

WHAT'S HAPPENING AT ARBOR ROSE



SEPTEMBER 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!



ALZHEIMER'S WALK FUNDRAISER

September 21st is **National Clean Up Day!** Celebrate by cleaning up and cleaning out your closets. Let's fill the private dining room with your unwanted, gently used household and clothing items. More information, including a list of accepted items, is available at the front desk, including garbage bags for you to fill. Items can be brought in **September 21st through September 26th.**

Let's Talk About Dementia

On Thursday September 26 from 5:30pm-7:30pm in the function room, Dr. Amy Sanders, the Director of the Memory Care Center at Ayer Neuroscience Institute, will be speaking about the basics of dementia. She will also be available for a Q & A session following the presentation. Please RSVP to 1.855.HHC.HERE/1.855.442.4373. by September 25.

HEALTHY AGING MONTH

10 Tips for Healthy Aging in Place

As summer changes over to fall, September brings the perfect opportunity to evaluate your current health status and create new goals. Some seniors may be worried about their physical limitations, but knowing the many options you have for improving your physical, mental and emotional health is vital for safely and effectively aging.

1. Create a safe home environment.
2. Stay as physically active as possible.
3. Eat a well-balanced diet.
4. Give your brain a workout.
5. Allow for some creativity.
6. Visit your doctor.
7. Rest when you need to.
8. Get involved with others.
9. Make getting organized a priority.
10. Think happy thoughts.

**Check out the Healthy Aging Month
Events listed below!**

SAVE THE DATES

- **Sept. 3:** Courtyard Concert with Airborne at 6:30 pm
- **Sept. 10:** Free Balance Screenings with Laurel 10:30 am
- **Sept. 23:** How To Fall Safely Seminar 10:00 am
- **Sept. 24:** Fire Safety In-Service for Residents 3:15 pm
- **Sept. 24:** GLF Member Appreciation Reception 4:00 pm
- **Sept. 25:** Women's Health & Fitness Day Parade 11:15 am
- **Sept. 26:** Healthy Treats & Trivia 3:00 pm
- **Sept. 26:** Let's Talk About Dementia 5:30pm
- **Sept. 27:** Wii into Wellness 1:00 pm

DINING

Amazing Benefits & Uses of Cabbage

1. Antioxidant Agent
2. Anti-inflammatory Agent
3. Anti-cancer properties
4. Supports the Digestive Tract
5. Regulates Heart Health & Cholesterol
6. Protects from Radiation Therapy
7. Boosts Immunity
8. Skin Care & Vitamin C
9. Weight Loss
10. Prevents Cataracts
11. Hair Care
12. Prevents Prostate Cancer
13. Improves Brain Health
14. Improves Bones
15. Regulates Blood Pressure
16. Reduces Muscle Aches
17. Speeds-Up Healing



Types of Cabbage

- Red Cabbage
- Bok Choy
- Savoy Cabbage
- Napa Cabbage

The Arbor Rose dining staff can incorporate cabbage into any meal at your request! Some examples of previously prepared dishes may include stuffed cabbage, cabbage soups, coleslaws, casseroles, or sauteed sides.

Ask Violetta how you can get more cabbage in your diet!

HEALTH AND WELLNESS

Free Balance Screening

- Falls are the leading cause of injury-related visits to emergency rooms in the US and the primary source of accidental deaths in persons over the age of 65 years.
- Falls account for 70 percent of accidental deaths in persons over 75.
- The psychological impact of a fall or near fall often results in an increased fear of falling and increasing self-restriction of activities.

Free Balance screenings will be offered by Laurel Whalen, RPT/CDT of Jerome Home on **September 10** in the function room **10:30-11:30 AM**.
No signups necessary!



Elvis Week

From August 11 to August 17, residents enjoyed Elvis Presley themed activities, music programs, and even snacks, such as the legendary peanut butter, banana, and bacon sandwich!

See guitarist Kathy Gregory (Left) with our infamous traveling Elvis cutout in the Gardens on Monday August 12 to kick off the week!

We're Going Green!

In July, Donna brought back the Green Committe to eliminate styrofoam and plastic use at Arbor Rose. We will start educating residents and staff on ways they can reduce waste next month!

What We Have Done:

- Substituted styrofoam coffee cups for cardboard cups.
- Using metal or glass condiment containers instead of plastic.
- Replaced plastic happy hour plates and utensils with china.



COMMUNITY ANNOUNCEMENTS

We are looking for a few people who may be willing to show their apartment during a tour to future Arbor Rose residents. **Please see Denise for more information.**

As of **September 16**, the main entrance doors will be unlocked from 7:30 AM to 8:30 PM.

We would like to introduce our **new staff members** Angela (CNA), Ebony (CNA), Lucia (RN), Noah (Wait Staff), and Marie (Receptionist). Welcome to the Arbor Rose team!

Donations of cans and bottles are being collected at the front desk to be returned for resident fundraising. More details to come at a later date!

The Greater Hartford Area **Alzheimer's Walk** is Sunday October 13! Join the Arbor Rose & Jerome Home Walk team online at www.alz.org.

Thursday October 24, we will be hosting **Designer Handbag Bingo** to support the Alzheimer's Association CT Chapter. See Denise or Ali for details!