



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!

Sharon Magnarelli

Anthony and Madeline Sarno



NOVEMBER 2021

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



Friday, November 5
James Michael

Tuesday, November 23
Bob Giannotti



Thanksgiving

WORD SEARCH

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

FALL	THANKFUL	NOVEMBER
GATHER	TURKEY	PLYMOUTH
HOLIDAY	CORNUCOPIA	STUFFING
PILGRIMS	FAMILY	THANKSGIVING
PUMPKIN	GOBBLE	CRANBERRIES
CORN	GRATITUDE	POTATOES
FEAST	PIE	TRADITION





Resident Birthdays

Joseph Pellicone	11/01
Lucille Devore	11/04
Marilyn Miller	11/16
William Jacques	11/16
Bernice Klebaur	11/24
Michael Romano	11/24
Audrey DeLucia	11/25



Employee Birthdays

Fred Moore	11/02
Danus Henry	11/06
Lethie Pearson	11/11
David Ieronimo	11/14
Alan Vitali	11/19
Ama Williams	11/22

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

Resident of the Month WADE DAVIS



Wade is a very thoughtful resident who enjoys helping others. He is very complimentary too! He likes to participate in any type of Music program, especially Live Entertainment! Wade looks forward to hearing the interesting facts on the Daily Chronicle page every morning. He asks great questions about what is being read out loud! Wade enjoys Bingo and being part of the Art programs. He is quite good at both of them! Keepsake Village is very fortunate to have Wade as a resident!

Congratulations Wade!

Employee of the Month CHARAN BERRIOS



Charan is an amazing LPN! She takes pride in her job as an LPN and is devoted to her job. Charan is very attentive toward the residents. She is quick in responding to calls and always in a caring way. When Charan is with a resident or employee, she pays attention and doesn't hurry away. She is a very compassionate person with a warm personality. Gardenside values Charan and appreciates her very much! She has a good work ethic!

Congratulations Charan!

KEEPSAKE VILLAGE HIGHLIGHTS



Art Program, Scenic Van Ride and Katy's "102nd" Birthday!



Special Presentation

Tuesday, November 30
3:30 p.m. in the Game Room

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.

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



This month we celebrate holidays like Veterans Day, Thanksgiving and Hanukkah. I am reminded of the words by Melody Beattie, "Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow". To the first settlers that started the tradition of sharing a "Thanksgiving" dinner with others in our country, we are grateful. To all our Veterans that fought over the years for our freedom, we are filled with deep gratitude. In KSV, we carry on the tradition of sharing meals and celebrating special events with each other daily. We sing patriotic songs throughout the year honoring our Veterans and have gratitude for the freedoms that have brought peace to our lives. Hanukkah is called the "festival of lights" and is about the liberation of a Jewish temple. No matter what the holiday, they are all truly "festivals of light", visions of liberation and joy that have brought us where we are today.

Jack-o-Lantern Carving!



Winter Health and Safety Tips

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

It is that time of year when the temperature starts dropping and planning for the winter season begins. There are many health and safety tips for this fast approaching susceptible winter season.

Although we have not experienced many cold temperatures as of yet, we need to anticipate their arrival by taking these steps. Ensure that all walkways are clearly marked and well lit, be careful of slippery surfaces inside our communities caused by tracking snow and ice (please make our staff aware if this occurs for quick clean up), wear slip-resistant footwear, do not walk on wet or slippery surfaces, avoid carrying heavy loads that may offset your balance, wear sunglasses on sunny days to lessen the winter glare, take extra precautions when entering and exiting vehicles due to potential ice, wear layers of light clothing, protect extremities with heavy socks, wear mittens which are preferred over gloves for warmth and a hat, finally, if you have breathing issues a scarf may help to protect your airways from the bitter wind.

When it's cold outside, it is hard to remain active when you really want to hibernate. But look at our Hearth Activity Calendar and take advantage of our Exercise sessions. By continuing physical activity, it reduces the risk for heart disease, high blood pressure, diabetes, some cancers, osteoporosis, and the winter blues or seasonal affective disorders. Physical activity will also increase energy levels and help you sleep better at night.

Eating healthy throughout the winter months can be challenging as well. On a chilly day, it's tempting to curl up on the couch with a bowl of salty (canned) soup or have microwavable dinners which are high in salt and calories therefore continue coming to the Hearth's dining room for their balanced nutritious meals are a better alternative.

As it gets darker earlier, we get less sunlight exposure which can lead to a decrease in our Serotonin levels. That drop can cause food cravings as well as depression. Outside time is encouraged when possible, moving furniture near windows for sunlight exposure is an indoor alternative. Serotonin levels can be increased by eating healthy carbohydrates such as sweet potatoes, yams, pumpkins and squash. Most of all, be conscious of those winter doldrums and continue your socialization during meal times, through activities and keep your Nursing staff informed if these feelings persist.

Lastly, good handwashing is one of the most important steps we can take to avoid getting sick and spreading germs. Wash your hands before and after a meal, after using the restroom, after sneezing, coughing or blowing your nose or anytime you feel they need to be washed. Good Hand Washing consists of running water, using soap and the friction caused by rubbing your hands together for at least 40 seconds and using a dry cloth to dry.

By following these health and safety tips, you can decrease some of your vulnerability during this winter season and maintain better health.



Dealing with Daylight Saving Time

By Brooke DeNisco

Unless you live in Arizona or Hawaii, Sunday, November 7, 2021, marks the end of daylight saving time. In many states, this means the already waning days of autumn become an hour shorter. Several states, including California, Washington and Oregon, are in the process of passing legislation to stay on permanent daylight saving time. In places where the days are already short in winter, many people would like that extra hour of sunlight. For now, though, most of us will be “falling back” on November 7.

Our body’s circadian rhythms and our own sense of routine take cues from natural light. Much of our day is spent bathed in artificial light, but we are still affected by the outside environment. The end of daylight saving time can exacerbate depression and sleep disorders or just make people feel “out of whack.”

For people living with memory loss, this change is even more disruptive. About 20 percent of people with dementia suffer from sundown syndrome. The disorder doesn’t have a specific clinical etiology. The Mayo Clinic describes sundown syndrome as a “state of confusion at the end of the day and into the night. Sundowning can cause a variety of behaviors, such as confusion, anxiety, aggression or ignoring directions. It can also lead to pacing or wandering.”

It’s theorized that people associate the sun going down with returning home. People with memory loss might be tolerant of staying in a place that feels unfamiliar during the day, but they understandably may become a lot more perturbed at the idea of spending the night. Many people with dementia recall going home from work at dusk or being at home to cook dinner and take care of their children. It’s extremely stressful to feel “trapped” and unable to fulfill these responsibilities. The shadows of dusk can cause visual disruption for people with Alzheimer’s disease, and feeling tired at the end of the day makes everything a little bit harder for people with and without memory loss.

If you work with or have loved ones suffering from dementia, do some extra preparation for the darker afternoons/evenings on and after November 7. Here are some ideas to ease the transition to shorter days.

- Walk or get outside during daylight hours as much as possible.
- Close blinds and curtains in the late afternoon and turn inside lights on.
- Keep transitions low-key. Try to keep goodbyes casual. Staff members changing shifts should do so relatively quietly and without too much hustle and bustle.
- Distract with entertainment or calm sensory activities such as aromatherapy. Consider baking bread or cookies to make the atmosphere homier.
- Serve a snack, such as a warm cup of tea, coffee, and cocoa with cookies. This is comforting and gives people an energy lift.
- Make sure all clocks are set correctly to reduce confusion.

Administrative Staff

Executive Director: Joshua Karim	jkarim@theearthllc.net
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Live More Director: Linda Capaubo	ad.gardenside@theearthllc.net
Live More Manager: Robin Sellati	ksvad.gardenside@theearthllc.net
Administrative Assistant: Winnie Aryee	waa.gardenside@theearthllc.net

A Gorgeous Day at Branford Point!



Shopping at Lyman Orchards Apple Barrel Farm Market in Middlefield!



At the Lavender Pond Farm in Killingworth!



Live More

Anthony from FOX Rehabilitation conducted a Presentation on Fall Risk Reduction. The residents were made aware of tips on how to prevent falls and they were shown three simple and effective exercises to do daily!

