

Your monthly source for news and information regarding **The Gardens of Hartford** assisted living community

The Gardens

GAZETTE



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MARCH 2023

MARCH—THE MONTH OF GOOD LUCK

We are all so lucky to be in our beautiful facility surrounded by wonderful staff, residents and families. It is a blessing and honor to be entrusted to be a part of your daily lives and cares. Thank you for giving us this privilege.

You will all be receiving a survey which we participate in annually. This is a state survey to continue to assist in quality improvement in services provided by assisted living facilities. Please take the time to complete the survey – if you have question please feel free to ask. When completed you can give to a caregiver, bring to office or put in black mailbox outside office. Thank you again!!

With spring approaching we will be holding another resident food council meeting. So stay tuned for upcoming date and time. Please bring your thoughts and suggestions with you.

Reminder that it is helpful to put reviews online so others can see what a wonderful community we are!!

Kristy Wilson, RN - Community Director

ACTIVITIES CORNER



Many birthday blessings to you!

- March 4 **Dorothy** (resident)
- March 15 **Karen** (staff)
- March 17 **Carol** (staff)
- March 19 **Kelly** (staff)
- March 29 **Bonnie** (staff)

MARCH ACTIVITIES

March is here and spring will soon be in the air, hopefully along with the warmer weather we have been waiting for.



On **March 2**, **Char West** will be here to sing and entertain. We have the **Irish Dancers** coming on Saturday, **March 4** to put on a great show for us. We will be having **cocktail hour** on **St. Patrick's Day** —**March 17**.

Please see our activity calendar for all of the other activities we will be having in March. **Come and try an activity if you never have. It will be fun!**

God Bless,
Lois Durr Activites

March

ENTERTAINMENT

March 2	Char West	1:30 pm
March 4	Irish Dancers	2:30 pm
March 15	Karen Warmuth	1:30 pm
March 17	Cocktail Hour	2:00 pm



A ministry of Christian Family Solutions

112 Peace Lutheran Pkwy

Hartford, WI 53027

262-345-5590 (phone)

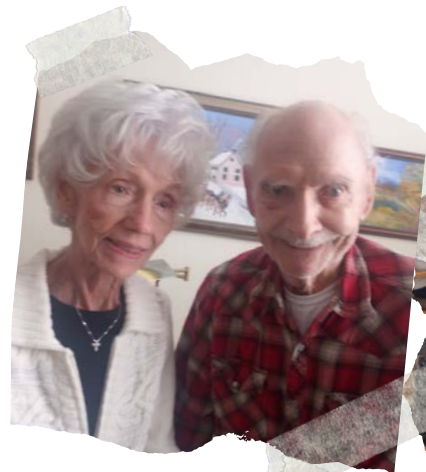
262-345-5591 (fax)

TheGardensofHartford.com

COMMUNITY CONNECTION

Meet our new residents

MARCH 2023



Joy & Bud

BUD AND JOY

- Bud was born in Merrill and Joy was born in Milwaukee.
- Joy was a widow with two daughters, Valerie and Candace. Bud's sister introduced them.
- They have 6 grandchildren and 9 great-grandchildren.
- They lived in Hubertus and then in Germantown before coming to the Gardens

DORIS

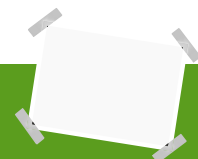
- Doris was born in Rubicon and grew up on a farm.
- She attended St. John's in Rubicon.
- After she was done with school, she worked at Hahn's Hardware store for 35 years.
- Doris married and had 10 children, 6 girls and 4 boys.
- Most of her children live in the area.
- She has many grandchildren and great grandchildren.



Doris



Scan the QR code with your camera phone and it will pull up a sign up form. You will then be signed up and the newsletter will be delivered to your email every month!



HEALTHY CORNER

March is National Nutrition Month!

We have all been told since we were young, "you are what you eat"! A balanced diet is essential to maintaining health. We are so thankful for the nutritious meals Cheryl and her Team prepare, as it is all part of the love and care we provide our residents.

But when you find yourself in your apartment with the "munchies", keep the following 5 Healthy Food Tips in mind to keep your heart, bones, and muscles strong:

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HEALTHY FOOD TIPS

tip #1

VEGGIES & FRUIT



Choose fruits and vegetables for your snack.



tip #4

HEALTHY PROTEINS

Eat a variety of protein sources such as poultry, fish, beans, or tofu.



tip #2

WHOLE GRAINS

Choose whole grains over processed, white bread.



tip #5

NUTS & DRIED FRUITS

Swap unhealthy snacks with healthier options like nuts or dried fruits. **Did you know?** Nuts and seeds are not only high in protein and fiber, but are also rich in vitamins and minerals such as magnesium and vitamin E.



tip #3

HYDRATE WITH WATER

Drink healthy liquids like flavored water, over sugary juices and soda.



Susie Jahns, RN BSED, Director of Nursing

SPRING ACTIVITY IDEAS

Taken from <https://dailycaring.com/6-fun-spring-activities-for-seniors/>

spring ACTIVITY IDEAS

1. Get outside and enjoy nature

After being cooped up indoors all winter, it will feel great to get some fresh air and sunshine. Keep comfortable with plenty of layers!

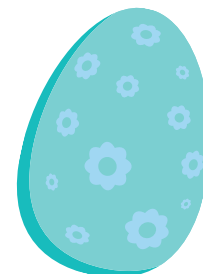


2. Decorate with a spring or Easter theme

It's fun to mark the seasons with festive decorations. You could make non-toxic colored eggs to use for decoration. Pastel-colored paper chain garlands can be hung around windows or doorways. A few simple wildflowers in empty bottles or glasses can really brighten up the table.

3. Celebrate spring with a family or friends gathering

Have a spring or Easter potluck lunch where everyone brings a dish to share.



4. Create an indoor garden

Having plants around the apartment brings a little piece of nature indoors. Spring is a perfect time to start an indoor herb garden, grow a trio of flowers with a simple kit, or get a miniature bonsai tree. For greenery without the maintenance, get some silk or plastic ones instead.



5. Do some spring cleaning

Spring cleaning is a great time to get rid of unnecessary clutter. If you have family nearby, you could invite them and turn this chore into a meaningful activity by going through keepsakes and old photos together. This often leads to pleasant times reminiscing about special memories.



Did you know?

The Gardens of Hartford is a part of the Christian Family Solutions Ministry family!



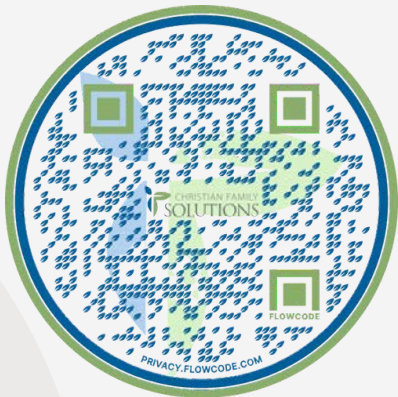
Get to know:

Kristy Wilson, RN-BSN
Community Director RN

Kristy joined CFS team at The Gardens of Hartford in November 2017 as the facility nurse. She transitioned into the Community Director position where she supports and manages the facility as well as providing nursing support.

Kristy gained her BSN nursing degree at Carroll College in 2005. During her nursing career she worked in clinic settings and assisted-living facilities. She was blessed to join the team at The Gardens of Hartford and finds the work and impact it makes on the residents incredibly rewarding. Kristy feels it is an honor to be part of such an amazing team that provides care to those who are in need of assistance. She is grateful for the residents and families that allow The Gardens staff to provide care to their loved ones.

Kristy believes in educating her staff to provide the best care possible for residents. One of The Gardens goals is to keep residents as independent as possible. Staff are here to help enhance the well-being of residents and lovingly remind them, "if you don't use it you lose it." That motivation keeps them active and going.



 **CHRISTIAN FAMILY SOLUTIONS**
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