invented in Hawaii over hundreds of years ago!
2. Maui's Mount Haleakala is the largest dormant volcano in the world! Its highest peak is at 10,023 ft., and the interior of the summit crater stretches approximately 75 by 25 miles, though most of this mountain is under water. But watch out! This volcano is dormant ... not extinct! Its last eruption was in the 1700s!
3. In Hawaii, you don't shake hands. You hug! While probably not a smart idea this year, it is reassuring that Hawaiian culture is so warm and inviting. Let's all give a great big hug to this terrific place and its people!

### **FIJI:**

1. When we say Island-Hopping, we mean it! Fiji consists of 333 different islands, 110 of which are inhabited.
2. Fiji's total land-mass is slightly smaller than the state of New Jersey.
3. Fiji is home to over 4,000 square miles of coral reef, including the Great Astrolabe Reef.

### **NEW ZEALAND:**

1. New Zealand was the first country to give women the right to vote, all the way back in 1893! This was due in large part to a woman by the name of Kate Sheppard, who helped gathered 30,000 signatures for parliament!
2. New Zealand is credited for conquering Mt. Everest, as well as discovering the proton! The Kiwis (New Zealanders) responsible for this are Sir Edmund Hillary and Sir Ernest Rutherford.
3. Welcome to Volcano Country! New Zealand is placed precariously inside the Ring of Fire, many of whose volcanoes are still active!



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*It's always Warm at*

## Mulberry Gardens

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We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

**330-634-9919**