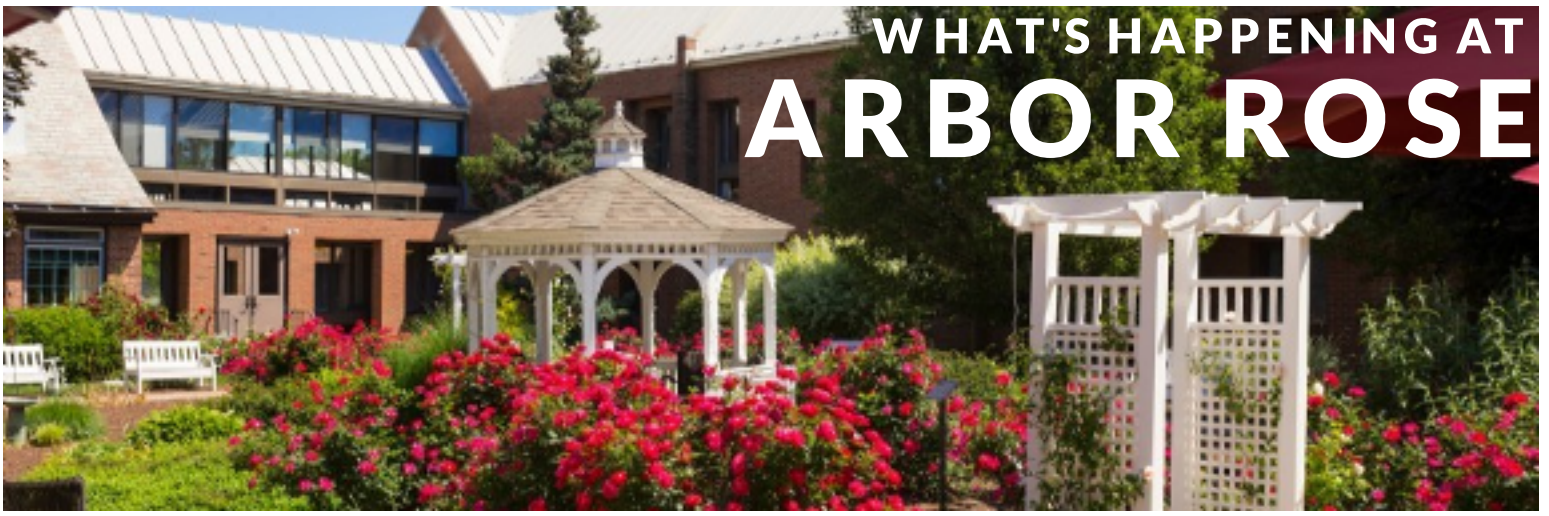


WHAT'S HAPPENING AT ARBOR ROSE



AUGUST 2019

ARBOR ROSE MANAGEMENT TEAM

Will Menoche
Executive Director

Patrice Eleveld
Wellness Director

Denise Lebrocqy
Retirement Counselor

Donna Valente
Activities Director

Violetta Tokarczyk
Dining Director

Norman Aldrich
Building Services Director

David Zielinski
Maintenance Director

Laura Nigro
Activities Coordinator

Ali Weber
Resident Services Coordinator

ADDRESS:

975 Corbin Avenue
New Britain, CT 06052

PHONE NUMBER:

860-229-3707

WEBSITE:

www.jeromehome.org

Make sure to "Like" us on
Facebook to see pictures of
what is happening in the
community!



MY INNERVIEW SURVEY

My InnerView surveys will be delivered to residents and families during the first week of August. On August 6, Paulette Schwartz, Director of Human Centered Care from Hartford Healthcare, will be rounding the building to assist residents with completing the surveys if requested. Please see Ali Weber if you would like assistance completing your survey.

Last Month:

- Residents enjoyed Simply Swing band at Walnut Hill Park on July 15.
- Laura helped residents remember the Lunar Landing on Friday July 19 with moon cake and tang!
- The men's club watched a New Britain Bees Baseball Game on July 31 with Norm!

ASSISTED LIVING WEEK

"A Spark of Creativity" is this year's theme for National Assisted Living Week, which hopes to inspire residents to tap into their creative side, whether through the arts or beyond. Additionally, the theme aims to inspire assisted living staff to get creative in order to further person-centered care to residents.

We Need Your Help!

Recipes: Please give Mary any homemade family recipes you would like us to recreate!

Baby Pictures: We need resident baby pictures for a "Guess Who?" game; please bring to Denise by Aug 31. Pictures will be returned!

Artwork: If you are a talented artist and would like to display a work of art in our Assisted Living Week Art Exhibit, please see Ali.

Detailed schedules will be sent out in August with more information!

SAVE THE DATES

- **Aug. 5:** The Gardens "Visit To Portugal" Program
- **Aug. 6:** Trip to Lavender Pond Farm 1:30 PM
- **Aug. 11-17:** Elvis Week Programs!
- **Aug. 12:** Medicare 101 Seminar 10:00 -11:00 AM
- **Aug. 13:** Dementia Caregiver Support Group 5:30-7:00 PM
- **Aug. 21:** Celebrating 60 years of Hawaiian Statehood!
- **Aug. 26:** Summer Concert Series at Walnut Hill Park
- **Sept. 3:** Courtyard Concert with Airborne at 6:30 PM
- **Sept. 8-14:** Assisted Living Week Activities!

DINING

Why Drink More Water?

Dehydration is a common and serious concern for older adults, but it can be preventable with some help from the kitchen!

Water stations can be found in the courtyard and in the country kitchen for your convenience. We also have popsicles available in the freezers anytime!

19 Water Rich Foods to Help You Stay Hydrated

- Watermelon
- Strawberries
- Cantaloupe
- Oranges
- Skim Milk
- Cucumber
- Lettuce
- Soups and Broths
- Zucchini
- Celery
- Plain Yogurt
- Tomatoes
- Bell Peppers
- Cauliflower
- Cabbage
- Grapefruit
- Coconut Water
- Cottage Cheese



HEALTH AND WELLNESS

Summer Safety:

Blood Pressure and Water Pills

Commonly known as "water pills," these medications help your kidneys get rid of extra water and salt from your body through urination. Because you have less total fluid in your blood vessels, the pressure inside will be lower. This process also makes it easier for your heart to pump. Doctors will often suggest water pills to control your blood pressure.

Symptoms of Dehydration

- Increased thirst and dry lips
- Dry Skin
- Decreased sweating
- Dizziness and loss of balance
- Sunken eyes
- Constipation



Chocolate Adventure

On July 17, several residents visited Fascia's Chocolates in Waterbury and created their own sweet treats!

We learned how chocolate is made, where it comes from, and the various selections available. Residents also got to enjoy some delicious gelato to beat the heat!

Pet Therapy

Studies have shown that spending just fifteen minutes with an animal initiates hormonal changes in the brain, dropping stress levels and increasing serotonin levels.

We offer pet visits monthly with Ryder, the Golden Retriever, and Dover, the Bernice Mountain Dog. Mary (Right) loves visiting with Dover and his person, Linda.

Please see Donna if interested in visiting with some furry friends!



COMMUNITY ANNOUNCEMENTS

Congratulations to Fayna Birnbaum for being voted by her peers as Resident Council President on July 16.

Channel 8 is currently down due to negotiations with our provider. We are hoping to hear about a resolution over the next few weeks. We will keep everyone updated with results!

Copies of **Newspapers** are now kept at the front desk for your convenience. Please return so others may enjoy!

In the spirit of **National Crayon Collection Month**, we will be collecting crayons throughout the month of August for future resident projects. Please bring any new or used crayons that you would like to donate to the front desk.

The Green Committee is looking for residents who want to get involved in reducing waste throughout Arbor Rose! Please see Donna if interested in participating.