

SWING BRIDGE NEWS



*Perry Phillips
Executive Director*



Happy New Year, 2020!

Ringing in the new year is a cause for celebration and for spending time with friends and family. We are creating new beginnings at The Saybrook at Haddam.

During the first quarter of the year, we will be doing renovations, which will create seven additional apartments. We are rolling out an Associate of the Month program recognizing the staff for doing exceptional work. Please take the opportunity to nominate the staff. Forms are available at the front desk.

Throughout the year, we will be hosting activities that involve staff and residents teaming up. Our first endeavor is a billiards tournament.

Staying healthy is the key to a successful 2020. Be sure to increase hand washing and stay hydrated. Also, if you're feeling ill, please stay in your apartment and alert Wellness. Here's wishing you a happy and healthy New Year.

In This Issue

Resident News **P. 2 & 3**

Wellness News 2020 **P.6**

Caregivers Tips **P.7**

10 Benefits of Creating New Year's Resolutions

The topic of New Year's Resolutions always generates eye rolls and groans. The tradition of making New Year's resolutions began during the reign of Caesar as a way to honor the Roman mythical god, Janus, who had two faces: one looking back into the past, and one looking forward to the future.

Some people think New Year's resolutions are just for the young, but [US News and World Report](#) says, "Setting resolutions actually has practical value for older people and can impact your overall health positively."

Here are 10 benefits of New Year's resolutions:

1. People with goals and a sense of purpose are 2 to 4 times less likely to develop Alzheimer's.
2. Writing down your thoughts and desires can impact your outlook on life – people who are enthusiastic and content are less likely to develop heart disease.
3. If you choose to get your legal affairs in order, your must-have documents will be up-to-date and at-the-ready when you need them.
4. Trying something new is invigorating. Variety truly is the spice of life!
5. Challenging your brain promotes "plasticity," which keeps you sharp and reduces your chances of memory loss.



*Jen Armenia
Marketing Director*

Continued on Pg. 8

Did You Know Doctors Still Make House Calls?

At The Saybrook at Haddam, we are fortunate to have established a relationship with Dr. Domenic Casablanca, who is a board-certified Family Physician with Middlesex Hospital Family Medicine Residency Program, and Dr. Daniel "Alex" Henriquez, a third-year resident in the program with a track concentration in Geriatrics. While their office is in East Hampton, they make house calls for patients who live here.

This offers many benefits to our residents. Aside from convenience, house calls

help avoid "white coat syndrome," missed appointments become a thing of the past, and exposure to illness is reduced (especially nice this time of year).

"Our Nursing Team welcomes the opportunity to collaborate with Dr. Casablanca and his staff. Together, we ensure the safety and well-being of the residents living at The Saybrook at Haddam," says Lucille Bowen, Director of Nursing.

Continued on Pg. 7

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Resident Spotlight — Ronnie Andrews



Ronnie, AKA Mabel Veronica Meehan Andrews was born in Portsmouth, NH, on September 22, 1921, to Thomas Francis Meehan and (Big) Mabel Veronica Harrigan Meehan. Mable and her sisters Irene and Barbara were raised in Portsmouth and attended St Patrick's Catholic Elementary School. Ronnie graduated from Portsmouth High School in 1939. Her father worked as a Service Foreman for New England Telephone & Telegraph. Before she was married and had children, her mother worked as a telephone operator in Lawrence, MA.

Ronnie attended Plymouth Business School after high school then was an office manager at Kennard Insurance Agency.

While there, she volunteered as a Red Cross Nurse's Aide during WWII, and that's when she became interested in nursing. So, in 1945, she enrolled in Peter Bent Brigham School of Nursing's three-year program in Boston (it is now Brigham and Women's Hospital). It was there that she was first called Ronnie, shortened from her middle name. She was in the Cadet Nurse program in the school during World War II.

In 1948, she worked as a Registered Nurse at the Togus VA Hospital in Augusta, ME.

She lived in nurses' housing, where she met her future mother-in-law, who introduced Ronnie to her future husband, Bob Andrews.



**Ronnie in her
Cadet Uniform**

Please Don't Smoke

Last July, The Saybrook at Haddam went smoke-free. We made that decision out of consideration for our residents and guests. Therefore we ask that you not smoke on the property. You may smoke in your vehicles or please refrain from smoking until you leave the property.

Thank you.

Perry Phillips, Executive Director

Guest Meal Procedure

If your family or friends are joining you for a meal here, we ask that you or your guest(s) please give the kitchen a 24-hour notice if at all possible.

We appreciate the notice in order to better serve you. Please stop by or call the front desk receptionist who will coordinate your guest meal request.

Thank you for your cooperation.

Ronnie continued...



Ronnie, Barbara & Irene & circa 1930s

Bob left college to join the Army and serve in World War II. After the war, he returned to Bowdoin College in Brunswick, ME, to graduate. He was an announcer at a local radio station. They married on July 1, 1950.

Before their first child, Christopher, was born in 1951, Ronnie stopped nursing to dedicate herself to motherhood. Three more children followed: Margaret (Peggy) in 1953, Laura in 1954 and Eric in 1958.

In 1953, Ronnie's husband joined radio station WKNB in New Britain, CT, and left three years later to work in sales and public relations for CT Light and Power, where he worked until his retirement. During the last few years of working, he became ill and retired in 1986. He passed away a year later.

Meanwhile, wishing to return to her chosen profession, Ronnie took a refresher course for her RN certificate and worked at Middlesex Hospital until 1982 and later volunteered there. Ronnie and her husband moved from New Britain to Middletown in 1961 and 1971 to Haddam Neck, where Ronnie lived for 45 years.

In September 2016, she moved to The Saybrook at Haddam, and we're so happy she did!

Residents In The News

Thanks

FOR THE GREAT ADVICE

To get to know one another better, we are asking a question of the month. This month we asked residents:

What's the best advise you've been given?

Jim Denglar: *"Always make a good first impression because that's one thing you can't take back."*

Lucille Lefebvre: *"Don't dwell on the past."*

Ronnie Andrews: *"Live every day to the fullest."*

Iris Klar's advice from her friend Phyllis Pivnick:

"Everyone has their time on the dance floor."

Caroline Chin: *"Be yourself. Don't try and be someone else."*

Frank DeFazio: *"When you mind your own business, you stay out of trouble."*

Art Rossbach: *"Don't smoke. When you are young, you think it's cool. But as you get older you will suffer the consequences."*

Elaine Golub: *"Never, ever give up the ship, which means don't give up, keep trying."*

Spotlight Events!



MerriAnne Larensen, Assisted/Independent Living

Highlights

Spring Fashion Show!

Calling All Residents to Model Fashions

On **March 20th**, we are having a **Spring Fashion Show** right here at The Saybrook at Haddam!

We need volunteers to model clothes and walk down the runway in the lobby. This is going to be the social event of the season!

Please see MerriAnne to sign up!

Billiards Tourney Starts This Month!

Come and join the fun for our first Pool Tournament. We will be playing in teams. If you are a professional or even a beginner, we need you! The sign-up sheet is in the recreation room. This is going to be a lot of fun.

Don't miss out.

Cash prizes will go to the winning teams!



Independent Living Recreation Director

From Last Month!



Residents enjoyed the holidays by writing Christmas Cards to soldiers overseas, attending a holiday play at The Ivoryton, trimming Christmas trees, and partying with family and friends while being served by the staff at The Saybrook at Haddam!

Special Events!

Wednesday Jan. 1st

11 am — Photo Booth for 20/20

2 pm — Old Time Bristol Fiddlers, Entertainment & Champagne Punch

Friday, Jan. 3rd

2 pm — Art Lecture Series 1 of 5
18th Century Portraiture
Britain's Age of Empire

3:30 pm — TGIF Entertainment Every Friday!

Saturday, Jan. 4th

10 am- Zumba with Meg

Sundays, Jan. 5th, 12th, 19th, 26th

3:30 pm — Joy Ride to a Historic Location in the Area

Monday Jan. 6th

11 am — MASS

Tuesday Jan. 7th

11 am — Spa Time with VITAS

8 pm — Special Jeopardy Championship on TV

Wednesday Jan. 8th

10 am — Day Academy

2 pm — Cooking Club

Sunday Jan. 12th

1:15 pm — Coast Guard Concert

Monday Jan. 13th

11 am — Monday Groove Exercise with Sharon- (New - every other Monday)

Wednesday, Jan. 15

11:30 am — Out to Lunch Copper Skillet

2 pm — Blackjack with PERRY

Thursday, Jan. 16th

Noon — January Birthday Lunch

Monday, Jan. 20th

11 am — Remembering Martin Luther King

Tuesday Jan. 21st

3 pm Food for Thought

Wednesday Jan. 29th

2 pm — Residents' Meeting with Perry

Thursday Jan. 30th

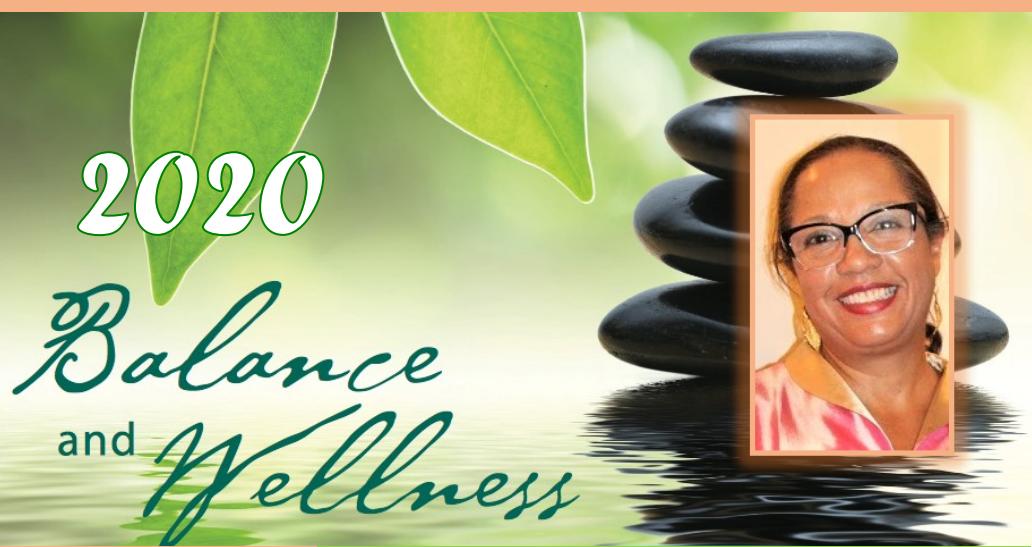
11 am — Reiki & Relaxation

From the Desk of Lucille Bowen, Director of Wellness

Beginning this month and throughout the year, we will be featuring helpful ways to enable our residents to stay healthy and happy in 2020!

Our four areas of concentration will be Spiritual, Physical, Nutritional, and Mindfulness.

We wish you a wonderful new year of wellness in mind, body and spirit!



Spiritual



In January, The Saybrook at Haddam will host Reiki Master John Ropiak, MPH, OTRL, RM, the Director of Rehabilitation and Occupational Therapist at Aaron Manor Nursing and Rehabilitation Center in Chester, CT. John will be introducing Reiki to the residents at The Saybrook at Haddam, on **Thursday, Jan. 30, 2020 at 11 am.**

Reiki is a form of spiritual healing using "universal life energy" channeled through the practitioner to the recipient. "Reiki helps to harmonize body, mind, and spirit," says John, who also holds a Master of Public Health degree with a Certification in Community Health Education. "It also promotes natural self-healing, relieves pain, and reduces stress."

Nutritional



There are many superfoods that benefit our health and well being, and beets, served regularly by our dining staff, tops the superfood list. Beets are dense with nutrients, including potassium, betaine, magnesium, folate, and Vitamin C and a good dose of nitrates. Beets can also help reduce blood pressure and anemia, and improve circulation and cognitive functioning.

To increase these effects you can supplement your diet with beet juice! If you don't like beetroot juice straight up, try adding liquid or powdered beet juice to other fruit juices such as apple or orange juice to cut the earthy taste.

If you start drinking beet juice, you should know that it may make your urine and stools look reddish. That's normal.

Physical

Join our **Barre Fitness Class every Thursday at 10 am in the lobby** to keep fit this year! The class is conducted by Jeffrey Ciolino, OTR and CEO of Lifelong Therapeutics.

Barre fitness is a hybrid workout class - combining ballet-inspired moves with elements of pilates, dance, yoga and strength training. Most classes incorporate a ballet barre and use classic dance moves such as plies, alongside static stretches. Safe Harbor residents also enjoy a modified version weekly.

Mindfulness

Sharon Didato, owner of Spirit Rising Tai Chi & Qigong is here **every Friday at 10 am** to help with being mindful!

Tai chi is often described as "meditation in motion," but it might well be called "medication in motion."



There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. You can get started even if you aren't in top shape or the best of health. In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions — for example, "white crane spreads its wings" — or martial arts moves, such as "box both ears."

As you move, you breathe deeply and naturally, focusing your attention — as in some kinds of meditation — on your bodily sensations.

Welcome, 2020!

A new year allows us to approach our interactions with friends and



family who have memory issues with greater awareness and kindness. We all know someone who struggles with

short term memory and is continually repeating things. Why does this occur?

Dementia is a brain disease. It is not a choice. It is not something that someone is “doing,” just to be annoying. When a diagnosis of dementia is given, it first requires an element of acceptance. Acceptance that life, as one knows it, is going to change. The disease is going to progress, and behaviors are going to develop.

How do we handle it? How do we support our loved ones?

Kerrie Mill, a Dementia Coach, offers some suggestions.

1. What does it mean when a loved one has dementia?

They can't remember yesterday and are unaware of tomorrow. Therefore, they live for today. Caregivers need to forget remorse about the past and stop worrying about the future.

2. Caregivers should try to avoid sympathy or pity.

Sympathy can make you feel like it's happening to you, and you feel like you're drowning in the same symptoms of the person

3. Try to remain empathetic:

This allows you to see life through their lens. It's not personalized or something you feel. Empathy allows you to be more supportive.

4. Choose your type of day by choosing your mindset and attitude.

Cut out complaining, worrying, and being embarrassed, etc. By remaining positive, you will avoid a negative self-fulfilling prophecy.

5. Interact with loved ones.

Ask them questions, not to test, but to engage them.

6. Don't get stuck on being right, even when you are.

Be flexible with your viewpoint, which will help to avoid arguments with loved ones.

7. Listen and observe! Behaviors count as communication. Learn by what you see.

Analyze do not accuse. Why is this person acting this way? Might they be hungry, bored, in pain, tired, etc.

8. Relinquish the “control” mentality.

Encourage instead of command. Don't tell them what to do. Instead lead them to an activity. Value the process more than the task. Remove expectations: boost their self-confidence, re-establish their self-dependence, and maximize their independence & freedom.

Dementia has given people the gift of time. They have given us the gift of this moment. Enjoy the moments with them.

Cont. from front page....

Doctor's Who Make House Calls

You are always welcome and encouraged to maintain your existing relationships with physicians, but if you'd like more information on having an “in-house” physician, please contact the Wellness Office.

Additionally, Drs. Casablanca and Henriquez follow their patients when hospitalized at

Middlesex, sharing care with their colleagues at the residency, therefore being able to provide complete coverage and a more personalized style of **Dr. Domenic Casablanca** care, which promotes continuity and can achieve better health outcomes.



Dr. Casablanca graduated from UConn's School of Medicine and completed his residency at Hunterdon Medical Center in Flemington, New Jersey. His first three years of practice were in a rural setting in Pennsylvania. He then moved to his hometown of Shelton, CT, where he established a solo private practice. After 17 years there, he made the transition to Middlesex Health, where he sees patients and instructs residents as a core faculty member at Middlesex. He has been named a “Top Doc” by *Connecticut Magazine* yearly since 2010. He has worked in a similar capacity formerly at Crosby Commons, an assisted-living facility in Shelton.

Dr. Henriquez graduated with his MD degree from the State University of New York at Buffalo School of Medicine. He is originally from Danbury, CT, and is presently in his third year of Family Medicine training. As their



relationship with our facility grows, there will be opportunities for you to get to know some of the other Family Medicine residents within the Middlesex program.



JANUARY BIRTHDAY

January Birthdays

- 10 — Anne Foster**
- 15 — Pete Foster**
- 20 — Janet Knaus**
- 21 — Annie Condon**
- 22 — Vin Maloney**
- 26 — Dot McGlynn**



**Wishing You A
Happy New Year!**

Continued from front page....

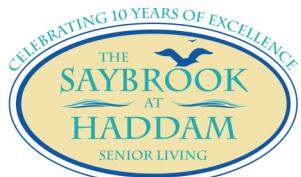
New Year's Resolutions

- 6. Keeping physically active reduces your risk of falls, helps prevent disease, improves mental health and well-being, and strengthens social ties.
- 7. Forgiveness makes us lighter and happier – forgive those in your life who deserve it, including yourself.
- 8. Laugh! Laughter reduces stress hormones and increases infection-fighting antibodies, improving your resistance to illness. It also triggers endorphins, our natural feel-good chemicals.

9. Embrace Technology – it may seem daunting, but it can also lead to a higher quality of life. Technology can allow you to video chat with far away family, provide you with endless games and puzzles, and even connect you with people or support groups who have similar interests.

10. Share your memories. A trip down memory lane can lift your spirits as well as those with whom you share them. Preserve them in writing or by creating audio or video recordings.

Whatever stage of life you're in, the New Year is a great opportunity to take stock of where you've been, where you're going, and changes you'd like to make. Each year is a gift, and you get to decide what that gift is! Happy New Year!



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