

March 2020

# Hearth @ Southbury

655 Main Street South, Southbury, Ct. 06488 \* 203-267-7100 \* Stasia Iwanski, Executive Director



## March Special Events

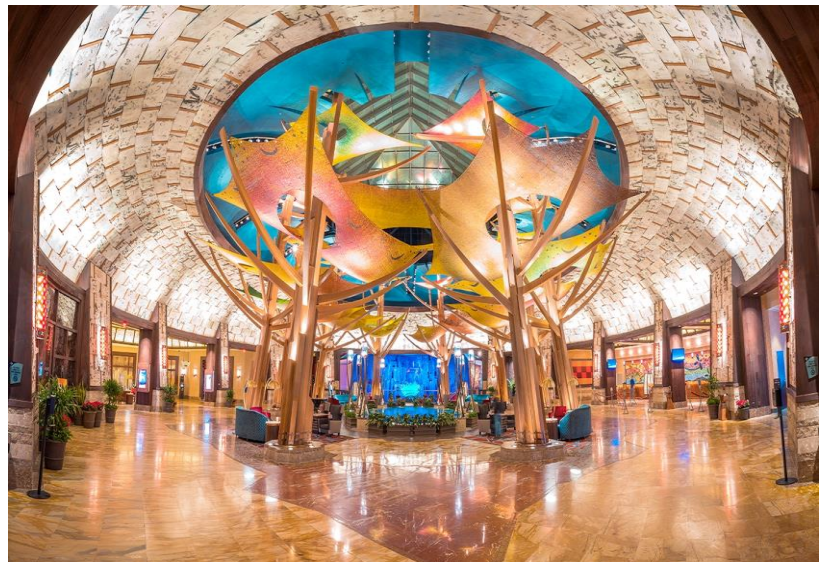
- 2<sup>nd</sup>- National Pig Day
- 3<sup>rd</sup>- Community Chapel
- 4<sup>th</sup>- Communion
- 4<sup>th</sup>- Trip to Shepaug Eagle Dam
- 5<sup>th</sup>- Music with Larry Batter
- 6<sup>th</sup>- Trip to Elizabeth Park
- 8<sup>th</sup>- Daylights Savings Begin
- 9<sup>th</sup>- Purim Begins at Sundown
- 9<sup>th</sup>- Rosary Group
- 11<sup>th</sup>- Communion
- 11<sup>th</sup>- Foxwoods Casino Trip
- 12<sup>th</sup>- Monthly Birthday Party w/  
Willie Nininger
- 13<sup>th</sup>- Scenic Ride with Sally
- 17<sup>th</sup>- St. Patrick's Day
- 17<sup>th</sup>- Community Chapel
- 18<sup>th</sup>- Communion
- 18<sup>th</sup>- Lunch @ O'Brien's Irish  
Pub
- 19<sup>th</sup>- Spring Begins
- 19<sup>th</sup>- Western Ct. Bird Club
- 20<sup>th</sup>- Scenic Ride with Sally
- 23<sup>rd</sup>- National Chip & Dip Day
- 23<sup>rd</sup>- Rosary Group
- 25<sup>th</sup>- Communion
- 25<sup>th</sup>- Trip to Riverview Cinemas
- 26<sup>th</sup>- Evening Entertainment w/  
Back in Play
- 27<sup>th</sup>- Scenic Ride with Sally
- 31<sup>st</sup>- Jeopardy Day
- 31<sup>st</sup>- The People Plant  
Connection

**Mark your Calendars!**

**Annual Resident Casino Trip!  
Wednesday, March 11<sup>th</sup>, 2020**

**Bus will be leaving the Hearth  
promptly at 9:30am.**

**Sign up outside of SSQ!**



## 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.



## The Hearth Knitters are BACK!



Join us every Friday Afternoon at 1pm  
in SSQ!  
Supplies will be provided if needed.



*Elsie Lund- 3<sup>rd</sup>*  
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*Joseph Mulcahy- 9<sup>th</sup>*  
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*Anna Bertolotti- 12<sup>th</sup>*  
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*Natalie Moreno- 13<sup>th</sup>*  
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*Evelyn Farrell- 15<sup>th</sup>*  
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*Pat Petzing- 17<sup>th</sup>*  
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*Betty Buccino- 22<sup>nd</sup>*  
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*Margaret Hansen- 22<sup>nd</sup>*



### Transportation Schedule

#### Mondays:

9am-12pm- Local Errands/Drs. Appts.

1pm-3:30pm- **Keepsake Outing**

#### Tuesdays:

9am- 12pm- **Waterbury Appointments Only**

1:30pm-3:30pm- Local Errands Only

#### Wednesdays:

9am-12pm- Local Drs. Appts. ONLY

1pm-3:30pm- **AL Outing**

#### Thursdays:

9am-1pm- Local Errands & Drs. Appts. ONLY

1pm-3:30pm- **Keepsake Outing**

#### Fridays:

9am-12pm- **Danbury Drs. & Hospital appts. ONLY**

2pm- **AL Outing**

#### Saturdays:

8:30am-1pm- Local Errands

#### Sundays:

9am-12pm- Local Church Transportation

\*\*Please submit all transportation requests directly to Marci, Activities Director within 24-48 hours of scheduled appointment. Thank you!\*\*

### Your Management Team:

Stasia Iwanski, Executive Director

[siwanski@thehearthllc.net](mailto:siwanski@thehearthllc.net)

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Rose McMillian, Business Office Manager

[bom.southbury@thehearthllc.net](mailto:bom.southbury@thehearthllc.net)

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Marci Cyberey, Activities Director

[ad.southbury@thehearthllc.net](mailto:ad.southbury@thehearthllc.net)

\*

Megan Kubik, Director of Nursing

[mkubik@thehearthllc.net](mailto:mkubik@thehearthllc.net)

\*

Chris Brant, Food Services Director

[fsd.southbury@thehearthllc.net](mailto:fsd.southbury@thehearthllc.net)

\*

Paul Bissonnette, Director of Maintenance

[esd.southbury@thehearthllc.net](mailto:esd.southbury@thehearthllc.net)

\*

Toni King, Keepsake Wellness Director

[tking@thehearthllc.net](mailto:tking@thehearthllc.net)

\*

Mary Salley, Community Relations

[msalley@thehearthllc.net](mailto:msalley@thehearthllc.net)

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Samantha Goodman, Community Relations

[sgoodman@thehearthllc.net](mailto:sgoodman@thehearthllc.net)



“The Hearth at Southbury”



“Hearth Senior Living”