



# 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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**AUGUST 2022**

*Welcome Our New Resident!*

**Nicholas Mastracchio**



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

**Tuesday, August 9**  
**"Close to Elvis" Show**

**Tuesday, August 30**  
**James Michael**



## 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





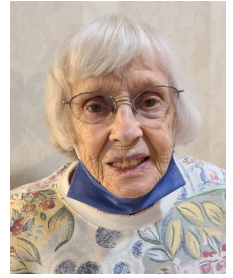
### Resident Birthdays

Ann Loftis	8/04
Richard Mace	8/05
Joan Behrle	8/08
Irene Albino	8/08
Nan Gilmond	8/14
Judy Horton-Benn	8/15
Mary Jane Mottram	8/15
Ernest Neri	8/17
Joan Armstrong	8/18
Francis "Frank" Donroe	8/21
Vera Osborne	8/27
Anton Wohlert	8/30
James Douglass	8/31

### Employee Birthdays

Lisa Jannotta	8/04
Lourdes "LuLu" Roman	8/07
Damoy Bryan	8/07
Anita Seaneku	8/11
Ladeidra Cornelius	8/11
Shirley Leto	8/12
Stephen Meyer	8/12
Kimone Douse	8/16
Liliana Martin Galarza	8/19
Nereida "Nettie" Brown	8/22
Damari Barker	8/23
Kabria Gray	8/25
Cheryl Kinman	8/28

### Resident of the Month ANN LOFTIS



Ann keeps busy participating in daily exercise programs and going on indoor/outdoor walks. Exercise is a big part of Ann's life. She even goes on a 7:00 pm evening walk with another resident. They both love to walk and chat with each other. Ann's first job was a Switchboard Operator in New York. She worked the 5:00pm-11:00pm shift which allowed her to have the whole day to do things she liked to do. She loved going to the beach! After the Switchboard Operator job, Ann became a Dental Hygienist. When Ann became a widow she read an ad in the New Haven Register about the New Haven Hiking Club and the Bridge Club. She joined both and was so happy she did! Her advice to others is "Get out there and just do it. Keep active!"

**Congratulations Ann!**

### Employee of the Month NEREIDA "NETTIE" BROWN



Nettie is the Wellness Administrative Assistant. Her job duties include inputting resident information into the computer system, scheduling of the nursing staff, creating and breaking down resident charts as they come to or from the community, and ordering nursing supplies. She is very good at handling her job duties in a well-organized and competent way. Nettie's hobbies include music, dancing, reading, movies (especially horror & thriller movies), enjoying nature and the outdoors, but most importantly, spending time with her family!

**Congratulations Nettie!**





## Lavender Pond Farm in Killingworth



**A Caregiver Support Group called  
Comfort Connections meets the  
first Tuesday of each month  
at 10:30 a.m. in the  
Ing Hallden Friendship 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 2.**

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

August begins the "winding down of summer" so to speak as vacations start to come to an end. We look ahead to September and the start of the fall season. But, even so, here in KSV we say "not so fast" because we are still enjoying the warm summer days and beautiful sunshine. In the courtyard we are showered by an array of flowers that continue to flourish in the warm sun. Although our tomatoes are just starting to ripen and not ready to pick, we've been enjoying the sweet basil and cucumbers we have grown which we've been sharing with friends and family and the kitchen here at Gardenside. It's wonderful to share in the fruits of our labor. Ice-cream socials have been very popular over the past few weeks; we even tried a new flavor called "key lime pie" which was a big hit. Among many activities, we also look forward to baking brownies and muffins this month. Food has always been a way for people to "gather and celebrate" for centuries. In KSV, we carry on this wonderful tradition and do a lot of gathering and celebrating together to enrich the mind and body.



**This year's walk will be held on Sunday, September 24, at Lighthouse Point Park in New 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 more in-house fundraisers coming soon! The Bake Sale raised \$300!**

# Good Cholesterol and Alzheimer's Disease

In April 2022, new research published in the Alzheimer's Association journal *Alzheimer's & Dementia* revealed that increasing HDL or "good cholesterol" levels can help lower the risk for Alzheimer's disease. The research linked small HDL particles in the brain to better cognitive function.

## HDL Cholesterol and Amyloid Plaques

Dr. Hussein Yassine and his research team found that participants with high levels of HDL had improved scores on cognitive tests. Yassine and the team believe that HDL may help "escort" amyloid plaques out of the brain. (Amyloid plaques are found in the brains of people with Alzheimer's disease.) These plaques are formed when peptides fold incorrectly and adhere to brain cells. This causes inflammation and disrupts normal brain cell functioning.

## What can you do to increase good cholesterol?

### 1. Move your body.

Get up and walk around as much as you can. Instead of sitting and drinking coffee, grab a coffee and stroll around your neighborhood. At work, schedule walking meetings or move around on your breaks. Take your phone calls outdoors or on an exercise bike or treadmill.

### 2. Feed your body.

For a few decades, we were taught that all fat was bad. It is time to unlearn that. Many foods are filled with healthy unsaturated fats. Indulging in yummy foods such as avocados, salmon, trout, nuts, berries, cremini mushrooms, and olive oil will boost HDL, while oatmeal reduces LDL ("bad cholesterol"). Check food labels: soybean oil, often used in pre-packaged food, decreases HDL and increases LDL.

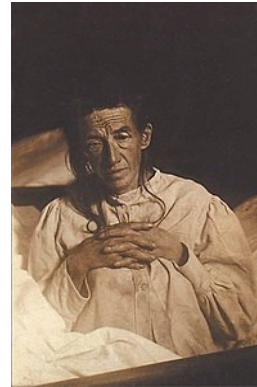
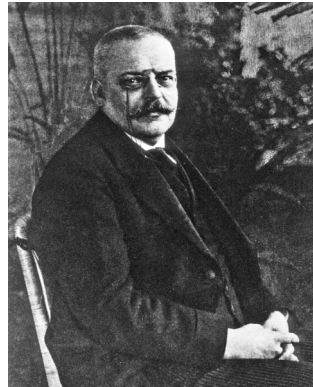
### 3. Fiber is your friend.

Soluble fiber has been shown to reduce cholesterol absorption into your bloodstream, so fill up on fiber - around 25 grams per day. Beans, legumes, vegetables, many fruits, whole grains, berries, and even popcorn can help reduce cholesterol by trapping fats so they cannot be absorbed.

### 4. Shed extra weight.

It is easier said than done, but losing just five pounds can help lower LDL. Some people have had luck following a low-carb diet, which can help you lose weight by keeping you feeling satiated with fewer overall calories. Without as many carbs, your blood sugar will spike less, getting you off the cycle of needing to eat to fend off a sugar crash.

## 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>



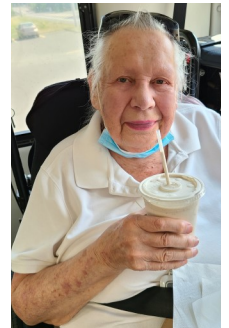
## Administrative Staff

<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: Amber Anderson</b>	<b>AWD.Gardenside@theearthllc.net</b>
<b>Nurse Case Manager: Evelyn Herring</b>	<b>eherring@theearthllc.net</b>
<b>Senior Life Advisor: Margaret “Peg” Contois</b>	<b>mcontois@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>

**Helen  
(Keepsake  
Village  
Resident)  
has a  
passion for  
putting  
Jigsaw  
Puzzles  
together!**



**Wentworth’s  
Homemade  
Ice Cream  
in Hamden!**



*Live More*

**RESIDENT COUNCIL MEMBERS AND  
RESIDENT AMBASSADORS!**

**Sharon  
(Keepsake  
Village  
Resident)  
Enjoyed  
working on a  
Sticker by  
Number picture  
of Beautiful  
Birds!**



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