

WHAT'S HAPPENING AT ARBOR ROSE



DECEMBER 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!



RECYCLING

Did you know that one piece of garbage in a recycling container makes it all garbage? Next month, residents and staff will be educated by Richard Ireland, the Chairman at Plainville Recycling & Solid Waste Commission. We will learn what can and cannot be recycled and how to do it properly. If you are interested in joining our Green Committee, please see Donna.

Last Month:

- On November 5, residents toured Hawk Ridge Winery, in Watertown! A few enjoyed sampling the wine!
- A majority of residents participated in our annual Flu Clinic on November 6.
- Our Holiday Boutique & Bake Sale was a great success on November 22.

HOLIDAY GIFTING

With the holiday season upon us, many residents and families ask about giving gifts to staff members who have given them such great care throughout the year. It is our policy that Members of the Arbor Rose team are not permitted to accept any gifts or gratuities. However, some residents/families insist on showing their appreciation anyway. We will accept donations toward our staff holiday celebration, where we can share the generosity with the entire team. Please see Will Menoche with any questions.

SAVE THE DATES

- **Dec. 6:** 2nd and 3rd Floor Resident & Family Holiday Party- RSVP required to front desk
- **Dec. 11:** Free Balance Screenings with Laurel
- **Dec. 12:** New Britain High School Madrigals Performance
- **Dec. 13:** Trip to Goodwin Park Holiday Light Fantasia
- **Dec. 18:** Toffolon Elementary School Select Choir Performance
- **Dec. 17:** Hartford Men in Harmony
- **Dec. 19:** Gardens Trip to Goodwin Park Holiday Light Fantasia
- **Jan. 12:** Gardens Holiday Brunch

DINING

Health Benefits of Your Favorite Holiday Spices

Nothing says the holidays more than food, and spices are often the key ingredient. Spices add more than just aroma and flavor; they are powerful agents for good health. Ask the dining staff how these spices are added into your everyday holiday dishes at Arbor Rose!



Nutmeg

Known as a powerful relaxant and sleep aid. Helps to calm and reduce stress. Used to flavor creamy desserts and pies, as well as many baked goods for a sweet-spice characteristic. Particularly good seasoning for winter produce.

Cloves

Stimulates the digestive system. Used to assist with nausea and vomiting. Can reduce pain associated with arthritis as well as lower blood sugar levels! Historically used for dental emergencies. Often found in many ethnic dishes to season or marinate meats.

Cinnamon

Another digestive stimulant! Used to treat indigestion as well as manage cholesterol. Has antibacterial properties and is often used for common colds! Sprinkled on yogurt or oatmeal for flavor, or even put in coffee!

Ginger

Known as the "universal medicine." Supports the digestive tract, protects the liver from toxins, and stimulates circulation. Often used to reduce inflammation and boost immunity. Used in both sweet and savory dishes.

COMMUNITY NEWS

Flu Season Tips

While the flu shot is still the best way to prevent against influenza, good personal hygiene is also essential to reduce your risk of getting sick or spreading germs. Personal contact through shaking hands or touching doorknobs can cause germs to accumulate on your hands. Handwashing is the best way to prevent colds or other respiratory and infectious diseases that are transmitted by hand to mouth or hand to nose/eye contact. The Center for Disease Control and Prevention recommends washing your hands often and for 20 seconds at a time with soap. Alcohol-based hand sanitizers make a good substitute when soap and water are not available. There are numerous sanitizer dispensers located throughout the building for your convenience. If you are feeling ill, please stay in your room to rest and call the Wellness Office at 860-356-8289 to notify the nursing team.

On November 11th, our Veterans Day ceremony welcomed the New Britain High School Reserve Officers' Training Corps (ROTC) to present the flags, Sherri Vogt, our Hartford Healthcare Veterans Liaison, and Corporal Manny Jimenez to recognize our veterans with individual pins and certificates. Check out our new Wall of Honor on the 2nd floor to read more about our resident Veterans!



Jerome Home's Outpatient physical therapist, Laurel Whalen, is providing **FREE balance screenings** the second Wednesday of every month from 10:30-11:30 am in the private dining room!

Please call the Outpatient Office at 860-356-8266 if you are interested in attending the next session on December 11!

ANNOUNCEMENTS

Community bulletin boards have been placed outside of the elevator on each floor for staff to post **News You Can Use!**

We will be collecting toy donations for our annual Holiday Party. Please bring in new unwrapped toys by Friday December 6. All toys will be delivered to Klingberg Family Centers.

We have added green **Arbor Rose Dining Survey** cards to every dining room table. Please feel free to use these cards as a way to recognize your waitstaff, make menu requests, or offer helpful suggestions!

Don't forget to **RSVP** to our holiday parties at the front desk as soon as possible!