



# Gardenside Gazette



**The Hearth at Gardenside 173 Alps Road, Branford, CT 06405**  
**Telephone: (203) 483-7260 Fax: (203) 483-7752 Editor: Linda Capaubo**

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## *Welcome Our New Residents!*

**Robert Burr  
 Jane Davis  
 Salvatore & Antoinette Dellarmo  
 Harold Donegan  
 Alice Kiesel  
 Richard Mace**



**JUNE 2021**

## **LIVE ENTERTAINMENT ON THE PATIO**

**2:00 p.m. - 3:00 p.m.**

**Tuesday, June 8**

**John Paolillo**

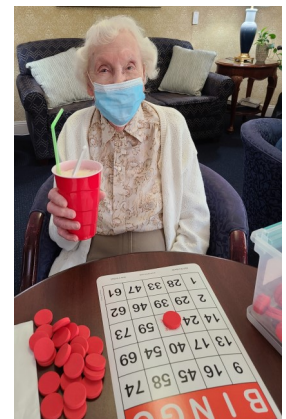
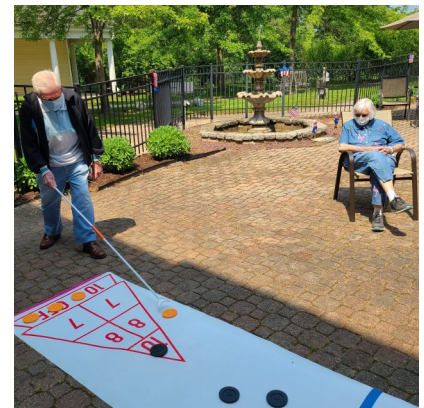
**Wednesday, June 23**

**Jose Paulo**

**Encompass Health  
 Blood Pressure Clinic and  
 Senior Home Safety Presentation**

**Wednesday, June 23, at 10:15 am**

## **LIVE MORE WEEK (May 24—May 28)!**





### Resident Birthdays

Richard Diehl	6/02
Martha “Marty” Heine	6/04
Jane Davis	6/05
Arlene Quinlan	6/28



### Employee Birthdays

Jessica Carradero	6/16
Charlene Demars	6/26
Robert Hohman	6/28

**Best Wishes!  
Enjoy your day!!**

### Resident of the Month EMILY FIELDING



Emily is a very pleasant resident. She is very thoughtful and kind. Emily enjoys sharing items in her possession with others. She has shared some of her movies to be shown in the evening. Emily is someone you can have a great conversation with. She tells very interesting stories about her life, especially her travels. Emily has been enjoying the live entertainment on the patio and other social events.

**Congratulations Emily!**

### Employee of the Month and New Promotion! EVELYN HERRING



Evelyn is an amazing asset to our building. Her commitment to our residents and staff is outstanding. Due to this, I would like to announce that Evelyn has accepted a new position that has been added to Gardenside as a Nursing Leader. Please join me in congratulating her!

**Christa Zawadski, RN  
Wellness Director**





## GARDENING ON THE PATIO! VEGETABLES, HERBS AND FLOWERS!



### SHOPPING DAY (MONDAY)

**Departure Time: 10:00 a.m.**  
**Dollar Tree, Big Y and CVS**



**Departure Time: 2:00 p.m.**  
**Walmart**

**Please sign up at the Front Desk**

### LifeLong Therapeutics Fitness Program

**Every Monday and Thursday**  
**at 10:30 a.m.**

### KEEPSAKE VILLAGE

**Robin Sellati - Live More Manager**



*Nathaniel Parker Willis once wrote: "It is the month of June, The month of leaves and roses, When pleasant sights salute the eyes and pleasant scents the noses". At the end of May in KSV, we planted lavender, tomatoes, basil, marigolds and eucalyptus in our courtyard's raised garden and garden pots. We are careful to water and nurture our precious seedlings each day. We are already enjoying the pleasant sights of budding leaves from the trees around us, and the pleasant scents of the lavender and eucalyptus that bring back so many good memories from our yesteryear. We look forward to seeing the tomatoes and basil grow next and hopefully catch a taste of their sweet and tangy flavors. We are indeed "saluted and scented".*

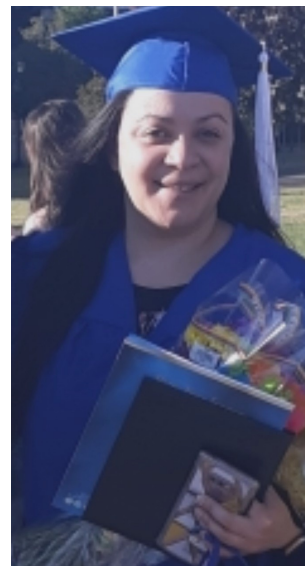
### LIFELONG THERAPEUTICS BALANCE PROGRAM!



### JESSICA CARRADERO



**Congratulations to  
our LPN Jessica  
Carradero for  
completing her RN  
Program! You will  
be amazing! We are  
so proud of you!**



## **Excited for the Sun?!**

by: Janet L. Haynes, RN, VP of Clinical Services

Taking precautions to protect our skin and eyes from the damaging effects of the sun are extremely important before our eagerness takes us over.

Did you know that the sun emits radiation in 2 different forms known as UV-A and UV-B rays (UV stands for Ultraviolet)? Exposure to these rays without protection can cause vision problems, damage to the eye, suppress your immune system, cause premature aging of the skin (age spots, leathery skin, wrinkles) and skin cancer.

Our skin is the human body's largest organ. It can, and will, protect us from heat, sunlight, injury and infection. We have several, everyday steps we can take to protect us from the UV rays of the sun:

- Wear proper clothing: Wearing protective light-colored clothing such as long-sleeved shirts and pants are good examples. Protecting your head with a wide brimmed hat is also a good idea and wearing UV-resistant sunglasses. Remember, on cloudy winter days you can also fall victim to the sun's powerful rays so take heed.
- Avoid the burn of the sun: Repetitive sunburn can greatly increase your risk of developing skin cancer.
- Find the shade: Peak hours, according to the CDC (Centers for Disease Control and Prevention) and the WHO (World Health Organization) are between 10 am and 4pm. You can find the shade to stay under or create your own with protective clothing, wide brimmed hats and umbrellas.
- Use caution when around reflective surfaces such as snow, sand and water: These reflective surfaces as well as the reflection of the rays through a window can increase your risk for sunburn.
- Be cautious when traveling to higher altitudes: You increase your exposure to these UV-rays because there is less atmosphere to absorb these rays and therefore they are stronger.
- Medications: Remember that certain medications may *increase* your skin sensitivity to the sun. You should receive handouts from your pharmacy regarding medication side effects or stop in our Wellness Offices and they can help you obtain more information regarding your specific medication questions.
- Hydration: Remember to take, or have available, plain water to hydrate as the sun's rays can cause you to either dehydrate or over heat. Remember sweetened beverages and alcoholic beverages can increase the sun's effects. Take advantage of Hearth's Hydration stations located throughout our communities to maintain your hydration. The recommended daily water intake is 8 eight ounce glasses or 2 Liters a day.

- Apply a broad-spectrum sunscreen: A broad spectrum sunscreen will protect you from both UV-A and UV-B rays from the sun. Apply at least 1 ounce (a palm full) of sunscreen to exposed skin areas. The FDA recommends using a sun protection factor (SPF) of at least 15 or higher for protection against sun induced skin conditions.
- The proper use of sunscreen: Apply sunscreen at least 20 minutes prior to going out into the sun to all exposed body parts. Even though there are “water-proof” and “water resistant” sun screens that come in creams, lotions and sprays, it is important to re-apply at least every 2 hours even on cloudy days, but especially after sweating or swimming. Remember a whole day in the sun may require a whole tube of sun screen.
- Protect your eyes: Cataracts, Macular degeneration, and Pterygium (non-cancerous growths of the conjunctiva that obstruct vision) can be caused by the UV rays of the sun according to the CDC. Therefore, a wide brimmed hat can not only shade the skin of your face, but your eyes as well. The best sunglasses to wear for protection will not only block glare but should block 99 to 100% of UV rays. Wrap around styles will protect the eyes from all angles of the sun’s glare.

Resources: When planning to be outdoors, you can decide your protection needs by checking the Environmental Protection Agency’s (EPA) UV index. The index measures the daily intensity of the UV rays on a scale of 1 to 11. A low number requires minimal protection whereas a high number would suggest maximum protection.

Contact your Healthcare provider or our Wellness Office if you are experiencing any problems after being in the sun.

So, enjoy the outdoors this season but remember to follow these steps of precaution to protect not only your skin but your eyes as well!





## Administrative Staff

<b>Executive Director: Joshua Karim</b>	<b><a href="mailto:jkarim@theearthllc.net">jkarim@theearthllc.net</a></b>
<b>Wellness Director: Christa Zawadski</b>	<b><a href="mailto:czawadski@theearthllc.net">czawadski@theearthllc.net</a></b>
<b>Business Office Manager: Cristina Carvalho</b>	<b><a href="mailto:bom.gardenside@theearthllc.net">bom.gardenside@theearthllc.net</a></b>
<b>Senior Life Director: Karen DeSantis</b>	<b><a href="mailto:kdesantis@theearthllc.net">kdesantis@theearthllc.net</a></b>
<b>Food and Beverage Director: Alberto Del Mastro</b>	<b><a href="mailto:adelmastro@theearthllc.net">adelmastro@theearthllc.net</a></b>
<b>Environmental Services Director: David Ieronimo</b>	<b><a href="mailto:dieronimo@theearthllc.net">dieronimo@theearthllc.net</a></b>
<b>Live More Director: Linda Capaubo</b>	<b><a href="mailto:ad.gardenside@theearthllc.net">ad.gardenside@theearthllc.net</a></b>
<b>Live More Manager: Robin Sellati</b>	<b><a href="mailto:ksvad.gardenside@theearthllc.net">ksvad.gardenside@theearthllc.net</a></b>
<b>Wellness Coach: Christy Sagnella</b>	<b><a href="mailto:wa.gardenside@theearthllc.net">wa.gardenside@theearthllc.net</a></b>
<b>Wellness Administrative Assistant: Winnie Aryee</b>	<b><a href="mailto:waa.gardenside@theearthllc.net">waa.gardenside@theearthllc.net</a></b>

### SHUFFLEBOARD!



### LIVE ENTERTAINMENT ON THE PATIO!

#### Nick Fradiani, Sr.!



### VOLLEYBALL!



#### Bob Giannotti!



#### Michael Nigretti!

