



Gardenside Gazette



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

Welcome Our New Residents!

**Anna Horn
 Bernice Klebaur
 Mary Jane Motteam
 Alberta Traub
 Anton Wohlert**



JULY 2021

**Live Entertainment
 (Main Dining Room)
 2:00 p.m. - 3:00 p.m.**

**Tuesday, July 6
 Jack Bussmann**

**Tuesday, July 20
 James Michael**



LIVE ENTERTAINMENT!





Resident Birthdays

Thomas Kelly	7/01
Elliott Okoniewski	7/02
Joy MacLeod	7/11
Michael Markowitz	7/15
James McCourt	7/23
Harold Donegan	7/25



Employee Birthdays

Catherine Longyear	7/15
Peter Neal	7/17
Kimberly Koonce	7/20
Clive Garner	7/21
Tanea Milton	7/30
Mara Cicarella	7/30

Best Wishes!
Enjoy your day!!

Resident of the Month **JOSEPH PELLICONE**



Joe is a kind resident who loves to offer his help. He enjoys helping the Recreation department set up for an activity, pass items out to other residents and slide tables and/or chairs to the proper spot. Joe also keeps busy with daily outdoor walks, scenic rides, exercise programs, playing a variety of Bingo-type games, and attending weekly social events. Many residents enjoy being in his company. Joe has great days at Gardenside!

Congratulations Joe!

Employee of the Month **FRED MOORE**



Fred is a wonderful Lead Cook! The presentation of his meals always looks very appealing and full of color. His meals are also so delicious! He is a dependable employee who goes above and beyond on each of his workdays. Fred is a good team player and is very time efficient in the kitchen! Fred is a fantastic artist as well. During the pandemic he painted rocks with a company logo on each one. Fred gave each of the companies their rock with an uplifting note! How thoughtful!

Congratulations Fred!



Paparazzi Jewelry Sale in the Parlor!

Everything is \$5.00!

Necklaces, Rings, Bracelets, plus more!

Beautiful jewelry that looks much more expensive than \$5.00!

Come shop on Tuesday, July 6, from 12:00 p.m. - 2:30 p.m.

Cash, Check or Card Accepted

A Caregiver Support Group called Comfort Connections meets the first Tuesday of each month at 10:30 a.m. in the ING Room.

This group is free of charge and open to the family members and friends of the Gardenside residents as well as the community.

This month's meeting will take place on July 6.

KEEPSAKE VILLAGE

**(Robin Sellati,
Live More Manager)**

The Webster dictionary defines busy as “to make engaged in action: to make busy”. Well, I have to say KSV lives up to the definition of “busy”. KSV has such a wonderful variety of activities to keep everyone “in action” each day. Whether it’s working on art projects or word games, playing bingo, singing with Susie Q, exercising with a DVD program, watching miscellaneous documentaries, or watching some of our favorite performers like Liberace or Frank Sinatra sing in concert, we take delight in the songs, the stories, the games, and the conversations with each other that actively keep us feeling engaged and connected to each other.



SPA DAY IN KEEPSAKE VILLAGE!



FACTS ABOUT ARTHRITIS:

By Janet L. Haynes, RN V.P. of Clinical Services

Did you know that arthritis is not a single disease, rather, informally it refers to joint pain or joint disease? According to the Arthritis Foundation, over 100 different types of arthritis and related conditions exist. More than 50 million adults and over 300,000 children suffer from some type of arthritis. It is the leading cause of disability in America and impacts all ages, sexes and races. Arthritis affects more people as they get older and affects more females than males. Additionally, there is believed to be a genetic link that predisposes some people to have a higher risk.

Joint swelling, pain, stiffness and decreased range of motion are some of the most common arthritis joint symptoms. Symptoms will vary by person and may come and go. Alternatively, some people experience symptoms that stay the same for years and then progress. Arthritis can cause joint changes visible by the eye or sometimes only by x-ray. Some types of arthritis not only affect your joints, but can also affect your heart, eyes, lungs, kidneys and the skin.

To determine what type of arthritis you may have, it's important to visit your Primary Care Physician for a diagnosis through physical exam, possible blood test and imaging scans. A rheumatologist might be consulted for inflammatory arthritis, whereas other specialty physicians should be seen if other body systems are affected. Example: Ophthalmologists for the eyes.

There are 6 healthy self-management tips that you can follow to manage your arthritis:

1. Be organized in your care. Take charge of your treatment by tracking your symptoms, taking your medications as prescribed, knowing the side effects of your medications, and managing your pain levels. Utilize your Health Care Physician as a resource and partner with them to determine a plan that is best for you.
2. Manage your pain and fatigue: Pain and fatigue can be overwhelming and isolating. Utilize both medicinal and non-medicinal techniques to help. Examples include yoga, meditation, aroma therapy, essential oils and non-joint stressing exercise.
3. Stay Active: This may seem like the craziest notion, but exercise will help strengthen your muscles that support your joints. Exercise will keep your joint range of motion, improve sleep quality, boost your mood/spirit, and keep those unwanted pounds off your joints.
4. Balance activity with rest: On days where your joints are more tender/painful, scale back your plans for the day and lighten your load. Pace yourself throughout the day and take breaks when needed.
5. Eat a healthy balanced diet: A healthy and balanced diet when combined with exercise will help to maintain optimal weights. This will lessen the stress on your joints. Similarly, foods that are high in antioxidants help to reduce inflammation.
6. Improve your sleep: Poor sleep will magnify your pain and fatigue. Therefore, it is essential to promote good rest; darken your bedroom, make it cool and quiet, avoid strenuous exercise and caffeine in the evening and utilize relaxation techniques. Involve your physician if these remedies are not working for you.

Although this article started out about arthritis, I think the healthy tips above can be applied to any of us. At the end of the day, no one can take better care of you...than you. Recognize your responsibility to your own health and your ability to take good care of yourself from positive and healthy lifestyle choices. Your ability to learn and practice these habits will help you to Live More.

4TH OF JULY

WORD SEARCH

T M N W Q J E T A R B E L E C D Y
I M T Q H H Y M Q R Q U D U E I A
O Q T A W Q M Z Y E X U C C N T D
I N D E P E N D E N C E L C J A I
A S I O U O R H A M U A A T U Q L
N K S A M E R I C A R P P S O S O
U R P U F U B E E A Y S T R U B H
P O A Y D L D W T O E C I N C I P
K W R W E A A I L P O E A U E O N
F E K H T F O G I A D E U S D I H
Y R L I I N T R B E M D T N A T L
L I E T N P T Z E U R A E T R S C
U F R E U S L Q R R R U I U A A E
J V S O D L K V T S L R O K P J B
W I T O E O M O Y B B F I U P J L
I A S V Y E M R E D R E M M U S E

America
Blue
Britain
Celebrate
Declaration

Fireworks
Flag
Fourth
Freedom
Holiday

Independence
July
Liberty
Parade
Picnic

Red
Sparklers
Stars
Stripes
Summer

United
White

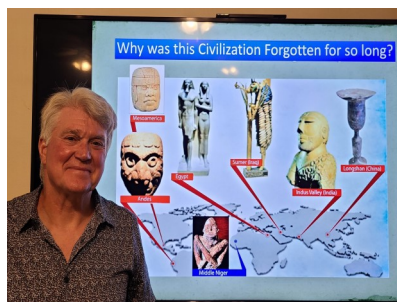
Administrative Staff

Executive Director: Joshua Karim	jkarim@theearthllc.net
Wellness Director: Christa Zawadski	czawadski@theearthllc.net
Nurse Case Manager: Evelyn Herring	eherring@theearthllc.net
Business Office Manager: Cristina Carvalho	bom.gardenside@theearthllc.net
Senior Life Director: Karen DeSantis	kdesantis@theearthllc.net
Food and Beverage Director: Alberto Del Mastro	adelmastro@theearthllc.net
Environmental Services Director: David Ieronimo	dieronimo@theearthllc.net
Live More Director: Linda Capaubo	ad.gardenside@theearthllc.net
Live More Manager: Robin Sellati	ksvad.gardenside@theearthllc.net
Wellness Administrative Assistant: Winnie Aryee	waa.gardenside@theearthllc.net

LifeLong Therapeutics with Tony!



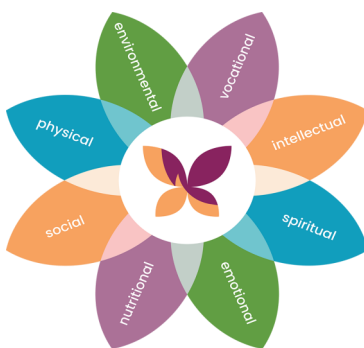
Archaeology Lecture by Rod McIntosh - Director of the Anthropology Department at Yale University!



Familiar Faces Bingo!



Live More



Volleyball!

