



# 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!*

**Phyllis Biehl  
 Carmela and Ralph DiGiorgio  
 Celeste Martin  
 Rhoda Myers**



**JUNE 2022**

## **HIGHLIGHTS**

**Live Entertainment - 2:00-3:00**  
**Wednesday, June 8**  
**Jack Lynn**

**Tuesday, June 28**  
**Jose Paulo**

**Poetry Program - 1:00**  
**Thursday, June 23**  
**Andy Weil**



## **LIVE MORE WEEK (May 22—May 28)!**





### Resident Birthdays

Richard Diehl	6/02
Anthony Sarno	6/02
Martha "Marty" Heine	6/04
Jane Davis	6/05
Nina DeLucia	6/15
Patricia Kisil	6/25
Arlene Quinlan	6/28



### Employee Birthdays

Edward Suraci	6/04
Shawanna Lance	6/13
Aleah Otero	6/17
Tanya Baron	6/23
Melissa Collado	6/25
Justin Santiago	6/25
Charlene Demars	6/26
Robert Hohman	6/28

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

### Resident of the Month

**ALDO BIAGIOTTI**



Aldo resides in Keepsake Village. He is truly a real gentleman and is loved by all! Aldo is very friendly and gracious with other residents. Everyone enjoys being in his company. Aldo is a retired teacher and published author. He is very humble about his successes. Aldo loves all kinds of animals. On the family farm were goats, cows, chickens, ducks and horses. He even adopted a couple of burros!

**Congratulations Aldo!**

### Employee of the Month!

**ANDY VARGAS**



Andy is a fantastic Maintenance Technician. He responds to all maintenance calls very quickly and gets the job done right! Andy keeps busy throughout his day and has the ability to problem-solve & make decisions on his own. He has great maintenance skills! Andy never hesitates to help in any way he can. He has a great personality and is always in a happy, positive mood. Andy was so thrilled to be chosen as the Employee of the Month for June!

**Congratulations Andy!**



**GARDENING ON THE PATIO!  
DECORATING FLOWER POTS AND PLANTING FLOWERS IN THE POTS!  
BOBBY, EZEQUIAS AND PETER (Resident's Son) JOINED IN ON THE FUN  
DURING LIVE MORE WEEK!**



**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**

**Scenic Rides Every Wednesday - 2:00**

**Destination Trips Every Thursday - 2:00**

**KEEPSAKE VILLAGE**

**Robin Sellati - Live More Manager**

We got all our planting done in KSV during "Live More" week in May thanks to our resident Aldo and to his son Peter who insisted on bringing in the potting soil and plants for us. We planted tomatoes, basil, cucumbers, marigolds, impatiens and sunflowers. We had a beautiful day for planting and have been diligent in watering every day since then. The joy is in watching new growth emerge through the soil. The title to Roger and Hammerstein's song, "June is Bustin' Out All Over" is so true. The array and variety of colors bursting out all over is "eye candy" and brings back wonderful memories of our own gardens from years ago. This month we have more basking in the warm sun to enjoy "Baking with Jackie", numerous walks around KSV with Robin (while singing, of course), listening to the birds chirping in the courtyard, celebrating birthdays, Father's Day, and going on the scenic rides along the beach areas of Branford, West Haven, Guilford, and Madison. Life is good.



**RESIDENT COUNCIL MEMBERS AND  
RESIDENT AMBASSADORS**



**Sitting - Lois, Rose S. and Rose D.  
Standing - Sarah, Janet and Betsie**

**ElderCrew sent an Ice Cream  
Truck to Gardenside!**



## **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>jkarim@theearthllc.net</b>
<b>Wellness Director: Lisa Jannotta</b>	<b>ljannotta@theearthllc.net</b>
<b>Assistant Wellness Director: Patrick Welch</b>	<b>pwelch@theearthllc.net</b>
<b>LPN Care Leader: Evelyn Herring</b>	<b>eherring@theearthllc.net</b>
<b>Business Office Manager: Marissa Riccitelli</b>	<b>bom.gardenside@theearthllc.net</b>
<b>Senior Life Advisor: Margaret “Peg” Contois</b>	<b>pcontois@theearthllc.net</b>
<b>Senior Life Advisor: Tanya Baron</b>	<b>SLA.Gardenside@theearthllc.net</b>
<b>Food and Beverage Director: Alberto Del Mastro</b>	<b>adelmastro@theearthllc.net</b>
<b>Environmental Services Director: Robert Beimler</b>	<b>rbeimler@theearthllc.net</b>
<b>Live More Director: Linda Capaubo</b>	<b>ad.gardenside@theearthllc.net</b>
<b>Live More Manager: Robin Sellati</b>	<b>ksvad.gardenside@theearthllc.net</b>
<b>Wellness Administrative Assistant: Nereida Brown</b>	<b>waa.gardenside@theearthllc.net</b>
<b>Internal Recruiter: Dana Calder</b>	<b>Recruiter.Gardenside@theearthllc.net</b>

**SPENDING TIME AT BRANFORD POINT  
DURING LIVE MORE WEEK!  
IT IS SO PEACEFUL BY THE SHORE!**



*Live More*

**LIVE ENTERTAINMENT!  
Jack Bussmann!**



**VOLLEYBALL COMPETITION  
DURING LIVE MORE WEEK!**



Jessenia an Occupational Therapist from FOX Rehabilitation conducted a presentation – “Be Stronger. Live Better, Longer!” during Live More Week!

