



Gardenside Gazette



The Hearth at Gardenside 173 Alps Road, Branford, CT 06405
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MAY 2023

RESIDENT BOARD MEMBERS

Back Row: Janet, Lois and Sarah

Front Row: Lottie and Pat



Welcome Our New Residents!

**Marcia Bond
Alphonse Casanova**



*Electing the Resident and
Employee of the Month*

**Residents, Staff, Family Members
and Visitors,**

Please participate in electing the
Resident and Employee of the Month!
The ballot box is located near the
Front Desk. Only **One Ballot** please
for each person.



LIVE MORE WEEK!

SUNDAY, MAY 28 - SATURDAY, JUNE 3

**Make sure you pick up the flyer listing all of the fun activities
planned during this special week!**

**NATIONAL SENIOR HEALTH AND FITNESS DAY
WILL BE HELD ON
WEDNESDAY, MAY 31**



Resident Birthdays

Emily Fielding	5/01
Lucille Douglass	5/03
Alice Szwoklon	5/04
Malcolm Charman	5/08
Marie Scarpellino	5/08
Dominic Murgo	5/11
Anthony Esposito	5/20
Barbara Kuziel	5/20
Patty Porto	5/21
Charlotte Jay	5/22
Selma Lapides	5/23
Yvette Dix	5/26
Diane Wright	5/27

Employee Birthdays

Gianna Santomassimo	5/04
Kitana Beale	5/09
Katrina Cole	5/12
Sharon Staniforth	5/12
Qristopher Crespo Johnson	5/13
Kiana Harris	5/16

Best Wishes!
Enjoy your day!!

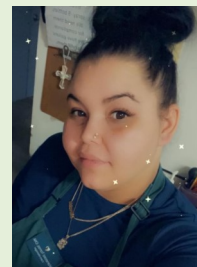
Resident of the Month Rita Tanski



Rita is a resident who enjoys keeping busy each day to stay healthy and strong. She particularly enjoys playing cornhole and balloon volleyball, attending social events and live performances, and viewing documentaries. Rita socializes with other residents and gives them good advice! She is great to have a conversation with because she knows a great deal about many different topics. Rita is very knowledgeable about healthy eating because she was a Certified Dietician! She has a great sense of humor too!

Congratulations Rita!

Employee of the Month Vanessa Torres



Vanessa is a wonderful CNA. She is very dependable and has a great work ethic. Vanessa has a great personality and her nice smile is contagious! She cares so deeply for every resident and goes the extra mile to make them happy! Vanessa enjoys giving the residents a hug and having a conversation with them. Everyone loves Vanessa! She deserves this honor of being chosen as the Employee of the Month!

Congratulations Vanessa!



Look Who Visited Gardenside Last Month!



Caregivers

A Caregiver Support Group called Comfort Connections will meet the First Tuesday of each month at 10:30 a.m. in the ING Room.

This group is free of charge and is open to the family members and friends of the Gardenside residents as well as the community.

This month's meeting will be held on May 2.

KEEPSAKE VILLAGE Robin Sellati - Live More Manager



Keepsake Village will be busy this May sprucing up the courtyard by planting flowers and vegetables throughout the month. We will start taking some of our morning and afternoon activities outside so we can all enjoy the warmth of the sun and listen to the songs of the birds enjoying the nice weather as well. At the end of the month, we have "Live More Week". It's all about wellness and fitness while having fun. We have a number of special events planned for this occasion. We will have a basketball competition, balloon volleyball square off, recipes with Jackie in the kitchen, water works, outdoor picnic, photo booth, an out trip, and Live More Olympics, to name a few. We look forward to having a great time and making some fun memories together.



Thursday Out-trips

May 4 - Willoughby's Coffee and Tea in Branford

May 11 - Stony Creek Brewery

May 18 - Lunch at Café Fiore

May 25 - Dairy Queen in North Branford



Short Beach Beauty Shop

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

Cindy is in the Salon on Tuesdays!



Paparazzi Jewelry Sale in the Parlor! May 10 - 10:30am - 2:00 pm

**Everything is \$2.00-\$3.00!
Necklaces, Rings, Bracelets,
plus more!
Cash, Check or Card Accepted**

word search puzzle

Mother's Day

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

CARING
TEACHER
PRESENTS
GRANDMA

BREAKFAST
LOVE
MOM
HOME

KISSES
CAKE
UNIQUE
CHERISH

SUNDAY
THOUGHTFUL
MAY
FLOWERS



Alzheimer's Disease in the News

Stay up to date with some of the latest news about Alzheimer's disease.

The Longest Day of the Year

For many years, the Alzheimer's Association has encouraged groups to raise money to care for people with Alzheimer's disease and to fund research toward a treatment and a cure. Every June 21, the summer solstice, they hold one of their biggest fundraisers, "The Longest Day of the Year." Usually, local chapters of the Alzheimer's Association sponsor walks on that day, and people can participate as individuals, workplaces, or part of a team to raise money before the walk.

The Alzheimer's Association makes it easy to get involved. Teams are created also for the annual Alzheimer's Association Walk to End Alzheimer's. This year it will take place on September 24 at Lighthouse Point Park in New Haven. The Hearth at Gardenside has a team and helps to raise funds by holding various fundraisers throughout the year such as a candy sale and bake sale. These fundraisers will start soon.

New Alzheimer's Medication

In June of 2021, the FDA approved aducanumab, brand name Aduhelm, an IV infusion medication designed to clear amyloid plaques from the brain. Autopsies and scans reveal that people with Alzheimer's disease have a buildup of these plaques in their brains. It is unknown if this is a cause or an effect of Alzheimer's.

So far, research on aducanumab shows it might slow the course of Alzheimer's, but it certainly doesn't cure it. More studies are underway, but the FDA wanted to make it available. The initial price tag was steep. A year of the medication initially cost over \$50,000 per person. After sluggish sales, the price was reduced to a little over \$25,000 for an annual prescription. Medicaid will likely not cover the cost of Aduhelm. The Centers for Medicare and Medicaid released an initial statement saying they plan to cover the expenses of Aduhelm only for people participating in approved research studies. They will post the studies on their [website](#). Most medication studies are in larger city centers, and participants might receive a placebo.

Medicaid plans to release its final decision this month, but it is unlikely to cover Aduhelm for most participants.

Administrative Staff

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Shopping at the Clinton Premium Outlets!



Helen in Keepsake Village loves to Shoot Hoops!



Dyeing Eggs in Keepsake Village!



Rick Dyeing Eggs for the Easter Holiday!

Live More