

SEPTEMBER 2024 NEWSLETTER



EXECUTIVE DIRECTOR
Mary Ellen Ierardi

FIGHTING FOR A DIFFERENT FUTURE
In honor of National Alzheimer's month, we have included in this newsletter a schedule of walking events in our state for you to consider. Join the fight in hopes that someday there will be an end to Alzheimer's. Grab your friends, family, and your sneakers and walk the walk for this great cause.

SAVE THE DATE!
JOIN US AT A WALK NEAR YOU.

WALK TO END ALZHEIMER'S
Alzheimer's Association

- CENTRAL CT- Lake Compounce
Sunday, September 13, 2020
- EASTERN CT- Ocean Beach Park
Saturday, September 26, 2020
- ENFIELD- Enfield Town Green
Sunday, September 27, 2020
- GREATER NEW HAVEN- Lighthouse Point Park
Sunday, September 27, 2020
- NORTHWESTERN CT- Lime Rock Park
Sunday, October 4, 2020
- FAIRFIELD COUNTY- Calf Pasture Beach
Sunday, October 11, 2020
- GREATER HARTFORD- Rentschler Field
Sunday, October 18, 2020

UPCOMING EVENTS

Monday September 2nd
Labor Day Barbeque

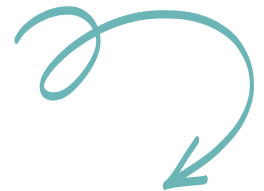
Sunday September 8th
Grandparents Day Cookie Social



The Looking Glass Project



Yale University



"The Looking Glass Project is a National Alzheimer's Buddies Association initiative that pairs Yale students with dementia patients and their families to craft detailed narratives of their patients' lives. The entire process-- consisting of interviews, draft reviews, and finalizations-- will take around 3-4 weeks and will result in a narrative celebrating the rich lives of the patients. To learn more about the Project and sign up for a matching student, please complete the following form by September 14, 2024:

<https://forms.gle/ijFcY19jvmjTrvN77>"



Nursing Department

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World Alzheimer's Month



Alzheimer's Disease International

Each September, people unite from all corners of the world to raise awareness and to challenge the stigma that persists around Alzheimer's disease and all types of dementia.



World Alzheimer's Day.

World Alzheimer's Day takes place during World Alzheimer's Month and is on 21 September every year.

In the build up to, and on the day of, many Alzheimer and dementia associations around the world host memory walks, fundraisers, awareness raising activities and campaigns to bring attention towards those in their community that are affected by Alzheimer's disease or other types of dementia.

Getting involved

There are many ways to get involved with World Alzheimer's Month, whether it be sharing messages on social media, attending events put on by your national association or fundraising. No action is too small.

Each September, we call on everyone, from individuals to large organisations, including every Alzheimer's and dementia association globally, to support World Alzheimer's Month by getting involved and sharing our messages on social media.

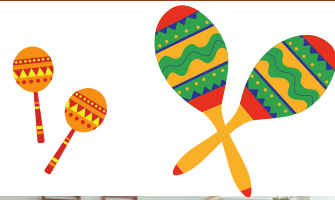


Director of Marketing and Admissions, Service Coordinator

Erin Soucy

Hello everyone! I hope you are enjoying what we have left of our summer on the shoreline. Entering a new season is a great time to take inventory of items your loved one might need for the coming months. New towels and socks are always appreciated! If your loved one has lost weight over the year, their colder weather clothes may not fit as comfortably this time around. Our team is always happy to share what sizes they recommend/what clothes your loved one enjoys wearing/what clothes can be taken home or donated. As always, if you have any questions/concerns about a resident, or resources in place for them, please do not hesitate to stop by my office at the end of the main level hallway.

Music Time!



Happy Birthday to the following Residents!

- Charlotte M 9/2
- Marion C 9/4
- Gene T 9/17
- and Nancy L 9/28



Welcome to our New Residents!



Linda H
Alexander V
Millie R and
Bill P



Activity Director

Debbie Williams

Hello All,

In honor of **Grandparent's Day**, we would like to invite you to a **Cookie and Coloring Social**, Sunday September 8th at 10:30 a.m. Grandkids, come and visit and spend some time with your Grandparents with some good old fashioned fun! Please RSVP by Thursday September 5th

Debbie

Director of Dining Services

Cheryl Douglas

Eat This, Not That!

11. Wasabi isn't real wasabi



When you have wasabi with your sushi, it's not always real Wasabi! It could be just Horseradish

12. Jelly beans are shiny because of shellac



Ever wonder what makes jelly beans shiny? It's the same thing that makes your gel manicure shiny: shellac. It will appear on your food label under the guise of "confectioner's glaze."

8 Outstanding Health Benefits of Apples

EVERYDAY HEALTH™



1. Apples May Lower High Cholesterol and Blood Pressure

2. Eating Foods With Fiber, Including Apples, Can Aid Digestion

3. Apples Can Support a Healthy Immune System

4. Apples Are a Diabetes-Friendly Fruit

5. The Antioxidants in Apples May Play a Role in Cancer Prevention

6. Eating Apples Can Support Healthy Weight Loss

7. Apples May Help Prevent Alzheimer's Disease

8. Apples Might Help Keep Your Gut Healthy