

*Perry Phillips
Executive Director*

Keeping Our Residents Safe

I am sure most of you are reading headlines each day about the Coronavirus outbreak across the globe. We continue to utilize infection control measures to keep our community clean and disinfected. In addition, we remain vigilant about reminding residents and associates about frequent hand washing, not touching their faces, covering coughs and sneezes, and notifying the Wellness Department if they aren't feeling well.

As this situation evolves, we will continue to update our families on the steps we are taking to protect residents. Meanwhile, we are encouraging residents to maintain meaningful family contact while balancing our desire to create a happy, safe, and engaging home for all residents. Our community has access to alternative methods to support communication and virtual visits via FaceTime and Skype. Please feel free to reach out and engage with these options.

We are also encouraging residents to walk inside and out, keeping in mind to avoid close contact with others.



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Staying Balanced During Stressful Times

This is a fantastic transcript of Hal Elrod's Miracle Morning podcast and Facebook post dated March 21, 2020, and the message was so apropos, I had to share it with you here.

"There's a stronger, more resilient, and more conscious version of ourselves that we're forced to tap into amid adversity and challenges and fearful unknown, uncertain circumstances. And when we do, when we tap into the best that's within ourselves, we become better. We evolve.

Right now, we're all sharing a collective human experience called "Coronavirus." And while the basis of this experience is one of FEAR for many people, I invite you to see this as an opportunity for you to... remember the last of our freedoms is to choose our attitude, to choose what we focus on. We can't change what's going on around us right now, but we can focus on what's going on inside ourselves."



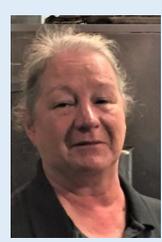
*Jen Armenia
Marketing Director*

Here are Hal's ideas on how we can cope.

The **first step**: what can you do to take care of yourself right now? Take responsibility for your inner world. If you say, "I'm afraid. I'm nervous."

Continued on back page

Associate of the Month — Sheryl Nosal



Sheryl Nosal is March's Associate of the Month and has been a chef at The Saybrook at Haddam for four years. She has made a very positive contribution to our culinary services.

"Sheryl is a dedicated member of the culinary team, always willing to go above and beyond when the team is challenged with staffing," said Perry Phillips, Executive Director. "Sheryl takes pride in the food she prepares and often requests feedback from residents after meal service."

Before joining the culinary staff here, Sheryl and her family owned the Country Market in Tylerville, CT and the Country Market in Higganum, CT. The markets offered groceries as well as catering of hot foods and salads and meals to go.

"I came here because we sold the businesses and I love to cook," Sheryl says. "Plus, I enjoy all my work family and the residents."

Sheryl received a certificate and a \$100 check for being awarded Associate of the Month!

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Resident News

Family Messages to Residents



Can't wait for Sunday dinners to return. We love you **Mom and Gary!**

Gail, Stewart & Diane

Nancy — We can't wait to see your smiling eyes in person in the near future!

Love, Chase, Ted, Sean, & Ned

Take good care of each other and hopefully this won't last too long!

Lori Soltis

Stay well **Everyone** at SAH!

Andrea Herlth

Hi my sweet **Doris**: I miss you so much. I can't call you every day and chat like we used to. I miss sharing old family recipes and watching Downton Abbey with you. I love seeing a picture of you and I am thrilled you're having a good time there. You've always made friends easy. I miss you so much if you want me to come over and stand outside of your window and wave to you and talk through the window, I will. I love you my dear.

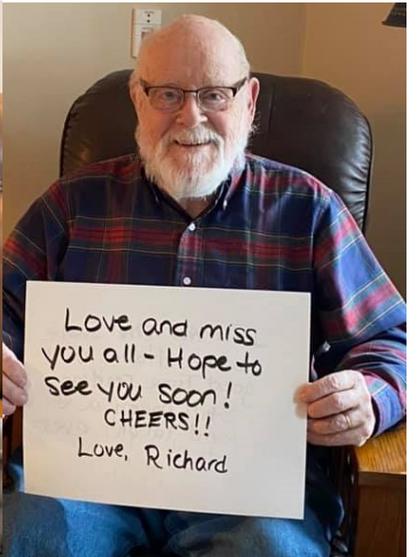
Elizabeth Herbst

Miss You **All!**

Jill Nelson

MerriAnne Larensen, Assisted Living Recreation Director would like to fill the courtyard with family greetings for all our residents. If you would like to connect with your family members via Zoom (see photos below) or drop off signs for our courtyard (see photo above), please reach out to MerriAnne.





Highlights From La

April's Recreation Calendar is in place and will be implemented as soon as group restrictions are lifted. In the meantime, programs will be creative and adhere to the guidelines given which includes social distancing. Check us on [Facebook](#) to see what we

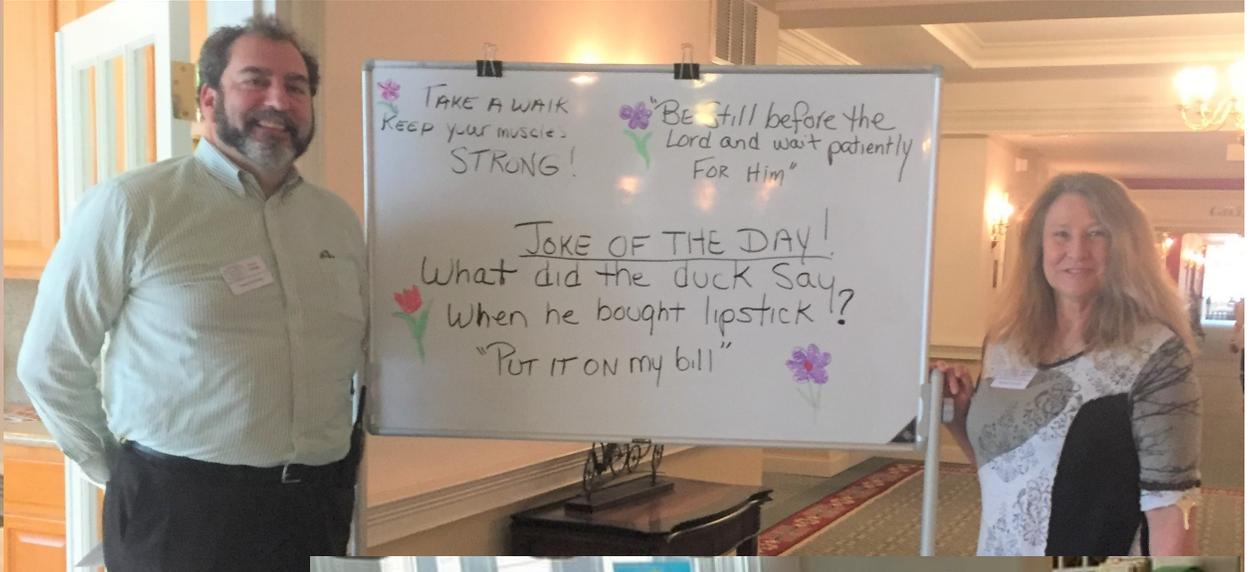


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*MerriAnne Larensen
Assisted/Independent Living
Recreation Director*



Health & Wellness 2020



Spiritual & Mindfulness



All around me today are signs of Spring. Crocuses abound, and clusters of daffodils wave golden in the late March sunlight. We cleaned out our garden over the weekend to get ready for planting, and in my basement, baby tomato plants have sprouted under lights.

But this is no ordinary Spring. All of us have been thrust into this world of "social distancing" and self-quarantine. We hear alarming reports about this viral pandemic. Saybrook at Haddam has a noticeable absence of visitors, and I miss coming on Tuesdays for our weekly Bible Study. I miss you all.

So, during this time of anxiety and fearfulness brought on by this scary virus, we need to find some peace and comfort to help us through. Recently I read an article by a Roman Catholic nun from New Jersey, Sister Mary Catharine Perry. She offered three excellent suggestions for finding balance during this time.

First, she says, make some structure in your life. Make designated times for prayer, Bible study, reading, recreation, entertainment, meals, etc. Having a schedule (like they do in a monastery) gives meaning and direction to the day and keeps you from aimless worrying and wandering mentally and physically.

Second, make a point to intentionally seek out and love others. It is not easy to do this when we are separated, but we can make phone calls to check in on each other, send notes and words of encouragement, and smile and wave when we see people from a distance. This not only makes other people feel better, but it lifts our own spirits and helps us to feel purposeful in a powerless time.

Third, use the time for self-reflection and relaxation. Sister Mary Catherine notes that "people say they want peace and quiet. Then when it is thrown in their lap, they panic." Alone time can help us to stay healthy, body, and soul. Take regular naps. Make space for prayer and meditation. Read uplifting and inspiring literature. Pay attention to the wonders of nature, particularly the signs of new life all around us.

Psalm 46:10 says, "Be still, and know that I am God." This reminds me that in the quietness of heart, I can rest in the faith that there is a Higher Power holding all of us.

This time will pass. Perhaps, if we use the time wisely and learn from it, we will find that our hearts will have grown larger, our minds wiser, and our spirits even more joyful for all the blessings we do have.

— Rev Tim Haut

Nutritional

Vitamin C is an essential vitamin, meaning your body can't produce it. Yet, it has many roles and has been linked to impressive health benefits. Vitamin C is a powerful antioxidant that can strengthen your body's natural defenses to help to fight off the Coronavirus! The recommended daily intake for vitamin C is 75 mg for women and 90 mg for men. While it's advised to get your vitamin C intake from food, many people turn to supplements to meet their needs. Ask the Wellness Department if you have any questions on Vitamin C supplements.

Physical

Walking is the most popular form of exercise among older adults. We are encouraging our residents to walk outside and inside while keeping mindful of social distancing. Walking strengthens muscles, helps prevent weight gain, lowers risk of heart disease, stroke, diabetes, and osteoporosis, improves balance, and lowers the likelihood of falls. Remember to take your cane or walker as they can improve your balance and help take the load off painful joints. Please remain in the front or sides of building when walking outside. Also, let the front desk know you are going outside.

The Safety of Safe Harbor



Challenging times require creative out of the box thinking. Safe Harbor's programming modifications have been successfully spearheaded by Susan Judge, Program Director.

Routines are so crucial in Dementia care. The predictability of rising at the same time, going to your

familiar table, and eating with the same friends fosters comfort. Moving throughout the day with the engaging programs reduces anxiousness and is very comforting.

Many of our programs can still be hosted safely with modifications, social distancing, and excellent disinfecting practices.

Safe Harbor goals include:

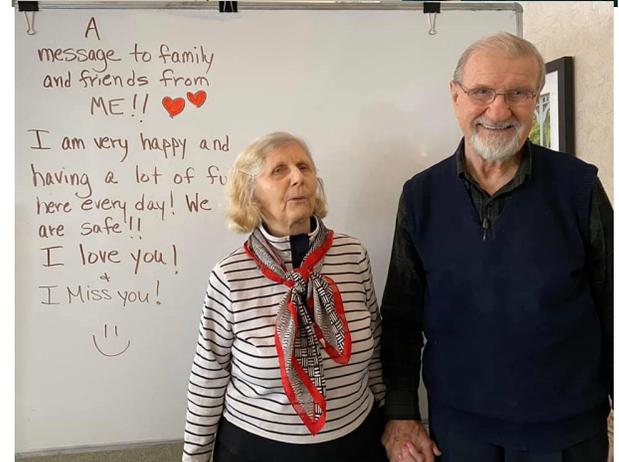
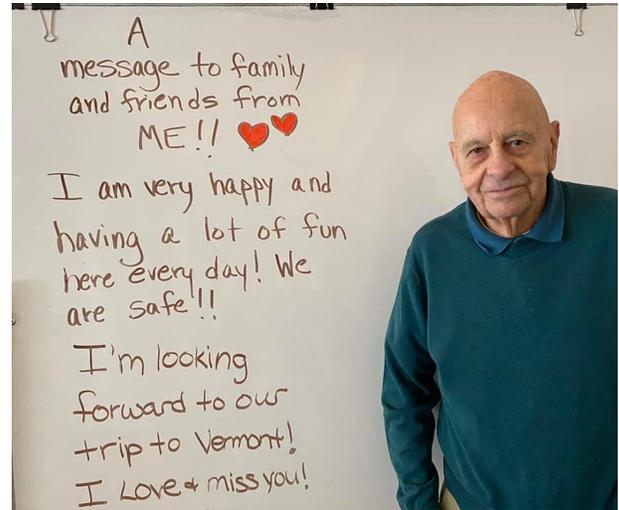
1. Keeping physically active. We have been maintaining two exercise classes per day and, of course, enjoying our daily balloon volleyball – a group favorite.
2. Outdoor time. There will be increased time offered in the courtyard as the weather improves. A more structured "walking club" is soon to be underway.
3. Brain games, whiteboard games, trivia competitions, and stimulating worksheets are presented as part of the engagement activities.
4. Music remains at the core of our days. We enjoy singing, dancing, musical videos, and performances.
5. We are careful to shelter our residents from World News and the Coronavirus developments. They will be fine as long as we focus on keeping

What can you do to remain connected?

- Sign up for a scheduled phone call. Our plan is for the recreation team to help facilitate phone calls on Tuesday, Wednesday, and Thursday afternoons.
- Send greeting cards.
- Forward a few photographs of family and pets.
- Have a grandchild draw a picture.
- All mail is given to the Recreation Team and assistance is provided, as needed, with reading and orientation.

Your Safe Harbor Team is doing its best to care for the medical, emotional, and recreational needs of your loved ones. If you have any questions or concerns, please reach out to us. We are here for you.

Stay Home and Be Safe!



Continued from front page...Stressful Times

I'm scared. I'm anxious," you're allowing the outer world, whether it's the media, the facts, the things going on, the relationships in your life, the risks, all of it [to influence your inner world]. You cannot let [your feelings] be dictated by things that are out of your control.

The **second thing** you can do is to maintain an empowering perspective. Have you heard the story about the farmer and his horse? One day, the farmer's horse runs away and his neighbor comes over and says, to commiserate, "I'm so sorry about your horse." And the farmer says, "Who knows what's good or bad?" The neighbor is confused because this is clearly terrible. The horse is the most valuable thing he owns. But the horse comes back the next day, and he brings with him 12 feral horses. The neighbor comes back over to celebrate, "Congratulations on your great fortune," and the farmer replies again, "Who knows what's good or bad?" And the next day, the farmer's son is taming one of the wild horses and he's thrown and breaks his leg. The neighbor comes back over, "I'm so sorry about your son." The farmer repeats, "Who knows what's good or bad?" Sure enough, the next day the army comes through their village and it's drafting able-bodied young men to go and fight in the war, but the son is spared because of his broken leg. And this story can go on and on like that. Good. Bad. Who knows?

The **third point** is to practice daily self-care and daily self-development. There are people alone and scared, people losing their jobs; and, of course, there are and will be people with health challenges over this virus. We need to stay strong for ourselves and for them. I think a lot of that is rooted in self-care and really being all we can be. If we stop doing things to take care of ourselves, the weeds will take over the garden. We'll get more tired and complacent. Maybe we'll be more short-tempered with kids running around the house. We'll be more worried and anxious than we should be. As much as any time in history, this is our chance to step up as human beings and take care of ourselves so that we can take care of others."

Here are Chip Franks' recommendations (based on Hal Elrod's Miracle Morning routine) on how we can take care of ourselves during stressful times. "It's really important, to fill our own cups so that we're able to pour more into the cups of others. And right now, in many areas of the world, some cups need filling."

Silence: Pray or meditate for yourself and others, for the people hardest hit, during this pandemic.

Affirmations: Affirm that you will be a light in the darkness for others, that you will exercise kindness, compassion, and strength for all of those who come across your path.

Visualization: Visualize being healthy and emerging on the other side of this to be an even better version of yourself. Think on acting with kindness and helping others.

Exercise: Get and stay strong. This virus apparently preys on the weaker among us. Don't be one of those. Get outside when possible and breathe the fresh air.

Reading: Sharpen your mind and learn.

Scribing: Journal about your blessings and what you're grateful for. Let's maintain a positive attitude that helps others whom we come into contact with. Write out plans and goals during this pause in life and afterwards. Let's get out any anxiety that may be clouding our heads and hearts. Get it out and into the daylight by writing it down. When we write it down, it isn't as scary. These can be scary times but we are resilient. I'm so encouraged by all of the good I see in the world and how many people are working to help others."

I hope you found this article to be helpful and inspirational. May you be well now and always.

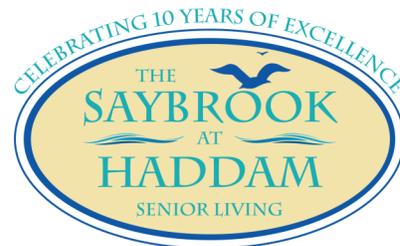


April Birthdays!

- 10 - Jean Hebb**
- 13 - Lenny Nicholson**
- 17 - Caroline Chin**
- 18 - Ursula Birks**
- 20 - Doris Whitmore**
- 24 - Eleanor Ascii**
- 26 - Betty Smith**

Important Notice to Families

We send newsletters and other important notifications by email. If you are not receiving them already, please email Jennifer Armenia the following information: your name, the resident you are related to, the email address you'd like us to use, and your home address and phone number.



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