

WHAT'S HAPPENING AT ARBOR ROSE



OCTOBER 2019

ARBOR ROSE MANAGEMENT TEAM

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Patrice Eleveld
Wellness Director

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



FARMINGTON VALLEY SYMPHONY ORCHESTRA

We have twenty-four complimentary tickets to five of the Farmington Valley Symphony Orchestra performances. On **Saturday November 2** at 4:30 PM we will be transporting residents to the Scandinavian Masterworks show at the University of Hartford. If you are interested in joining us please see Donna or Laura. There will be additional dates posted throughout the year!

Last Month:

- ▶ Residents, staff, and families enjoyed Assisted Living Week activities from Sept 9-Sept 14!
- ▶ On Sept 26, neurologist, Dr. Amy Sanders presented "Let's Talk About Dementia" for families.
- ▶ Residents visited Lyman Orchards to enjoy some apples, donuts, and cider!

MEDICARE MONDAYS WITH MARISSA

During Medicare's Annual Enrollment Period (October 15-December 7), those who are Medicare-eligible have the opportunity to explore their Medicare plan options and make changes to their Medicare plan.

As Hartford Healthcare's Medicare Educator, Marissa Heibel, will be in the private dining room for "**Medicare Mondays**" on October 28 1:00-3:00PM and November 11 1:00-3:00PM.

Marissa will be able to answer individual questions about your Medicare, provide resource material, and schedule Medicare consultations for additional information.

Please see Ali Weber if interested.

SAVE THE DATES

- **Oct .11:** Oktoberfest Lunch
- **Oct. 15:** I Love Lucy Day! Trivia and TV Episodes
- **Oct. 16:** Oktoberfest Happy Hour
- **Oct. 17:** Absentee Ballots (New Britain Municipal Election)
- **Oct: 28:** Medicare Monday with Marissa
- **Oct: 31:** Halloween Trick-or-Treating
- **Nov. 5:** Trip to Hawk Ridge Winery
- **Nov. 6:** Resident Flu Shot Clinic 9-11 AM in the function room
- **Nov. 22:** Annual Holiday Boutique

DINING

Fall Fruit Facts

"An Apple a Day Keeps the Doctor Away" is an old Welsh proverb that many of us are familiar with, but what makes this fruit so special? What are the health benefits of eating apples regularly?

- Improving neurological health
- Reducing your risk of stroke
- Preventing asthma
- Lowering levels of bad cholesterol
- Reducing your risk of diabetes
- Lowering risk of heart disease
- Preventing breast cancer
- Improving bone health
- Preventing obesity



Some Varieties Include:

Gala
McIntosh
Red Delicious
Fuji
Applescrisp
Crispin
Granny Smith

Apples can be found in the Arbor Rose kitchen daily for breakfast, dinner, and supper! They can be added to any dish or side for added nutrients and flavor! Ask the dining staff how you can incorporate more apples into your diet!

HEALTH AND WELLNESS

Flu Vaccinations

An annual Flu shot is the most effective way to prevent against influenza. Flu vaccines cause antibodies to develop in the body just two weeks after vaccination. These antibodies provide protection against infection with viruses that are in the vaccine. The seasonal flu shot protects against influenza that research indicates will be most common during the upcoming season. People 65 years and older are at greater risk for serious complications due to the flu because human immune systems weaken with age. Our annual flu shot clinic will be open to residents on **Wednesday November 6th from 9-11 am** in the function room. Please complete an immunization consent form with Ali.

Our residents loved making their own "**Lucky Bamboo**" plants with Jeff the Plant Guy during Assisted Living Week festivities!

See Mabel (Left) and Susie (Right) with their plant creations!



My InnerView Survey Results

Out of the 63 surveys distributed, 34 were returned by residents or family members. Thank you to all who took the time to complete our survey!

In January, respondents ranked their overall satisfaction as 60% "Excellent" and 40% "Good." Now in August, our results improved to 73% "Excellent" and 27% "Good" for overall satisfaction. We did not receive any "Fair" or "Poor" in this category! We have listened to your feedback and will continue working as a team to improve the areas of interest!

What We Do Well:

- Courteous Dining Staff
- Safety of Facility
- Comfortable Surroundings
- Cleanliness of Rooms

Opportunities for Growth:

- Laundry Services
- Religious/Spiritual Needs
- Meaningfulness of Activities
- "Grow As a Person" Opportunities

COMMUNITY ANNOUNCEMENTS

Channel 8 has been restored and is now up and running again!

We are now accepting crafts and goods for our annual **Holiday Boutique** on November 22. Please see Laura or Sandy if interested in participating!

Donations of candy for our **Halloween Trick-or-Treaters** can be dropped off at the front desk! Sign up at the front desk if your children are attending!

Our **Veterans Wall** in the function room needs updating! Please reach out to Ali or Donna if your veteran is interested in providing a short bio and a picture to display!

If you are interested in joining our **Walk to End Alzheimer's Team**, please see Denise or Ali for more information. This year's Greater Hartford Area walk is Sunday, Oct. 13 at Rentschler Field.