



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!

Salvatore Busetta
 Nina Delucia
 Nathalie "Nan" Gilmond
 Catherine Pethick
 Patty Porto



AUGUST 2021

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

Wednesday, August 11
Jim Sheehan

Tuesday, August 31
Airborne Jazz



SUMMER WORD SEARCH

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

AUGUST
 BARBECUE
 BEACH
 FAMILY
 FLIPFLOPS
 FUN
 HOT
 ICE CREAM

ICE POP
 JULY
 JUNE
 OCEAN
 PICNIC
 POOL
 RELAX
 SEASIDE

SHORTS
 SPRINKLER
 SUMMER
 SUNGLASSES
 SUNSCREEN
 SUNSHINE
 SWIMMING
 VACATION





Resident Birthdays

Richard Mace	8/05
Phyllis Silver	8/06
Alice Kiesel	8/07
Irene Albino	8/08
Marie Petrillo	8/15
Ernest Neri	8/17
Joan Armstrong	8/18
Vera Osborne	8/27
Anton Wohlert	8/30

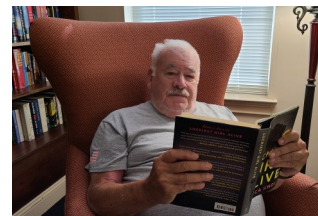


Employee Birthdays

LuLu Roman	8/07
Anita Seaneku	8/11
Shirley Leto	8/12
Winnie Aryee	8/13
Christa Zwadski	8/15
Kimone Douse	8/16
Teryn Smith	8/16

Best Wishes!
Enjoy your day!!

Resident of the Month **MIKE MARKOWITZ**



Mike enjoys reading books in the first floor library, playing chess with other residents, spending time on the patio, attending the weekly social hour groups, and eating good food! If Mike sees a new resident at a social get-together, he tries his best to make him or her feel welcome by introducing himself and striking up a conversation. Mike became friends with residents while living at Gardenside and he connects with them every day.

Congratulations Mike!

Employee of the Month **ZENIA MAEBRY**



Zenia works as a Live More Coordinator. She keeps the residents active with back-to-back programs. Zenia speaks loudly and clearly for all to hear & understand her. She has a calm demeanor and is always so positive which sets the tone for the activity room and she has the confidence to do a great job! Zenia is a reliable employee and doesn't hesitate to pick up available shifts. She has the motivation to set and achieve goals. Zenia is a college student majoring in Psychology. In her spare time, she enjoys Cooking. The residents enjoy her as a Live More Coordinator and the employees enjoy working alongside her.

Congratulations Zenia!

INDEPENDENCE DAY!

Shrimp Cocktail, Lobster Roll, Grilled Local Italian Sausage Sandwich, 10" Hummel Hot Dog, Hamburger/Cheeseburger, Salads, Ice Cream, and a Strawberry & Blueberry Parfait!



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 August 3.

KEEPSAKE VILLAGE (Robin Sellati, Live More Manager)



The marigolds we planted back in June in the KSV courtyard continue to thrive in the hot sun of August. We have had lots of intermittent rain over the past few weeks which has helped to keep all the tomato plants ripening in our raised garden bed. They should be ready to pick and eat shortly. Just like the flowers and plants in our garden, we stay nourished and "hydrated" by the wonderful flow of conversations with each other, the exercise programs, the scenic van rides, the art sessions, our bell choir, our Red Cup Rhythm band, and more. We are grateful for all kinds of new growth and possibilities.



This year's walk will be held on Sunday, September 26, in West Haven. The Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research.

Please consider making a donation online at <http://act.alz.org/goto/TeamGardenside> or give your donation to Linda the Live More Director or put it in the donation tin at the front desk.

Please purchase an Alzheimer's Association Awareness Bracelet and Flower. There will be in-house fundraisers soon!

GOOD FOR YOU, GOOD FOR ME, AND GOOD FOR OUR PLANET...MEATLESS MONDAY!

By: Janet L. Haynes R.N.,
Director of Clinical Services

Did you know for every burger skipped:

- You can save enough water to wash a car 15 times,
- Save enough energy to charge your cellphone for 4 ½ years,
- Save enough water to shower with for the next 2.5 months, or
- Save enough water to drink for the next 3 years?

Meatless Monday is a movement that has taken us by storm since 2003. It started when a gentleman (Sid Lerner) went to his Doctor's appointment and learned his cholesterol levels and blood pressure had skyrocketed. After a lot of research, Sid realized that people are eating on average 15 percent more meat than they should. He decided if he reduced his own meat consumption by at least one day a week, his health conditions would improve with the change in this dietary habit. Sid was proven right.

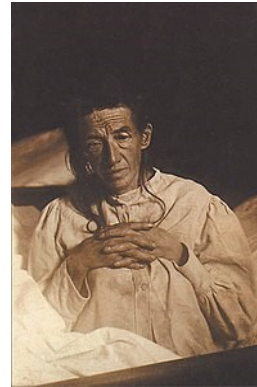
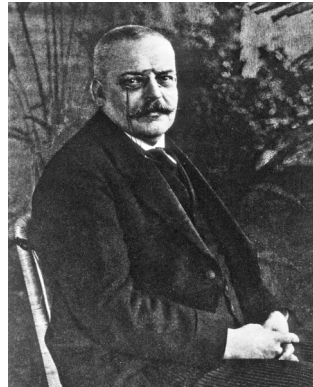
There are high levels of saturated fat found in meat which have been connected to illnesses such as stroke, heart disease, and some cancers. Eating too much meat has also been linked to type 2 diabetes and a higher mortality rate than those who consume less meat. When you go meatless for at least one day a week, you will make more room for vegetables, whole grains, and beans. These foods contain not only protein but essential vitamins, minerals, and fiber.

By participating in Meatless Monday, it will not only benefit your own health and body, but also our Earth and environment. When you go meatless once a week you are greatly reducing the amount of resources such as land, fossil fuels, and water used to produce your food.

Hearth Management joined the Meatless Monday Movement in 2014 along with thousands of restaurants, school lunch programs, hospitals, and corporate dining rooms spanning across 30 countries. We offer meatless menu options in our dining rooms for breakfast, lunch, and dinner every Monday.

For more articles, recipes, e-cookbooks, or information you can go to www.meatlessmondays.com; however, let me give you more food for thought: If the world reduced meat consumption by 15% by participating in Meatless Monday, it would have the same impact on greenhouse gas emissions as taking 240 million cars off the road each year.

When Dr. Alzheimer Met Auguste Deter by Lynne Grip



On November 26, 1901, clinical psychiatrist and neuropathologist Alois Alzheimer was asked to evaluate a newly admitted patient to a psychiatric institution in Frankfurt, Germany. The patient was a 50-year-old woman by the name of Auguste Deter. Her husband brought her to the facility because he could no longer manage her memory loss and behaviors at home. They included trouble sleeping, difficulties with language, paranoia, aggression, and delusions.

Dr. Alzheimer was fascinated with Deter's condition and initially made a diagnosis of pre-senile dementia. When asked questions she didn't know the answer to, Deter would consistently respond by saying, "I have lost myself, so to say." When tested, she was unable to remember the names of objects she had just seen. Her condition worsened in the evenings, and sometimes she would awaken screaming in the middle of the night. She remained institutionalized over the next five years until her death on April 8, 1906, at the age of 55. By that time, she had lost almost all of her cognitive abilities.

Dr. Alzheimer, who had moved on to the Royal Psychiatric Clinic in Munich, heard of Deter's death and requested that her medical records and brain post-autopsy be sent to him. Upon evaluation, he discovered abnormalities in the brain, including significant atrophy in the cortex, which is the layer in the brain responsible for memory, judgment, language, and thought in general. Until then, similar findings had been noted only in the brains of people in their seventies and older.

In 1906, Alzheimer reported on "a peculiar severe disease process of the cerebral cortex" at a meeting of the South-West German Psychiatrists. He described the distinctive plaques and neurofibrillary tangles he'd discovered in Deter's brain. His findings generated little interest except from psychiatrist Emil Kraepelin, now known as the "father of modern scientific psychology." Kraepelin named the condition "Alzheimer's disease" and wrote about it in one of his publications. Alzheimer went on to identify and document three further cases before his death in 1915.

References

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181715/>

<https://www.verywellhealth.com/who-was-alois-alzheimer-how-was-alzheimers-disease-discovered-3858664>

Administrative Staff

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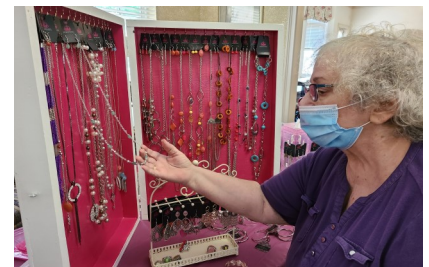
Bowling!



Resident Bernice was a Rockette and a June Taylor Dancer on the Jackie Gleason Show!



Paparazzi Jewelry Sale!



Live Entertainment with Jack Bussmann and James Michael!



Live More