



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!

Joan and George Caruso
Alice Fredericks
Arthur Lombard
Frank Ristaino



NOVEMBER 2022

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

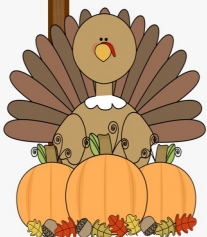


Monday, November 7
Jack Bussmann

Tuesday, November 22
James Michael



We are
Thankful for
YOU!



Thanksgiving

WORD SEARCH

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

FALL
GATHER
HOLIDAY
PILGRIMS
PUMPKIN
CORN
FEAST

THANKFUL
TURKEY
CORNUCOPIA
FAMILY
GOBBLE
GRATITUDE
PIE

NOVEMBER
PLYMOUTH
STUFFING
THANKSGIVING
CRANBERRIES
POTATOES
TRADITION





Resident Birthdays

Ellen Kitchell	11/10
Kathleen Camp	11/12
Marilyn Miller	11/16
Janet Podgorski	11/20
Bernice Klebaur	11/24
Michael Romano	11/24
Audrey DeLucia	11/25



Employee Birthdays

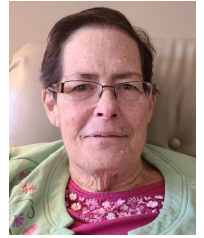
Fred Moore	11/02
Jasmine Willett	11/17
Alan Vitali	11/19
Lori Lanoue	11/26

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

Resident of the Month

PAT KISIL

Congratulations!



Pat is very friendly and kindhearted. She is a pleasure to be with because she can engage in great conversations, has a pleasant personality and a good sense of humor! Pat is well liked by all and has made many new friendships at Gardenside since she moved in. She was recently elected to be a member of the Resident Council and to be a Resident Ambassador. Pat participates in many recreation programs each day to stay active. She seems happy living at Gardenside!

Congratulations Pat!

Employee of the Month

CLAUDIA LAYNE

**THANKS
FOR
BEING
AWESOME**



Claudia is a wonderful CNA. She has great compassion for the residents. Claudia gives the residents her full attention and gives them the best care that they deserve. She is patient and is a good listener. Claudia is a dependable employee and always completes her assignments on time. She makes sure that everything is in order before she ends her shift. She has a good work ethic! Gardenside is very fortunate to have Claudia employed as a CNA!

Congratulations Claudia!



TRINITY CHURCH (BRANFORD) YOUTH GROUP VISITED!



November 6 - Daylight Saving Time Ends

Set your clocks back one hour before you go to bed on Saturday, November 5!

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 **November 1**.

KEEPSAKE VILLAGE (Robin Sellati, Live More Manager)



November is such a wonderful month. There are so many events to look forward to such as birthdays, baking days, our spa day, live performances, visits from the Yale Alzheimer's Buddies, and most importantly Veterans Day and Thanksgiving Day. We will honor our KSV Veterans with a special ceremony, patriotic songs, and then dessert to thank them for their service to our country. On Thanksgiving Day, we will have fun with "Turkey themed" games and activities throughout the day to keep us in the holiday spirit. We will gather to enjoy a Thanksgiving luncheon with all the trimmings and then enjoy an afternoon celebration partaking in some of our favorite pies with ice cream. We remain thankful for all the ways we get to celebrate these special days together.

Live Entertainment by Jim Sheehan!



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 6, 2022, marks the end of daylight saving time. In many states, this means the already waning days of autumn become an hour shorter. 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 6.

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 6. 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: Patricia Strickland	pstrickland@thehearthllc.net
Assistant Wellness Director: Bruce Kennett	AWD.gardenside@thehearthllc.net
Care Leader: Shauna O'Brien	CL.gardenside@thehearthllc.net
Business Office Manager: Melissa Evans	BOM.gardenside@thehearthllc.net
Senior Life Advisor: Tatiana Bernal	SLA.grdenside@thehearthllc.net
Food and Beverage Director: Alberto Del Mastro	adelmastro@thehearthllc.net
Environmental Services Director: Robert Beimler	rbeimler@thehearthllc.net
Live More Director: Linda Capaubo	AD.gardenside@thehearthllc.net
Live More Manager: Robin Sellati	KSVAD.gardenside@thehearthllc.net
Wellness Administrative Assistant: Nettie Brown	WAA.gardenside@thehearthllc.net
Internal Recruiter: Dana Calder	Recruiter.gardenside@thehearthllc.net

Shopping at Munson's Chocolates in Orange!



A Trip to Rose Orchards in North Branford!



Bargain Shopping at Entenmann's Bakery Outlet Store in Orange!



Wear It Pink Day!

