

# Hearth @ Southbury



## November Special Events

- 1<sup>st</sup>- All Saints Day
- 1<sup>st</sup>- Afternoon Matinee
- 2<sup>nd</sup>- All Souls Day
- 3<sup>rd</sup>- Election Day
- 4<sup>th</sup>- Scenic Ride with Sally
- 4<sup>th</sup>- Turkey Wreath Craft
- 6<sup>th</sup>- National Nacho Day
- 6<sup>th</sup>- Scenic Ride with Sally
- 7<sup>th</sup>- Wii Bowling
- 7<sup>th</sup>- Bingo
- 8<sup>th</sup>- Afternoon Matinee
- 9<sup>th</sup>- Making Peanut Butter Fudge
- 10<sup>th</sup>- Veteran's Day Poppy Craft
- 11<sup>th</sup>- Veteran's Day
- 11<sup>th</sup>- Scenic Ride with Sally
- 12<sup>th</sup>- Princess Grace Bio
- 13<sup>th</sup>- Scenic Ride with Sally
- 13<sup>th</sup>- Still Life Art
- 14<sup>th</sup>- Wii Bowling
- 14<sup>th</sup>- Bingo
- 15<sup>th</sup>- Afternoon Matinee
- 17<sup>th</sup>- Travelogue: NYC
- 18<sup>th</sup>- Homemade Chex Mix
- 18<sup>th</sup>- Scenic Ride with Sally
- 19<sup>th</sup>- Rendeever Virtual Reality
- 20<sup>th</sup>- No Sew Fleece Pillows
- 20<sup>th</sup>- Scenic Ride with Sally
- 21<sup>st</sup>- Wii Bowling
- 21<sup>st</sup>- Bingo
- 22<sup>nd</sup>- Afternoon Matinee
- 25<sup>th</sup>- World Puzzle Day
- 25<sup>th</sup>- Scenic Ride with Sally
- 26<sup>th</sup>- Happy Thanksgiving
- 26<sup>th</sup>- Macy's Thanksgiving Day Parade
- 27<sup>th</sup>- Cinnamon Scented Ornaments
- 27<sup>th</sup>- Scenic Ride with Sally
- 28<sup>th</sup>- Wii Bowling
- 28<sup>th</sup>- Bingo
- 29<sup>th</sup>- Afternoon Matinee
- 30<sup>th</sup>- Manicures

## A Bridge to the Past

Historic bridges are links to our past. They are exemplary of an era's architecture, engineering, art, and technology. They also tell the story of a region. Who built the bridge? Who used the bridge? What communities did it connect? During November, Historic Bridge Awareness Month, take the time to seek out a local historic bridge and learn the history it embodies.

The oldest bridge in America is a humble stone arch crossing of Pennypack Creek in Philadelphia, Pennsylvania. Built in 1697, men from the surrounding communities were expected to contribute to its construction either through labor or with money. Over the centuries, the three-span bridge has gone by many names: Pennypack Creek Bridge, the Holmesburg Bridge, the Frankford Avenue Bridge, and the King's Highway Bridge. It was originally built to carry America's first highway, the King's Road, from Philadelphia to New York. It was just 18 feet wide when it was built, large enough to accommodate two teams of horses. It is said that in April of 1775, a rider from Boston sped across the bridge into Philadelphia, delivering news of the Battle of Lexington and the start of the American Revolution.

Historic bridges range from the humble to the magnificent. On November 21, 1964, the Verrazano-Narrows Bridge opened, a massive two-span suspension bridge connecting Brooklyn to Staten Island over the "Narrows," the mile-wide entrance to New York Harbor. When it was built, it was the longest bridge in the world, and it is still the longest suspension bridge in the Americas. New York's master planner Robert Moses, engineer Othmar Ammann, and the thousands of workers who risked their lives to construct such a marvel created more than a bridge; it is New York's grandest entrance and an enduring work of art. Its two monumental 70-story steel towers support four massive cables, which contain enough steel wire to stretch halfway to the moon. These bridges—artifacts of art, engineering, and history—are just two reminders out of thousands around the world that it is always better to build bridges than to burn them.

## November is Alzheimer's Awareness Month!

President Ronald Reagan designated November as National Alzheimer's Disease Awareness Month in 1983. At the time, fewer than 2 million Americans had Alzheimer's; today, the number of people with the disease has soared to over 5.4 million. Get involved this month and help raise awareness for Alzheimer's disease.

Although Alzheimer's affects approximately 1 in every 2 families in the U.S., and has been extensively covered in the media, there's still quite a bit of information about Alzheimer's that you might not be aware of.

### Alzheimer's and Dementia Basics

- **Alzheimer's is the most common form of dementia**, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases.
- **Alzheimer's is not a normal part of aging.** The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have younger-onset Alzheimer's disease (also known as early-onset Alzheimer's).
- **Alzheimer's worsens over time.** Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth leading cause of death in the United States. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can range from four to 20 years, depending on age and other health conditions.
- **Alzheimer's has no current cure, but treatments for symptoms are available and research continues.** Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow it down.



**Arlene F. – 13<sup>th</sup>**

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**Justine S.- 18<sup>th</sup>**

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**Bea A.- 20<sup>th</sup>**





Making Homemade Apple Butter with our Director of Nursing, Megan!

## Rights on “The Rock”

In 1963, the infamous prison Alcatraz, known as “The Rock,” closed its doors. Soon after, local Native American groups began lobbying for the island to become a cultural center and school. According to the 1868 Treaty of Fort Laramie, Native Americans—referred to as Indians at the time—were allowed to take control of surplus federal lands. So, when a fire destroyed San Francisco’s American Indian Center in October of 1969, a group of 89 activists, calling themselves “Indians of All Tribes,” occupied Alcatraz island during the morning hours of November 20, 1969.

The occupation lasted 19 months, with numbers on Alcatraz growing to 600. President Nixon chose to leave the peaceful occupiers alone. Officials visited to negotiate, but the occupiers demanded nothing less than the island itself, upon which they hoped to build a school, cultural center, and museum. Slowly, though, the political will of occupiers waned, and many departed, leaving behind a disorganized ragtag band. The activists may have given up Alcatraz, but they had propelled their rights movement forward and transformed Alcatraz into a symbol of Native American pride.



So many beautiful colors on our Fall Foliage ride on 10/9!



Hard at work during our Think More Brain Fitness group!

## Transportation Schedule

### Mondays:

9am-12pm- Local Drs. Appts.  
1pm-3:30pm- **Keepsake Outing**

### Tuesdays:

9am- 2pm- **Waterbury Appointments Only**

### Wednesdays:

9am-12pm- Local Drs. Appts. ONLY  
2pm-3:30pm- **AL Outing**

### Thursdays:

9am-1pm- Local Drs. Appts. ONLY  
1pm-3:30pm- **Keepsake Outing**

### Fridays:

9am-12pm- **Danbury Drs. & Hospital appts. ONLY**  
2pm- **AL Outing**

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

## Your Management Team:

Stasia Iwanski, Executive Director

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Rose McMillian, Business Manager

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Marci Carosella, Activities Director

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Megan Kubik, Director of Nursing

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Chris Brant, Food Service Director

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Toni King, Keepsake Wellness Director

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Jennifer Lama, Marketing Director

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Stephen Madore, Maintenance Director

