

WHAT'S HAPPENING AT ARBOR ROSE

JULY 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
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Laura Nigro
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Ali Weber
Resident Services Coordinator

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



MEDICARE 101

Monday Aug. 12th 10-11 AM

Medicare 101 is a free educational seminar focused on the basics of Medicare and understanding your Medicare options. In this seminar, you will learn more about what Medicare is and how it works, the different parts of Medicare, when to enroll, and things to think about when choosing your plan. RSVP to 860-229-3707.

**Presented by: Marissa Hiebel,
Medicare Educator**

Last Month:

- Several residents took a cruise down the Connecticut River on June 26 with Donna.
- Residents visited Baldwin Stables in Deep River on June 19 with Laura and Donna.
- We celebrated Father's Day on Saturday June 15 with "Men's Choice" Movie & Ice Cream Social.

STAFF EDUCATION

Activities Coordinator, Laura Nigro, attended "Positive Approach to Care" (PAC) training developed by dementia expert, Teepa Snow. The PAC approach enhances the life of our residents by building relationships based on authenticity, empowerment, compassion, and curiosity. Teepa's approach to dementia care is changing the way we look at neurocognitive conditions and dementias.

Resident Services Coordinator, Ali Weber, attended a course to become a Certified Dementia Practitioner (CDP) provided by the National Council of Certified Dementia Practitioners (NCCDP). Professionals that participate in the course are given the latest resources and tools to better serve the growing population of those living with dementia. As a CDP, Ali will bring her knowledge and training to others.

SAVE THE DATES

- **July 4:** Barbecue for residents and staff!
- **July 9:** Dementia Caregiver Support Group starts 5:30-7:00 PM in the Function Room. (Open to the community)
- **July 10:** Lenny and Joe's Lunch Trip (weather permitting).
- **July 23:** Beach Chair Volleyball with Maquita!
- **July 26:** International Day with entertainer, Jose Paulo.
- **July 31:** Men's Club going to a New Britain Bees Game with Norm.
- **August 6:** Trip to Lavender Pond Farm.
- **Aug. 12:** Medicare 101 Seminar
- **Sept. 8-14:** Assisted Living Week Activities!

DINING

Understanding Carbohydrates

Last month, Wellness Director, Pat Eleveld came to the Dining Committee meeting and discussed the importance of counting carbohydrates at each meal.

What Foods Contain Carbs?

Starch (15 grams)

- 1 slice of bread
- 1/2 cup of pasta
- 1/3 cup of rice

Fruits (15 grams)

- 1/2 cup of canned fruit
- 1 small piece of fresh fruit
- 1/4 cup of dried fruit

Dairy (15 grams)

- 1 cup of milk
- 3/4 cup of plain low-fat yogurt

Carbohydrates are vital to your health for a number of reasons:

1. Providing energy
2. Protecting against disease
3. Controlling weight



Choose Wisely

- Emphasize whole fresh, frozen, or canned fruits without added sugars
- Choose whole grains
- Stick to low-fat dairy products
- Eat more legumes (beans, peas, lentils, etc.)
- Limit added sugars

HEALTH AND WELLNESS

- **Wellness Clinic** is now offered every **Wednesday from 10 AM -11 AM** in the **3rd Floor Hair Salon** for a more private experience. Wellness Clinic is a complimentary service designed to prevent hospitalizations and educate residents on various health care topics. The Wellness Nurse provides blood pressure checks, weights, physical assessments, and answers to medication questions or any other health concerns. For more information visit or call the Wellness Office at 860-356-8286.

The Gardens residents work with local artist, Paul Gobell, twice a month. This past visit, residents created beautiful watercolor paintings of trees.



Sit, Serve, Set & Spike

Vacation Beach Chair Volleyball!

Grab a chair and put the ball in the air during a game of beach volleyball like you've never seen before, mixing a little fitness with a lot of fun. The game helps with coordination, balance, cardiovascular endurance, core and upper body strength.

Date: Tuesday, July 23

Time: 2:00 PM

Location: East Dining Room

For more information, visit or call the Good Life Fitness Center at 860-356-8247.

Spirituality

We will be adding the TBN Channel to our list within the next month! The **Trinity Broadcast Network** is the world's largest Christian -based television network and America's most-watched faith and family channel. The TBN lineups include ministry programs from well known pastors; exclusive news, documentary, and current events programming; wholesome family movies; and exclusive specials.

We have removed ESPNU on Channel 53 to accommodate this network change.

COMMUNITY ANNOUNCEMENTS

My InnerView Survey will be mailed to residents and families at the end of July! Keep an eye out!

The Bee has arrived! Come visit our courtyard and take pictures with the Jerome Home and Arbor Rose Bee!

Dementia Caregiver Support Group will be starting Tuesday July 9 at Arbor Rose. Group will meet the 2nd Tuesday of every month. Please RSVP to Ali Weber at 860-356-8281.

National Assisted Living Week is September 8-14 this year and the theme is "A Spark of Creativity." We are looking for residents to participate in a committee for planning this year's events!

The Book Club with Carmel Bennett is looking for more members! Contact Ali Weber if you are interested in learning more!