



# DECEMBER 2024 NEWSLETTER



## EXECUTIVE DIRECTOR

Mary Ellen Ierardi

Once again, the festivities of the holiday season is upon us. With 2024 soon to come to its close and the brightness of a brand-new year just around the corner I am reminded of how Ocean Meadow, through the 20 years that I have worked in this building, has changed and grown into a truly unique and special community. Ocean Meadow is a place where our residents can call home, and the employees who work here are their family. When visitors walk through our front door, they can feel the warmth and welcoming atmosphere of a strong compassionate caring community. It takes a village they say. I feel fortunate to share in this village every day. Wishing all of our Ocean Meadow residents, families and staff a safe and merry holiday season!

Happy Holidays,  
Mary Ellen

*Look Who's Been Spotted!*  
*Congratulations to:*  
*Jorge, Melissa and Nicole ~*  
Thank you for all  
you do!



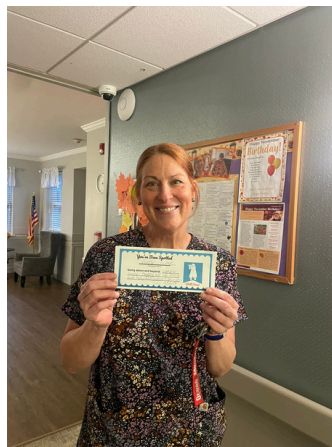
### UPCOMING EVENTS:

12/10 HOLIDAY FAMILY PARTY

12/24 GIFTS FROM SANTA!

12/31 RING IN THE NEW YEAR!

LIVE MUSIC EVENTS -  
12/6, 12/13, 12/17 AND 12/27





# Nursing Department

Janet Manchester, RN



Welcome Janet Manchester RN

We are happy to announce that our new Director of Wellness has come aboard! Janet Manchester, RN, was born and raised locally here on the shoreline in Connecticut. She resides with her husband in a lovely cottage on a lake with their fur baby, Zuzoo. She enjoys crocheting, fishing and camping. She and her husband have a love for cruising the open seas Her true passion is spending time with her large family.



Happening around the building







**Director of Marketing and Admissions, Service Coordinator**

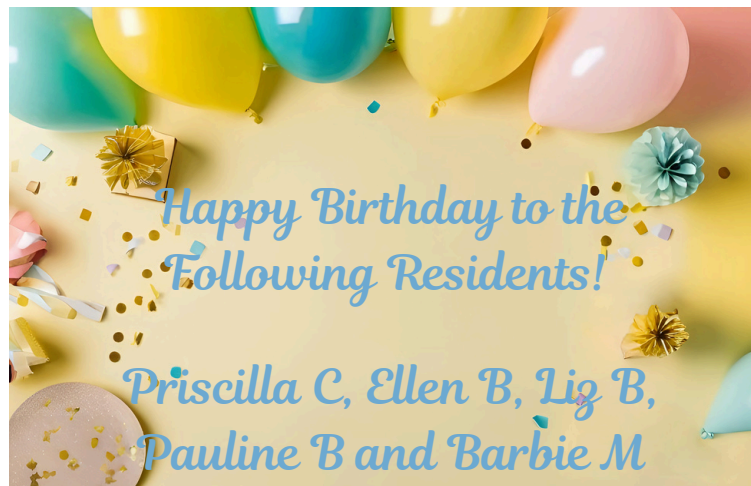
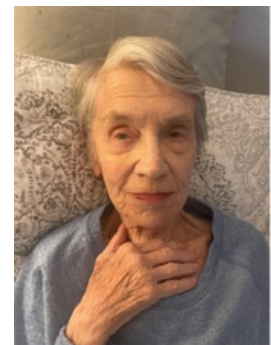
*Erin Soucy*



Hello everyone! I hope you are enjoying the holidays and time with friends and family. This month I want to remind everyone of our hairdressing services in the building. We have a hairdresser available Tuesdays. Women's haircuts are \$40 and men haircuts are \$28. Checks can be made out to "Hair By Beth LLC", and given to Aina or myself. I would love to have our folks looking and feeling their best for the upcoming celebrations! As we enter a new year, consider replacing some basics for your loved ones. Toothbrushes, new hairbrushes, socks, and razors/shaving cream for men's facial hair are always appreciated. I'm looking forward to many smiling faces during the upcoming resident holiday party and gift exchange! Stay safe and healthy! -Erin



Welcome to the Following New Residents!  
Charlie H, Gail B, Constance P, Teresa D





# Activity Director

*Debbie Williams*



Hello Families ~

A quick reminder to bring in a favorite recipe or dish that your loved ones may have enjoyed in the past and our kitchen will gladly make for everyone to try! Second, take advantage of the "Looking Glass Project," created by Yale students who will work with you to write a narrative about your family member. Third, we look forward to seeing all of you at one of our Holiday family celebrations!

Enjoy this Holiday Season ~



# Director of Dining Services

*Cheryl Douglas*



## **Eat This, Not That!**

### 17. Almonds aren't nuts



Almonds are seeds, not nuts. According to the Plant Information Center, nuts are "a one-seeded, dry, indehiscent fruit with a hard pericarp, usually derived from a one-loculed ovary," but an almond is actually a "drupe." The Plant Information Center defines a drupe as "a fleshy fruit with a stony endocarp."

### 18. Peanuts are used to make dynamite (sort of)



Peanuts are actually an ingredient in dynamite. They have oil in them called glycerol that's used to create nitroglycerin, a key ingredient in dynamite.

