



*Perry Phillips*  
Executive Director

## Winter Weather is Here!

The year is off to a great start, with the weather very favorably highlighted by a 70-degree weekend. However, there still is a lot of winter to come. Let's hope the groundhog doesn't see his shadow on Feb. 2nd. The flu and cold season are still among us. Be sure to increase handwashing and stay hydrated. Also, if you're feeling ill, please stay in your apartment and alert the Wellness Department.

February is a fun month, and it's a leap year, so we get an extra day! The month is also highlighted by the Super Bowl and Valentine's day. Please be sure to bring a wedding picture to MerriAnne to be displayed in the lobby in the spirit of Valentine's day. Also, if you still have your wedding dress, we would like to put in on display in the lobby for everyone to enjoy.

Lastly, you still have time to nominate a staff member for the Associate of the Month.



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## Eat Better, Exercise More, Blah, Blah, Blah...

So many people make New Year's Resolutions and, sadly, only 55% of us stick to them for a full month. With February being National Heart Month, it's in our own best interest to keep up with those resolutions that will keep our tickers healthy. Here are some tips to either keep you on track or get you back on track:

1. Set realistic goals that you believe you can truly achieve
2. Accept and forgive yourself for an occasional slip-up
3. Reward yourself and celebrate little victories to keep the motivation momentum

4. Change your surroundings – if you find yourself slipping up, take some time to figure out why. What might have triggered the lapse and figure out how to avoid or replace the cause.
5. Use the buddy system – you can find a partner to either participate in the goal with you, or they can hold you accountable. Sometimes, simply declaring your goal to someone is enough to keep you on track.

A study called The Three Cities Study revealed that it's never too late to benefit from heart healthy changes.



*Jen Armenia*  
Marketing Director

The study measured over 7400 older adults based on the American Heart Association's "Life's Simple 7."

Ideal health was met if an individual met five of the seven parameters: maintaining a healthy weight, and maintaining healthy levels of cholesterol, blood pressure and blood sugar.

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## Did You See This Guy?



This is Cooper McCormick. He is a Freshman at Endicott College and is majoring in Marketing. We were fortunate to have him intern here for three weeks in January.

This is a great way for us to introduce the field of senior living to a younger generation. As you may know, there is a shortage among healthcare workers.

Cooper put together a new, more comprehensive resident handbook, participated in some recreation programs, performed a resident interview (see page 2), and more. He did a great job here and has a very promising future. Thanks, Cooper!

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## Resident Spotlight — Tom Cockerill



Tom Cockerill was born on Sept. 3, 1933, in Bridgeport, CT. Tom was an only child and was raised in Bridgeport, where he attended elementary and high schools. He received a full scholarship to Yale University, where he studied political science. He graduated in 1955 and went to work as a reporter for the Bridgeport Post and then began his career in Public Relations for Avco Aviation Company in Stratford.

In 1957, Tom was drafted into the US Army. He worked for the US Army newspaper at Fort Dix, NJ. While there, Tom was paired up with Frank Capra Jr. (the son of Hollywood's top director in the 1930's) to work on a documentary about Fort Dix. Tom left the service in 1959 and went back to work at Avco in Public Relations.

He later took a job with Heublein, the beverage company that bought Kentucky Fried Chicken. Tom became Director of Corporate Communications, splitting his time between Hartford and Louisville, KY getting to know Colonel Sanders quite well. He even attended the Kentucky Derby with him.

In his free time, Tom played tennis and was very good, taking first place at the State Doubles Tournament with his cousin in 1961. After leaving Heublein, Tom began his own business as a Communications Consultant in Hartford, writing speeches and corporate and annual reports for large insurance companies, industrial companies and banks, such as Cigna and Loctite.

He retired in 1998. His lifelong work with writing and words is evident here at The Saybrook at Haddam as he excels at Trivial Pursuit, word games and crossword puzzles. Tom became part of the community three years ago and we're so glad he did!

*Written by Cooper McCormick, Marketing Intern*

*Four generations:  
Tom in his father's arms with his grandfather on the left and great grandfather on the right.*





# Happy Valentine's Day

*To get to know one another better, we are asking a question of the month.*

*This month we asked residents:*

## **What does love mean to you?**

**Susie Jarrell:** *“To have someone next to you.”*

**Ruth Heroy:** *“Being connected to someone very close.”*

**Dorothy McGlynn:** *“Being good to each other.”*

**Pat Van Kirk:** *“Someone who shares the same values as you.”*

**Charlotte Walters:** *“Talking to my children.”*

**John Schultz:** *“Love means giving 50%, both parties.”*

**Nancy Rogers:** *“It means my Marine husband, 2nd World War,  
and I loved him.”*

**Anna Henrikson:** *“My husband Erling, he was my everything.”*



## **History of Valentine's Day**



*The holiday has origins in the Roman festival of Lupercalia, held in mid-February. The festival, which celebrated the coming of spring, included fertility rites and the pairing off of women with men by lottery. At the end of the 5th century, Pope Gelasius I replaced Lupercalia with*  
***St. Valentine's Day.***

## Spotlight Events!

## MerriAnne Larensen, Assisted/Indep

### Happy Valentine's Day!

In honor of heart month and Feb. 14th, Valentine's Day, we would like to gather photos of couples or any special picture you would like to share with our community to put on display in the lobby. If anyone has a wedding dress, a military uniform, or any special outfit, we can add those to our display, as well. Last, but not least, please celebrate the day by wearing something red. It can be a hat, socks, shoes, shirt, etc. What a perfect time of the year to celebrate what makes our heart happy! We are looking forward to everyone's participation in a memorable month.

### 2nd Annual Chili Cookoff!

After a lot of fun and a big success last year, we are having our 2nd Chili Cookoff. On Feb. 28th at 2 pm, The Saybrook at Haddam staff will bring in their favorite homemade chili. Last year we had seven different chilis to taste test! All judges are residents only! I need YOU to be a judge for our big event. 1st, 2nd and 3rd place prizes will be awarded. See MerriAnne to sign up for judging.



## Last Month's Highlights

*We rang in the New Year with champagne and live music, made crafts, petted bunnies, and lunched at the Copper Skillet.*



Every Sunday at 1:15 pm

*Shopping — Walmart  
Old Saybrook*

Every Sunday at 3:30 pm

*Sunday Drive to Local Historical  
Scenic Areas*

Every Friday — 3:30 pm TGIF  
Celebration!

*Live Music — beer, wine, and ap-  
petizers are served*

Saturday, Feb. 1st

*10 am — Zumba with Meg*

Monday, Feb. 3rd

*11 am — MASS*

Wednesday, Feb. 5th

*10 am — Rosary/Fellowship  
10:30 am — Day Academy*

Thursday, Feb. 6th

*1:15 pm — Blood Pressure Clinic*

Friday, Feb. 7th

*2 pm — Art History Lecture*

Sunday, Feb. 9th

*1 pm — Coast Guard Concert  
Lemmy Hall*

Monday, Feb. 10th & 24th

*11 am — Monday Groove  
Exercise Class with Sharron*

Wednesday, Feb. 12th

*11:15 am — Out For Lunch  
Bill's Seafood — Westbrook*

Friday, Feb. 14th

*Happy Valentine's Day!  
Wear Red Day!  
Party at 3:30 pm*

Tuesday, Feb. 18th

*2 pm — Food for Thought  
2:30 pm — Blackjack with Perry*

Wednesday, Feb. 19th

*10:30 am — Day Academy  
2 pm — Cooking Club*

Thursday, Feb. 20th

*Noon — January Birthday Lunch  
2 pm — Afternoon Tea with  
VITAS & Dir. of Nursing, Lucille*

Tuesday, Feb. 25th

*4 pm — Mardi Gras Party  
Entertainment  
Richard Wang - PIANIST*

Wednesday, Feb. 26th

*11 am — Ash Wednesday*

The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually.



## Spiritual



February always means Valentine's Day, a time for hearts and flowers. It's a day to remember the ones whom we love the most. For many of us, our imagination stops at chocolates and flowers when it comes to thinking of an appropriate gift for the day. We may find a card sufficiently romantic, and have a special dinner together. But in the midst of winter, it is good to remember that love can be shared with everyone. Take a moment to offer a little love to the lonely, the neglected, the people at the edge of our lives: the clerk in the store, the customer nearby, the passer-by whose name we don't know. It may change their day, and yours, too. Love is the gift that warms the world, and it is at the heart of all major religions because it is holy and precious beyond all things. Happy Valentine's Day!

By Rev. Timothy Haut

## Nutritional



February is **American Heart Month** to advocate cardiovascular health and raise awareness about heart disease. So, this month, we encourage you to love and care for your heart by eating healthy! Ways to eat a heart healthy diet are: Limit or completely cut out

fatty foods and red meat from your diet, while adding more fresh fruits and vegetables to every meal. Make sure your body has three servings of whole grains each day and plenty of fiber, while greatly reducing the amount of sodium, saturated fat, cholesterol and sugar you consume. Limit coffee to two cups per day. Green and black tea may be better alternatives, because they have a lower amount of caffeine, while also containing disease-preventing antioxidants.

## Physical



February is **American Heart Month!** To raise awareness about heart health John Ropiak, MPH, OTR/L from Aaron Manor Nursing and Rehabilitation Center in Chester, CT, will present to the residents of The Saybrook at Had-dam on **Feb. 27 at 11 am** ways to have a Heart-Healthy Lifestyle.

One of the many ways to promote a heart-healthy lifestyle is to be active which includes exercising, walking, dancing and gardening. Other lifestyle choices include quitting smoking, limiting fat intake, eating more fiber, sleeping well, having healthy relationships and getting regular health screening. John will review these ways to a heart-healthy lifestyle and he looks forward to an active discussion.

Please bring any of your questions!

## Mindfulness

Mindfulness helps us put some space between ourselves and our reactions, breaking down our conditioned responses. Here's how to tune into mindfulness throughout the day:

Set aside some time. You don't need any sort of special equipment to access your mindfulness skills—but you do need to set aside some time and space.

Observe the present moment as it is. The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm. Let your judgements roll by. Return to observing the present moment as it is. Be kind to your wandering mind. Don't judge yourself for whatever thoughts crop up, just practice recognizing when your mind has wandered off, and gently bring it back.

## February The Month for Love!



**Happy Valentine's Day!**  
**February is historically the month for LOVE. I challenge everyone to reach out and extend a tender heart to someone you know with memory loss. Loving someone with memory loss is often difficult, but the following poem speaks to the power of family love.**

**The staff in Safe Harbor**

**strives to create a "family environment" for each of the residents. Compassionate care, nutritious comfort foods and engaging moments are our way of extending love to those entrusted to our care. Stop by for a visit our door is always open!**

### **A Promise to a Loved One with Alzheimer's**

I will always love you. The way I feel about you is based upon all of our experiences, history and all of our memories over the years that make up the unique story of our relationship.

Honestly, it does break my heart that you are unable to remember the ties that bind us as clearly as I do. But I remember. I know that if you had the power to change things, you would too.

### ***I will always love you.***

I'm sorry for the times I'm hard on you when you are just trying to connect with me in any way that you can. I promise to recognize the gift of your love that you offer me every day.

When you ask me the same questions over and over, I will remember that part of the reason may just be because you want to talk with me.

When you follow me around the house most of the day, I will remember that it may be because you want to be with me.

***When you pace or get agitated and upset, I will remember that part of the reason may be because this is hard on you. It must be frustrating to want to say and do and remember things that seem just out of reach.***

When you look at me, sit by me, or give me a smile and nod, I will remember that you are expressing your feelings with all the communication tools you still have access to.

I will remember to appreciate and look for everything you can still do and grieve less for what has been lost.

I will remember to accept you and appreciate you for who you are right here today, and tomorrow and not always compare you to the memories of you I that hold so dear.

***I will remember that there are new and equally precious memories to be made right here, right now.***

I will look for your love, not in words, but in the way, you depend on me because you feel safe with me. I will look for your love not in tangible gifts but in the touch of your hand. I will recognize the love you offer me in your desire to be near me, your wish to talk with me and in the way you search my face for answers to your un-asked questions.

I will always love you, and I recognize now that despite this devastating disease, you will always love me, too and I promise to better honor the way you that show me how you feel.

I promise to better appreciate the gifts you give me every day. I know you are giving me everything that you now have to offer. Thank you.

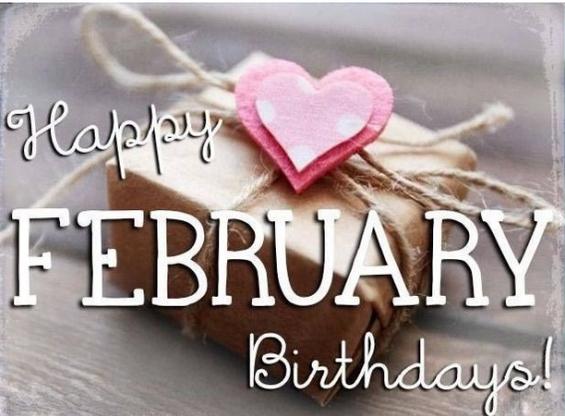
### ***I will always love you.***

### **By Mara Botonis**

***After thirty years in healthcare, working throughout the United States in the senior housing industry, Mara's life and career trajectory were forever changed when a close family member was stricken with Alzheimer's. Eventually, Mara stepped away from a successful career to write full time, in the hopes of helping others impacted by this disease.***



**STAFF & RESIDENTS RINGING IN THE NEW YEAR!**



**Happy Birthday!**

- 6 — Charlotte Walters
- 6 — Ted Wojack
- 7 — Angela Porcelli
- 9 — Anna Henrikson
- 13 — Ruth Heroy
- 17 — Doris Peake
- 24 — Dolores Kovel
- 24 — Betty Byrne
- 25 — Furman Hebb
- 25 — Bill Benner

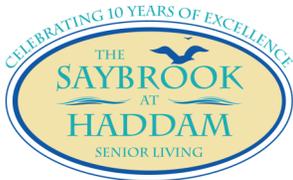
**Continued from front page...Eat Better, Exercise More**

Results, not surprisingly, showed that regardless of age, a healthy lifestyle was protective to health; and while many older adults have medical conditions that increase health risks, maintaining a healthy lifestyle promotes a healthier, longer life, regardless of these conditions.

So, be sure to take advantage of all our exercise programs, walk the building, and stay healthy!

**Blood Pressure Clinic**

Please join us this month for our Heart Health Month Blood Pressure Clinic on Feb. 6th at 1:15 pm in the Country Kitchen. Jennifer Jones, of Kindred at Home, will give a lecture on heart health and take your blood pressure.



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