

The Good News Is...

f you depend on the television, the newspaper or the internet for your news, you know that nothing good ever happens in the world, especially today with the pandemic. Welcome, then, to The <u>The Wooster Heights Ambassador</u>, the new newsletter for <u>Keystone Place at Wooster Heights</u>. We are here to bring you the good news.

We'll get it from you. We'll get it from

each other. We'll find it in obscure places and from lots of sources, but we are determined that we'll bring it to you monthly.

Each issue will have a special message from someone whose job it is to speak the "good news" - our own Rev. Darren Malachi. Sometimes we will ask

a guest minister to contribute as well.

Our nursing staff will offer advice on ways to stay healthy and productive and our chef, Hasan, will bring us tidbits of deliciosity as he gives us advice on eating, preparing food and whatever is on his mind, on his grill or in his oven!

Then there are the "fun girls," (ladies, women—what is PC these days?), Carrie and

Teresa, who get paid to "enrich your lives," bringing laughter and entertainment to you each and every day.

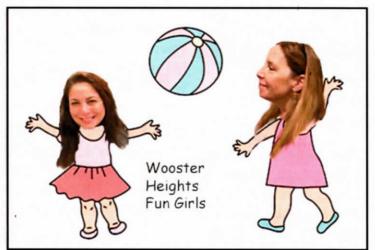
Best of all, will be a feature we call the **Spotlight.** Each issue, we will ask one of our residents to tell his or her life story (briefly, of course) and we will show wedding pictures, childhood memories, children and grandchildren—even great grandchildren and you

will have an opportunity to get to know what intriguing lives your friends and neighbors have led. We promise it will be fascinating reading!

On the back page, we will bring you highlights of the fun that will be coming up during the next month. What new games and forms of

entertainment have our *Fun Girls* come up with for May? Check out the last page and find out.

And don't forget, we want this periodical to reflect our residents and their interests. Feel free to offer ideas about articles (or even write one) to Carrie, Teresa or Dené (the editor). The plan is to make this yours and to have FUN with it!



Chat with the Chaplain ...with Rev. Darren Malachi



Laughter IS the Best Medicine!

A merry heart does good like medicine, but a broken spirit dries the bones." Proverbs 17:22

or most people, sharing a laugh with friends can quickly improve your day. But did you know laughing can do much more than boost your mood?

Research has found that when people come together through laughter, positive emotional and physical changes can result. Reduced pain levels, protection from the harmful effects of stress, and a stronger immune system are among the benefits of taking time to laugh.

For older adults, the effects can be even more profound. What are some of the ways your body and mind can benefit, and how can you bring more laughter into your life?

Benefits of Laughter for Seniors

Research has found that laughter therapy can improve quality of life for older adults by increasing blood vessel function, relieving stress and tension, improving memory and boosting overall happiness. But even without formal laughter therapy, experts say enjoying a good belly laugh can confer benefits for seniors' health.

Along with providing a boost to the immune system, laughter can reduce blood pressure and cholesterol by increasing blood oxygenation and aiding circulation, which can positively impact seniors suffering from high cholesterol and heart disease. In addition, laughter can increase levels of endorphins, which help regulate pain in the body. Laughing also increases dopamine and other stress

-reducing chemicals in the body, and it can help seniors with asthma and bronchitis by exercising abdominal the muscles and diaphragm.

Improving Relationships

Laughter is a great tool for improving the quality of interpersonal relationships so much so, in fact, that some



Rev. Darren Malachi

experts believe all the other health benefits flow from the improved social support laughter brings.

Even when human beings speak different languages, they share the common social signal of laughter. By laughing together, people form bonds, they become and emotionally attuned other. to each Unfortunately, research has found that laughter declines in relationships as people get older, but there are steps you can take to make sure you — and your friends and loved ones keep laughing.

Bringing More Laughter Into Your Life

How can you increase the role of humor and laughter in your life? First, be sure to smile. By smiling at others, you signal you're open to social interaction. In most cases, people will smile back, and they may even strike up a conversation.

When you do begin talking with someone, find ways to inject a little humor and create lighthearted moments. For example, you can ask what funny thing happened to your friend lately. And when you come across friends or acquaintances who are laughing, don't be afraid to ask, "What's so funny?" The answer might just make your day - and improve your health!

Posted in Advice on Aging, Senior Living, Wellness ©

From the Wellness Center...by Catherine Blansfield, RN



Therapy, Support, and Service Dogs for Seniors

by Catherine Blansfield, MA BS RN Director of Health & Wellness

ervice dogs have a long history of assisting older adults with special needs related to blindness and deafness, but these days, they are helping with a much broader range of disabilities. Did you know there are even service dogs for dementia sufferers? It is true. Dogs help dementia patients by lowering their anxiety and helping them become more interactive. In fact, in a study published in the Western Journal of Nursing Research,

Alzheimer's patients had dramatically fewer behavior issues once a specially trained dog took up residence in the care unit.

Some people get confused about the differences between service dogs, therapy dogs, and emotional support dogs. The not terms are interchangeable, and it's important to understand the



This is Emblem in a fund -raising pose for Guiding Eyes.

distinctions.

Service Dogs undergo specialized training in order to perform assistance tasks for a person with a disability. This writer is a passionate advocate for the Guiding Eyes for the Blind organization based in Yorktown and Patterson, New York, which provides guide dogs to people with vision loss, and has volunteered for 18 years, raising several puppies to be successful guides. I currently care for three of their precious dogs whose career path is in the breeding program for GEB and to have puppies, bringing into this world more wonderful dogs, just like them.

Guide dog training is very extensive and labor intensive and costs approximately \$45,000 to raise train and one service dog, but all costs are waived to qualifying individuals who receive one of Guiding Eye's dogs. Service dogs are protected by the Americans With Disabilities



The author with her first dog, Jazz!

Act (ADA) and are legally allowed to accompany their human companions on buses and into public buildings like restaurants and stores. Service dogs for elderly people can do things like wake owners up, fetch medication, pick up dropped items for owners in wheelchairs, guide owners with impaired vision, and keep owners with dementia from wandering out of the

house alone. They should not be petted when on harness and are working, as that could distract them from the job they are doing.

Therapy

Dogs are specifically trained to provide comfort and psychological

Ambi, Minka (Mom)and Emblem (Minka's pup)

support to people other than their owners. They visit people in hospitals, nursing homes, assisted living facilities, retirement communities such as Keystone Place at Wooster Heights, hospices, rehabilitation centers, and other settings. Therapy dogs must have friendly, stable temperaments, since they are meant to be petted and handled by

Spotlight on... Rosie Daley 3...



Daley, osemary known to all of us as Rosie, was born at home in the Bronx, New York. She was the second child to Mary and John McCafferty, Irish immigrants from County Donegal, Ireland. After arriving in this country, her mother became a cook and maid in "a



grand house," as she would say and her father, who was a hard-working man, became a "Sandhog." Sandhog was (and is) a slang term given to construction workers who work underground on a variety of excavation projects in New York City, including tunneling. Rosie always told her children as they went through the Holland "Your and Lincoln Tunnels. grandfather built this."

When Rosie was three months old, it was during the Depression and her father was out of work, so he took his family back to Ireland. Rosie had an older brother Petie. They both had the same birthday, September 23rd, but two years apart.

They loved living in Ireland. Their grandparents were farmers so they always had plenty to eat. Three years later and with another



Rosie's mother with the infant, Rosie, and her brother Petie.

daughter added to the family, they returned to America. Rosie's father went back to being sandhog.

They lived in the Bronx for ten years and then

moved to Brooklyn, where most of her relatives

lived. During the time that they lived there, Rosie gained another sister, Mary Pat, and two more brothers, Michael and Danny. The whole extended family was very close and Rosie has fond memories of violin playing, sad Irish songs being sung and step dancing whenever they were together, which was often.

Rosie Don met Daley when they were both sixteen. They fell in love and were married a year after graduating from high school. Soon after thev were married. Rosie's mom found out she had leukemia and died three months later. 46 years old. herself. Rosie could not talk about



A childhood portrait of little sister, She was only Margaret, brother Peter & Rosie,

her mom for years without crying.

At this time, Don worked for the City of New York as a computer programmer. They lived in a three-room, third floor walk-up and had three babies. In three years, they were able to purchase a house in Levittown, Long Island.

By this time, Don had taken a job with Eagle Pencil Company as head the computer department. Later, when Eagle Pencil left New York and moved to Danbury, CT, Rosie and Don followed with all of their children, which by



48 Mill Plain Road 1 Di

this time. numbered fourtwo girls and two boys.

The Daleys found a new home north of New Milford in the village of Northville. They stayed there for five years, then felt it was time to move on. This time, they found a new home in Brookfield with their now seven children, two more girls and a boy!



Here's Rosie with her seven children, obviously having a fantastic time!

The whole Daley Clan!

Rosie loved to travel. Most of all, she loved her family, so with them, she went to

When all the children were finally in school, Rosie decided to try her hand at real estate. It didn't take long to discover that she really had the knack. And after ten years in the business, Rosie and her two partners bought their office from Tony Hoyt, who had built up Davis and Hoyt Insurance, which morphed into Davis and Hoyt Real Estate Company. Because they had been so successful, Rosie and her partners kept the name and she always credited Tony Hoyt for her success. They eventually became Davis & Hoyt, Better Homes and Gardens and bought a second office in Bethel.

Don, meanwhile, left **Eagle Pencil** and was working at Coopers and Lybrand - commuting to New York City every day. Also, at this time, they became Golf Members at Ridgewood Country Club. They loved golf and made many, many close

friends.

another move. Danbury. The children went to St. Joseph's School, then to Immaculate High School and various colleges. They all married and Rosie & Don were blessed with fourteen grandchildren and eight great grandchildren.

Ireland many times. She also went to Italy, Alaska, London and France.

Rosie also loved to give of herself to volunteer work. She helped run the cafeteria at St. Francis in New Milford, then Aunt Nellie's Thrift Shop and the lunch counter at Danbury Hospital. More recently, she participated in a fund raiser for Danbury Regional Hospice.

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Rosie Daley...continued

(Continued from page 4)

Having been in real estate for forty years, Rosie retired, sold her house and found her Shangri-La at <u>Keystone Place at Wooster Heights</u>. To quote Rosie, "The people that live here and the staff are wonderful, the food is delicious and there are plenty of activities to keep you as busy as you want to be."

Says Rosie, "I couldn't be happier!" 🦤



Just for Laughs...

Molly's Tea Party

One Saturday, after the farmer came in from checking the cows, his wife left him in charge of their 2 1/2 year-old granddaughter, Molly, while she went to town to the store. One of little Molly's favorite toys was a play tea set she had gotten for Christmas.

The farmer checked on his little girl and saw that she was playing joyfully in her room, so he got himself a glass of tea and set down to catch up on the Ag news on TV. Within a few minutes his little girl brought him a little cup of her "tea," which was just water. The farmer played along with the game and gave lots of praise for such yummy tea. This went on for quite a while, with multiple trips to the living room.

After his wife came home, the farmer asked her to stand at the door in the living room and wait to see the little girl's game. He said to her, "it is just the cutest thing you have ever seen." So the grandmother waited, and sure enough, here came little Molly, down the hall with a cup of tea for Grandpa, and she watched him drink it up and smile and pat her on the head.

After Molly left the room, the wife started smirking, coughing, and then cackling like a fox in the hen house. The farmer was frazzled by her outburst. Finally after she caught her breath, she said to her husband, "Did it ever occur to you that the only place Molly can reach to get water is the toilet?"

(Reprinted from the University of Florida, IFAS Extension site)

The Cook's Corner... with Executive Chef Hasan Culver





My

name is Hasan Culver and I am the Executive Chef in charge of the kitchen at Keystone Place at Wooster Heights in Danbury, CT. I

will periodically be contributing to the Newsletter and I would like to take time in this first column to introduce myself.

I began my culinary journey a long time ago. As a child I was fascinated to watch my mom and nana (grandmother) when they got together on the holidays to cook (throw down) in the kitchen. It was something I had to do from afar, as children were not permitted in the kitchen. It was simply wonderful to see the harmonious flow of "craftswomanship" — how they would work together, sometimes without saying a word. Back then, the world was seeing Julia Child cooking on TV, for which I would like to say a thank you to the PBS channel.

At this point, my journey began to take shape in high school, where I was able to take culinary arts classes. Then it was time to apply to schools. CIA (Culinary Institute of America) and Johnson & Wales University were my top choices. Clearly Johnson Wales won. While attending school. I was awarded a scholarship to become a Teaching Assistant and then I was awarded a Fellowship.



The university had a few hotels and restaurants they owned, all powered by the students. The TA's and the Fellows helped to run the operations and meanwhile, the students got the real flavor of what working within an establishment looks and feels like. This gave them real-world experience.

After graduation I worked many jobs honing and shaping my art/career, from mom and pop restaurants, to Disney, to major hotels. Then, employed by a large New York hospital as the amenity's chef, I was working along side people from around the world and learning as I went. It was an amazing experience! Today, I am working with Keystone — first opening up the Torrington location and now here in Danbury. The new chapter begins with us all.

Service Dogs for Seniors...continued

(Continued from page 3)

many different people. These dogs are not covered by the ADA and do not have the same access rights to public spaces as do Service dogs.

Emotional Support Dogs are pets that comfort and ease anxiety and stress in their owners. While any type of dog can perform this role, Labs, Golden Retrievers, poodles, pugs, and Cavalier King Charles spaniels often make good emotional support dogs. They don't require

any special training and are also not covered by the ADA.

They do have more legal protections than therapy dogs, however. For instance, under the Fair Housing Act, emotional support dogs are allowed to live with their owners in housing complexes that don't normally allow pets, provided the owner's doctor has recommended it.

For additional information regarding **Guiding Eyes for the Blind**, please visit their website at www.guidingeyes.org

Life Enrichment—Coming Up in May

