



# 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!

Elizabeth Barnes  
 Marie Esposito  
 Betsie Dougherty  
 Charlotte Klieman  
 Grace Lent  
 Jean Lewellyn



**OCTOBER 2021**

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

Tuesday, October 5  
 Blaise Tramazzo

Tuesday, October 19  
 T-Bone  
 (Tom Stankus)



## Halloween

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

BATS  
BROOM  
CANDY  
CAT  
CAULDRON  
COBWEB  
COSTUME

GHOST  
HALLOWEEN  
HAUNTED  
HAYRIDE  
MASK  
MONSTER  
PARTY

PUMPKIN  
SKELETON  
SPIDER  
SPOOKY  
TREATS  
WITCH





### Resident Birthdays

Alma Goff	10/05
Sarah Pont	10/06
Alberta Traub	10/06
Grace Lent	10/17
Janet Egdall	10/21
Katy Mitchell (102!)	10/22
Carol Fragola	10/27
Lottie Panagrosso	10/30



### Employee Birthdays

Robert Feniolo	10/04
Meg Downer	10/13
Tulie Spence	10/20
Maryann Cook	10/21
Marcel Gutes	10/23
Alberto Del Mastro	10/29

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

### Resident of the Month SARAH PONT



Sarah has a pleasant personality with a positive outlook. She is a pleasure to be with! Sarah has made many friends while at Gardenside. She is very friendly and she is great at making new residents feel relaxed and comfortable when they move in. Sarah is very compassionate and has the patience to teach residents how to play card games. She participates in many scheduled activities each day because she loves to keep busy and have fun days!

**Congratulations Sarah!**

### Employee of the Month TULIE SPENCE LIVE MORE COORDINATOR



Tulie is a reliable employee who does a great job conducting activities. She is a wonderful team player who is always willing to help out in any way she can. Tulie is a very caring person and takes the time to become acquainted with each resident. She always goes the extra mile to make someone feel special and loved!



**Congratulations Tulie!**



### 2021 Golden Heart Award Winner JASMINE NICHOLAS (LPN)



Thank you for always going above and beyond!

You are appreciated and deserve this high honor!

**Congratulations Jasmine!**



## LIVE ENTERTAINMENT AT GARDENSIDE!

Rich Moran, Jr., Airborne Jazz and Jose Paulo



### *Special Presentation*

**Tuesday, October 26**

**3:30 p.m.**

### **FOX Rehabilitation Presentation**

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 be held on October 5.

### **KEEPSAKE VILLAGE**

**(Robin Sellati**

**Live More Manager)**



When we think of October we think of pumpkins. "Pumpkins are most recognized as symbols of Halloween, of the changing weather as warmer days begin to give way to cool temperatures and darker evenings. One of the more abundant autumn crops, pumpkins mark their growing season while other vegetation begins to retreat in readiness for the winter months". Here in KSV, there is no retreating. We are resilient, always finding ways to grow and flourish in abundance. We do this daily through exercise, conversations, watching documentaries, and enjoying concerts and sing alongs. We celebrate birthdays and holidays together. We continue to be the "lanterns of light" for more good times and abundance ahead.



**Fall Harvest  
Celebration in  
Keepsake Village  
with Live  
Entertainment by  
Mark Fragola!**



It is time for Flu Prevention!



By: Janet L. Haynes RN  
VP of Clinical Services

According to the Centers for Disease Control and Prevention (CDC) getting an annual Flu vaccine is the first and best way to protect yourself and your families from the Influenza Virus. Flu vaccines can reduce Flu related hospitalizations, loss from school/work and reduce flu illnesses and doctor's visits.

Flu activity can begin as early as October and continue to occur as late as the month of May. The flu can be unpredictable and will vary in different parts of the country. Flu vaccines are reviewed annually and updated to match circulating flu viruses. It is important to be vaccinated yearly even if the flu vaccine is the same as last year because the antibodies produced will diminish with time.

Everyone should receive a Flu Vaccine yearly by the end of October if possible. Although vaccinations can occur through January or later if needed. It will take your body about 2 weeks for antibodies to develop that will provide you protection.

Other flu preventative measures are: cover your mouth upon coughing with a tissue and dispose of tissue in trash after use, good hand washing before /after meals and after blowing your nose or coughing to reduce the spread of germs, get the proper amount of rest, avoid touching your eyes, nose and mouth as germs spread in this way, clean and disinfect surfaces and objects that may be contaminated with germs, eat a balanced diet and drink plenty of water daily.

Flu vaccines are offered by many of your doctor's offices, clinics, pharmacies, schools and by the Hearth (**October 6**). If you get vaccinated outside of our community, please let us know so we can maintain accurate medical records.



**World Smile Day**  
**Friday**  
**October 1**



**Lyman Orchards**  
**Middlefield**  
**Wednesday**  
**October 20**

**Departure Time: 2:00**

**Make a purchase  
in the store!**



**MEETING  
NOTICE!**

**Recreation Meeting**  
**Saturday, October 9**  
**2:15 p.m.**  
**Game Room**

**Dining Services  
Meeting**  
**Friday, October 22**  
**10:45 a.m.**  
**Game Room**

**Lavender Pond Farm**  
**Killingworth**  
**Wednesday**  
**October 6**  
**Departure Time: 2:00pm**



*Live More*

## **FLU CLINIC**

**Tuesday, October 6**  
**9:00 a.m. - 12:00 p.m.**  
**For Residents and  
Employees**

**Protect yourself and  
your family by  
receiving the  
Flu Vaccine!**



**Branford Point**  
**Thursday**  
**October 7**

**Departure Time: 2:00**

**Relax by the Water  
and Enjoy the View!**



**Short Beach  
Beauty Shop**

**Make an Appointment  
with Cindy the  
Hair Stylist at the  
Front Desk!**

**Cindy is in the Salon  
on Tuesdays!**



**Wear It Pink Day**  
**Saturday, October 23**



Please **wear pink**  
to help raise  
Breast Cancer  
Awareness and  
to show your  
support!

**Halloween  
Social Hour**  
**Friday**  
**October 29**

**Wear a Costume!**



## Administrative Staff

<b>Executive Director: Joshua Karim</b>	<b><a href="mailto:jkarim@thehearthllc.net">jkarim@thehearthllc.net</a></b>
<b>Wellness Director: Christa Zawadski</b>	<b><a href="mailto:czawadski@thehearthllc.net">czawadski@thehearthllc.net</a></b>
<b>Assistant Wellness Director: Lisa Jannotta</b>	<b><a href="mailto:ljannotta@thehearthllc.net">ljannotta@thehearthllc.net</a></b>
<b>Nurse Case Manager: Evelyn Herring</b>	<b><a href="mailto:eherring@thehearthllc.net">eherring@thehearthllc.net</a></b>
<b>Business Office Manager: Cristina Carvalho</b>	<b><a href="mailto:bom.gardenside@thehearthllc.net">bom.gardenside@thehearthllc.net</a></b>
<b>Senior Life Advisor: Margaret "Peg" Contois</b>	<b><a href="mailto:pcontois@thehearthllc.net">pcontois@thehearthllc.net</a></b>
<b>Food and Beverage Director: Alberto Del Mastro</b>	<b><a href="mailto:adelmastro@thehearthllc.net">adelmastro@thehearthllc.net</a></b>
<b>Environmental Services Director: David Ieronimo</b>	<b><a href="mailto:dieronimo@thehearthllc.net">dieronimo@thehearthllc.net</a></b>
<b>Live More Director: Linda Capaubo</b>	<b><a href="mailto:ad.gardenside@thehearthllc.net">ad.gardenside@thehearthllc.net</a></b>
<b>Live More Manager: Robin Sellati</b>	<b><a href="mailto:ksvad.gardenside@thehearthllc.net">ksvad.gardenside@thehearthllc.net</a></b>
<b>Administrative Assistant: Winnie Aryee</b>	<b><a href="mailto:waa.gardenside@thehearthllc.net">waa.gardenside@thehearthllc.net</a></b>

**Van Ride to a Sunflower Field in North Branford!**



**Bake Sale to Raise Money For the Alzheimer's Association!**



**A Visit to the Branford Fire Headquarters to Deliver Trays of Pastries & Cookies to Show Our Appreciation!**



**Bowling!**



**Van Ride to Lakeside Feed in Guilford to See the Llamas!**

*Live More*

