



MARCH 2020

ARBOR ROSE MANAGEMENT TEAM

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



BAKED POTATO FUNDRAISER

On March 20, we will have a build-your-own Baked Potato Bar, which includes a bottle of water for \$6.00. All proceeds to benefit the Alzheimer's Association. Each potato purchased gives you a chance to pick a "lucky" coin from the pot of gold!

Join our Walk To End Alzheimer's Team at the NEW location, Lake Compounce in Bristol on Sept 13.

Last Month:

- Over \$500 was raised towards the Alzheimer's Association at our Valentine's Day Bake Sale!
- Residents enjoyed making their own jewelry with help from Jan on February 5.
- Residents celebrated Mardi Gras on February 25 with a party sponsored by Jerome Home.

EATING FOR HEALTHY AGING

Healthy eating is important at any age but becomes even more so as people reach midlife and beyond. Studies have suggested that as people age, eating a healthy diet may help to improve mental acuteness, boost energy levels and increase resistance to illness.

On March 26 from 12-1 pm, Maquita Sellers and Greg Sieron will examine the relationship between healthy eating and aging with a cooking demonstration & presentation.

A complimentary meal will be served. Please RSVP at the front desk.

SAVE THE DATES

- **Mar. 3:** Effective Communication Seminar
- **Mar. 5:** Jefferson School Hotstix Drumline Band
- **Mar. 6:** World Lymphedema Day
- **Mar. 11:** Free Balance Screenings
- **Mar. 17:** St. Patrick's Day Music with Anita the Accordion Chameleon
- **Mar. 20:** Baked Potato Fundraiser
- **Mar. 21:** FVSO Show at University of St. Joseph
- **Mar. 26:** Eating for Healthy Aging Demonstration
- **Mar. 27:** "New Britain Memories" Industrial Museum

DINING

BREAKFAST GRAINS

Breakfast is the most important meal of the day, especially one that starts with porridge! Scientists have found that for each ounce of whole grains eaten a day (which is the equivalent to a small bowl of porridge), the risk of death was reduced by 5% and the risk of death due to heart-related issues was reduced by 9%.

Whether a morning bowl of porridge, or hot cereal, is your go to breakfast, or if it is not on the top of your list of favorite breakfast options, you may want to add this fabulous breakfast dish to your daily diet plan today.



Oatmeal

- Lowers cholesterol
- Contains natural antioxidants
- Helps manage diabetes
- High levels of vitamin B
- High in protein
- Soothes digestive tract

Grits

- High in plant-based iron
- Contains vitamin B and potassium
- Naturally gluten-free
- Protects against degenerative eye
- Combats anemia

Farina

- Filled with calcium
- Enriched with iron
- Good source of natural, whole-wheat carbs
- Packed with vitamin B
- Boosts your mood

COMMUNITY NEWS

Wellness Care Charges

As of March 1, there will be a slight increase in charges for laundry services and aide accompaniment to appointments.

If you would like your personal laundry done by our wellness staff, it will cost \$10.00 per load. If interested, please speak with Pat or Virginia.

If a nurse's aide is needed for a medical appointment it will cost \$40.00 for up to one hour. Please speak to Pat or Ali with any questions or concerns regarding the new fees.

Easter Sunday Meal

Easter Sunday is right around the corner! On Sunday April 12, our kitchen will be providing deliciously festive foods for the occasion. We will email the menu and details in March. If you are interested in joining your loved one or plan on taking them out for the day, please notify the front desk at 860-229-3707 so that we are able to accommodate.



World Lymphedema Day

WLD is an annual advocate-driven celebration which was established in 2016 by the US Senate in response to a bill written by the Lymphatic Education & Research Network. This day is our opportunity to educate the world about the extent of this global "lymphedemic," which includes lymphatic diseases, primary and secondary lymphedema, lipedema, lymphatic filariasis, lymphatic malformations, and the full lymphatic continuum of diseases impacted by the lymphatic system.

Laurel Whalen, outpatient physical therapist for Jerome Home, is our in-house expert on lymphedema. If you have any questions or concerns regarding treatment call 860-356-8266.

ANNOUNCEMENTS

If you are interested in joining our Walk to End Alzheimer's Team please contact Denise or Ali.

Any family members who would like to accompany your loved one to the Farmington Valley Symphony Orchestra performance on March 21 should contact Donna or Laura. Tickets are limited!

Residents interested in touring the Arbor Rose kitchen should sign-up for the available dates in the blue binder located on the banquet table next to the dining room.

You asked and we listened! As of mid-February, our activities department has adjusted their schedules to provide more programming on the weekend for those interested.