

March 2019

Hearth @ Southbury

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Having Fun at The Hearth!

March Special Events:

- 4th- Visit with Pomperaug Pals
- 5th- Mardi Gras Beignets
- 6th- Communion & Ashes
- 6th- Scenic Ride with Mark
- 7th- Afternoon Entertainment w/
Larry Batter
- 9th- Mardi Gras Madness w/ the
Elmwood Troubadours
- 10th- Daylight Savings Begins
- 12th- Encompass Blood
Pressure Clinic & Fall
Prevention Lecture
- 13th- Trip to Christmas Tree
Shop
- 15th- St. Patty's Day Social Hour
- 18th- Lucky Charm Treats
- 20th- Lunch Trip to Chips
- 21st- Purim
- 22nd- Irish Tunes with
Willie Nininger
- 25- Art Class with Denise
- 27th- The People Plant
Connection
- 28th- Music with Back in Play





James and Janet Rikhoff

Janet and Jim Rikhoff were married on March 17th, 1955, in a little Ecumenical Church in Upper Arlington, Ohio.

St. Patrick's Day is their favorite day, so they "couldn't think of a better day to get married", said Jan.

Resident Birthdays:

1st- Eileen Shaw

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3rd- Elsie Lund

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15th- Evelyn Farrell

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16th- Katheryn Kelley

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17th- Pat Petzing

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22nd- Betty Buccino



Culinary Corner: Lucky Charm Treats

Ingredients

- 1 stick (1/2 cup) unsalted butter
- 1/2 teaspoon salt
- 1 (16 oz) bag Mini marshmallows
- 1 (11.5 oz) box Lucky Charms cereal

Instructions

1. Grease a 9x13 in pan with cooking spray (or two 8x8 inch pans if you want thicker bars).
2. Melt butter over low heat in a large stockpot.
3. Once butter has melted, stir in salt and mini marshmallows.
4. Stir constantly until melted.
5. Once the marshmallows have melted, remove from heat and stir in cereal.
6. Stir gently so you don't crush the cereal.
7. Pour mixture into prepared pan and GENTLY press in evenly. If you press too hard, you'll end up with hard marshmallow treats.
8. Allow to cool completely before cutting into squares.

Balance and The Inner Ear

By: Janet L. Haynes RN, VP of
Clinical Services

Before we can talk about how balance is affected by your inner ear, we need to talk about the functions of your ear. The 2 major roles of the ear are hearing and maintaining balance.

Sounds vibrations cross the eardrum to the inner ear causing you to hear. These vibrations are switched into nerve signals in the inner ear and then are carried to the brain by the auditory nerve.

Balance or equilibrium is controlled also by the inner ear. Small hairs and fluid in the inner ear stimulate the auditory nerve to help the brain maintain balance.

As you age, the structures inside the ear start to change as well. Your ability to pick up sounds may decrease. You may also have problems maintaining your balance as you sit, stand or walk.

Did you know there are exercises to help with your balance and equilibrium? You can build up the tolerance in your brain to overcome dizziness through regular exercise. By doing vestibular exercises repetitively, you can train the brain to adapt. We must seek out and overcome the positions or situations which cause the dizziness. Avoiding them will only prolong and bring on potentially more issues such as isolation, depression and/or falls with injury.

Vestibular exercises will train movement of the eyes, independent of your head practice balance in everyday situations practice head movements that cause dizziness become accustomed to moving about naturally in the daylight and in the dark re-build confidence in making easy, relaxed, spontaneous, movements.

So how do you start these exercises? Please talk to your Wellness Director to discuss a plan which could include a physician's appointment, a referral to physical therapy and/ or our Wellness Aide Program.

Staff Birthdays:

3rd- Paulette Logan

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6th- Samantha Brown

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10th- Alisha Schofield

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19th- Chris Brant

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24th- Anthony Rhikki

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24th- Anthony D'Agnone

*

31st- Rita O'Connell



Keepsake News!

Hello from Keepsake Village! I'd like to take this opportunity to introduce a new activity that we have implemented here on KSV that has been very successful! Its called Group, Gather, Give... The 3 G's! It was designed for residents who may get over-whelmed with bigger group activities, but still offers the opportunity to be engaged independently, in an activity. It also helps to calm a resident who may be sundowning, giving them something to focus their attention on. The 3 G's work on a person's tactile and visual senses along with focus, dexterity, and hand-eye coordination. The next time you are in KSV stop by my office and I'll be happy to explain more of the 3 G's!

Happy March Everyone!

Maria, KSV Activity Coordinator



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