

January 2021

# Hearth @ Southbury

655 Main Street South, Southbury, Ct. 06488 | 203-267-7100 | Stasia Iwanski, ED



## January Special Events

- 1<sup>st</sup>- New Year's Day
- 1<sup>st</sup>- Fried Apple Dippers
- 4<sup>th</sup>- Queen for a Day
- 5<sup>th</sup>- National Bird Day
- 5<sup>th</sup>- Pine Cone Bird Feeders
- 6<sup>th</sup>- Feast of the Epiphany
- 6<sup>th</sup>- Sweet Epiphany Apple Crisp
- 7<sup>th</sup>- National Bean Day
- 7<sup>th</sup>- 3 Bean Salad
- 11<sup>th</sup>- Grand Canyon Documentary
- 12<sup>th</sup>- Soup Day
- 12<sup>th</sup>- Homemade Broccoli Cheddar Soup
- 13<sup>th</sup>- Hot Tea Day
- 14<sup>th</sup>- Handmade Snow globes
- 15<sup>th</sup>- Bagel Day
- 15<sup>th</sup>- Bagel Pizzas
- 18<sup>th</sup>- Martin Luther King Jr. Day
- 19<sup>th</sup>- Popcorn Day
- 19<sup>th</sup>- Homemade Popcorn Balls
- 20<sup>th</sup>- Homemade Buttercrunch
- 21<sup>st</sup>- Discussing the Fabulous 40's
- 22<sup>nd</sup>- Homemade Beer Bread
- 23<sup>rd</sup>- Casablanca Day
- 25<sup>th</sup>- Marshmallow Day
- 25<sup>th</sup>- Making Rice Krispie Treats
- 26<sup>th</sup>- Paul Newman Biography
- 28<sup>th</sup>- Blueberry Pancake Day
- 28<sup>th</sup>- Homemade Blueberry Pancakes

**\*\* Fridays at 3pm – Independent Knitting Group\*\***

*From all of us at the  
Hearth at Southbury*



### IS IT THE “POST-HOLIDAY BLUES” OR NOT?

As the New Year rapidly approaches, do you find yourself thinking of a New Year’s Resolution? Reflecting on the previous year and the change(s) that have occurred? Do these feelings start making you emotional or depressed? Do you find that after the hustle, bustle and visits of Holiday Merry Making that you feel a social void, aloneness or isolation? Then I will let you know that you are not alone.

It is true that about 20% of older adults do have significant depression. There is little doubt that decreased health, chronic pain, the loss of friends and/or loved ones will contribute to that depression. However, depression for older adults will manifest as bodily symptoms and complaints such as sleep disturbances, loss of appetite and fatigue. If you have arthritis, diabetes, hypertension, heart disease, a stroke, or cancer, you are at a greater risk for depression. There is also a higher risk if you have lost your spouse, significant other, friend, or are a caregiver to someone ill.

So, what can you do?

- Know your risk factors for developing depression
- Recognize the feelings you may be experiencing and vocalize them to close family, friends, or your nurse/caregiver
- Know you are not alone ...our Wellness Departments are there for you, to share your feelings and further steps we can take together
- Maintain regular medical appointments with your physicians
- Maintain your medication regime as your physician advises
- Look at your monthly activity calendar within your Hearth Community and make a commitment to attend at least 1 activity a day.
- Join our move more classes. At the Hearth, we make a conscious effort to schedule an exercise class once a day. When you exercise not only does it increase blood flow, but the exercise helps release endorphins. These endorphins are the body’s natural anti-depressant.

- Ask our Wellness or Activity Departments about how to join one of our small group balance/exercise classes.

As the 2019 calendar year closes and we start making a New Year’s resolution, why not make it small, consistent, and obtainable? Embrace and welcome your new neighbors to our Hearth community and join at least one activity a day beyond mealtime to help avoid these “Post-Holiday Blues.”



## Happy Birthday!

Don L.- 4<sup>th</sup>

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Rosemary H.- 6<sup>th</sup>

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Barbara D.- 8<sup>th</sup>

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Marie G.- 11<sup>th</sup>

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Theresa T.- 14<sup>th</sup>

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Alta H.- 15<sup>th</sup>

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Alice F.- 27<sup>th</sup>



## Transportation Schedule

### Mondays:

9am-12pm- Local Drs. Appts.  
1pm-3:30pm- **Keepsake Outing**

### Tuesdays:

9am- 2pm- **Waterbury Appointments Only**

### Wednesdays:

9am-12pm- Local Drs. Appts. ONLY  
2pm-3:30pm- **AL Outing**

### Thursdays:

9am-1pm- Local Drs. Appts. ONLY  
1pm-3:30pm- **Keepsake Outing**

### Fridays:

9am-12pm- **Danbury Drs. & Hospital appts. ONLY**  
2pm- **AL Outing**

\*\*Please submit all transportation requests directly to **Nursing**, within 24-48 hours of scheduled appointment. Thank you!\*\*



## Your Management Team

Stasia Iwanski, Executive Director  
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