

WHAT'S HAPPENING AT ARBOR ROSE



MAY 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!



STAFF EDUCATION

Dementia Comes to Dinner presented by Patty O'Brian, dementia specialist from Hartford Healthcare's Center for Healthy Aging, was attended by our dining and nursing staff on March 14th.

Many residents enjoyed "Senior Prom" on April 11th with other communities, see Virginia (Right) with recreation staff, Sandy (Left).



THANK YOU TO OUR VOLUNTEERS

PET VISITS:
Karen Pagliaro
Linda Nadeau

ROSARY LEADERS:
Maria Orzol
Louise Cody

STUDENT INTERNS:
AnaLuisa Brown

VISITS:
Lynn Rouleau

Julie Marinelli
Julia Ferraguto
Sophia Marder
Sarah Warner

DISTRIBUTING THE DAILY:
Harvey Berman
Graham Hall

BINGO CALLERS:
Kathy Cameron
Marco Vernacatola

****Volunteer Recognition dinner was held on April 11th to thank our many volunteers!**

SPRING EVENTS

- **May 3rd** - Mayor Erin Stewart will be here to play Penny for Your Thoughts at 10:30 AM with residents in the country kitchen!
- **May 3rd**- Kentucky Derby Program in the Gardens
- **May 10th**- Let's Raise the Barre to Beat Alzheimer's Fundraiser at 85 Market Sq. Newington. \$20 in advance for 50 minute class! Contact Denise Lebrocqy to reserve your spot today!
- **May 12th**- Mothers Day Tea in the Function Room at 2 PM. Guests please RSVP by May 10th.

DINING

Arbor Rose Chefs , Trevor and Dennis, competed at CALA's Annual Conference on April 11th 2019. Dennis won 1st Place for the Beef Flight Category and Trevor won 2nd Place for the Poultry Flight Category. We are very proud of our accomplished chefs and amazing dining team, led by Violetta!



Every Wednesday and Sunday, Arbor Rose dining staff serves hand made fresh juices during breakfast.

Benefits of Fresh Juices

The Power of Carrots

- Vitamin A-good for eyes, skin care, and blocks viruses from entering your body.
- Low in calories, but good source of fiber.

The Boost of Bananas

- Vitamin C- lower your blood pressure, improve muscle, heart, and digestive functions
- Satisfy sweet cravings!

Don't Forget the Apples

- Vitamin C-stabilize blood sugar levels and lower bad cholesterol.
- 4 Grams of daily fiber!

HEALTH AND WELLNESS

- Starting May 6th Arbor Rose will join Jerome Home in welcoming Connecticut Mental Health Specialists for behavioral health services.
- Dr. Wilfred Elaba will no longer be seeing residents at Arbor Rose; Dr. Joseph Anquillare and the ProHealth APRNs will now be providing primary care services to primarily Gardens residents only.
- **WELLNESS CLINIC:** Offered every Tuesday and Thursday at 10:30 AM at the second floor seating area located to the right of the elevator.

GOODLIFE FITNESS PROGRAM

GoodLife Fitness is a highly individualized fitness and wellness program under the close supervision and instruction of an exercise physiologist. The program helps any adult on their path to "living the good life" through exercise and wellness. GoodLife Fitness also works in conjunction with rehabilitation services including inpatient and outpatient rehabilitation, Lymphedema management and specialized therapies. Fee is included in monthly rate for Arbor Rose residents.

SPIRITUALITY

"Spirituality is not adopting more beliefs and assumptions but uncovering the best in you." -Amit Ray

Please be sure to check the monthly activity calendar for our extensive spiritual and religious opportunities to include:

- Congregational Services
- Lutheran Services
- Catholic Mass
- Eucharistic Services
- Rosary Group
- Meditation and Yoga
- Guided Imagery

GROW AS A PERSON

Opportunities are available to improve self awareness and identity as well as develop talents and potential. It's never too late to learn and discover!

This month we are highlighting:

Horticulture Therapy: Practice of horticulture as therapy to improve human well-being. Therapeutic Horticulture facilitates the connection between people and plants.

Check out *Jeff The Plant Guy* every month to learn "How to Kill a Houseplant"

COMMUNITY ANNOUNCEMENTS

Gardens Renovation Continues: Walls have been painted, along with new furnishings and artwork to follow. Thank you for your patience during the renovation process!

Toilet Paper: As of April 1st, housekeeping will provide toilet paper in all apartments!

Family Newsletter will now be sent during the first week of the month! Let us know what you think!

Keep an eye out for our Gardens Dog Biscuits! Residents in our memory care neighborhood will be making these biscuits from scratch and donating them to local animal shelters.