

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

The Gardens

GAZETTE



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FEBRUARY 2023

THANK YOU!!!!!!

What makes life at The Gardens so enjoyable, is not only our wonderful residents, but the wonderful families and friends that support them. We would like to take this opportunity to thank each and every one of you who so generously donated to the care staff over the holiday season. Please know that your gifts were shared among all staff members in the form of a Hartford Chamber of Commerce Gift Card.

We are truly blessed to feel the love and support from all of you. It is our privilege to be instrumental in your care, and we look forward to serving all of you throughout 2023!

God's blessings to you!
Kristy Wilson, RN - Community Director

THANK YOU!



ACTIVITIES CORNER



Many birthday blessings to you!

- Feb 2 Evelyn (resident)
- Feb 8 Susie (staff)
- Feb 10 Werner (resident)
- Feb 17 Greta (staff)
- Feb 19 Marvel (resident)
- Feb 27 Cheryl (staff)

Staff Anniversary

Julianne Aulenbacher
Feb 2 (8 years)



A ministry of WLCFS-Christian Family Solutions

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TheGardensofHartford.com

FEBRUARY ACTIVITIES

February is here along with the winter doldrums, but **Spring is next month**, so we can hope the nicer weather will be here soon. **We do have a few things planned to keep you busy and having fun for February. :)**

We have a lot of great musical entertainment this month. **Char West, Bob Welsch, The Dulce Duo and Karen Warmuth** will all be here with great music to warm your heart.



We will be having cocktail hour and on Fat Tuesday, we will have Fat Tuesday Floats. Please see the calendar for these and all other activities we will be having.

God Bless,
Lois Durr Activites



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 email every month!

sign up
FOR
**A DIGITAL COPY
OF THE GAZETTE!**



COMMUNITY CONNECTION

FEBRUARY IS HEART HEALTH MONTH!

Because **February is the Month of LOVE**, and we most definitely **LOVE all of our residents**, we thought it would be a good idea to **learn a little bit about the universal symbol for love: THE HEART** and how to keep it healthy!

Here are a few fun facts about that heart beating inside your body:

- **Your heart pumps enough blood** to fill three supertankers, pumping around 100 gallons of blood an hour (that's enough to fill 1600 drinking glasses!) and 2,000 gallons of blood every day.
- **An electrical system** controls the rhythm of your heart, and is that "spark" that ignites the heart's two pumps - one on the right and one on the left - that work simultaneously.
- **Blood flows** from the right atrium down to the right ventricle, and then is pumped into the lungs to receive oxygen. From the lungs, that oxygenated blood flows to the left atrium, then down to the left ventricle, and is then pumped out to the rest of your body.
- **Red blood vessels**, called arteries, carry that oxygen-rich blood to all of your vital organs. Blue vessels, called veins, remove waste and carry the deoxygenated blood back to your heart to start this incredible cycle all over again!
- **The average heart** is the size of a fist in an adult.
- **Your heart is a muscle** at the center of your circulation system, pumping blood all around your body with every heartbeat.
- **Your heart will beat about 115,000 times** each day, sending oxygen and nutrients to all parts of your body (75 trillion cells!). Your blood also carries away unwanted carbon dioxide and waste products.

God created our hearts to accomplish so many amazing things, so we want to make sure we are doing all we can to keep our hearts healthy! This includes:

- **Eating** a well-balanced diet
- **Avoid** processed foods that include high counts of sugar and trans-fats
- **Never** smoke, and limit access to second-hand smoke
- **Move!** Find some way to move your body to keep that circulation going!

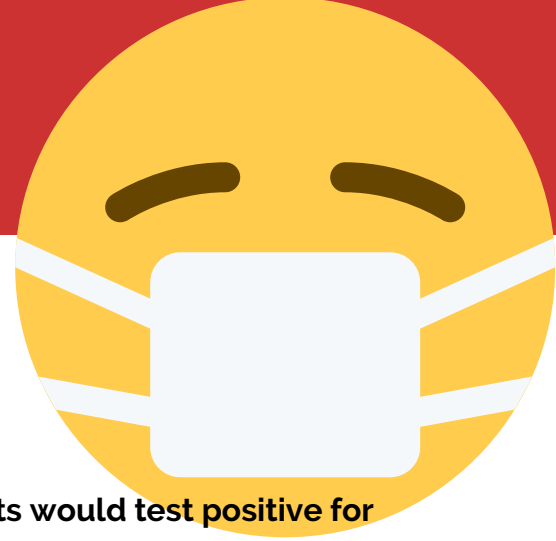
Lois offers daily opportunities in Fitness Class to get our bodies moving, which is one great way to keep that ol'ticker ticking- EVERYONE is invited!

And to better support your heart-healthy efforts, **we will be starting The Gardens of Hartford Walking Club starting in February!** Stay tuned – there will be information on our bulletin boards. Don't worry- all ability levels will be able to participate! The goal is to encourage everyone to keep MOVING toward your healthiest self!

Susie Jahns, RN BSED, Director of Nursing



COVID PROTOCOL



While some of us most definitely suffer from Covid Fatigue, we are also still seeing it lurk around our communities, and even sneak into our building from time to time. We thought it important you know:

- **Any resident who tests positive for Covid**, is isolated in his/her apartment for 5 full days per CDC guidance, and treated per the physician-guided plan of care.
 - Our staff, donned with full PPE, and masked with a fit-tested N95, will continue to administer the prescribed medications, provide the needed cares, and deliver ordered meals to the resident.
 - On day 6, if the resident is no longer experiencing symptoms, she may leave the apartment wearing a mask.
 - 11 days after the resident has exhibited initial symptoms/tested positive, she may once again attend meals in the dining room.
 - We do not advise visits for the Covid-positive resident. Please contact Kristy or Susie to discuss extenuating circumstances prior to any planned visit.
- **Healthy residents** are allowed to leave the building to attend appointments and see family and friends. Family is allowed to visit their healthy resident within that one apartment. We do appreciate a heads-up for those visits.
- **If 3 residents would test positive for Covid concurrently**, we close the communal dining room and all communal activities. All residents will have their meals brought to their apartment, and masked staff members will continue to administer medications, assist with ADLs, complete needed tasks, and engage those residents in an activity and conversation.
- **Staff members** are also instructed to self-screen 48 hours prior and up to the time of their scheduled shift. If any resident or staff member has been determined a close contact, testing protocols are in place.
- **Sanitation guidelines** are followed throughout the building with/without a positive Covid case. We continue to encourage good hand-washing and the use of the multiple hand-sanitizing stations throughout the building.
- Again, **we base our protocols on the updated CDC guidance** within our RCAC. We are committed to maintaining the healthiest community, and yet offering the least restricted environment for our residents. We greatly appreciate your cooperation, and welcome any conversation to that end.

Praying we all stay healthy and safe!

Susie Jahns, RN BSED, Director of Nursing & Kristy Wilson, RN, Community Director

NEWSPAPER SCAVENGER HUNT

Found at www.momsandmunchkins.ca/newspaper-scamenger-hunt/



Can you find these things in your newspaper?

A job posting for hospital work

A red car for sale

A birth announcement

A post for lost and found

A story about bravery

A travel ad

A sports story

A story about local school

Something being given away for free.

An article about animals

An article about an act of kindness

An ad for an upcoming event

An ad for an upcoming event

A movie listing you would like to see

An article about the weather

An article about politics

Something on sale for over \$1,000!

A comic strip with an animal

An article about a fundraising event

A house for sale

An ad for sporting goods

An engagement announcement



Did you know?

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

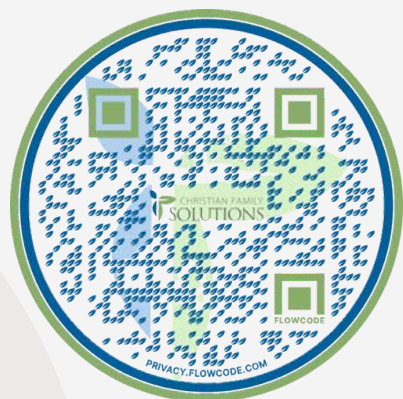


Get to know:

Julianne Aulenbacher, LPN, CDP
Senior Community Liaison

Julianne joined CFS in February of 2015. She received her LPN (Licensed Practical Nursing) license in 2006 and her CDP (Certified Dementia Practitioner) license in 2017. She has comprehensive knowledge in the area of dementia and Alzheimer's care. Julianne enjoys working with Kristy, The Gardens Community Director, to showcase the multi-faceted Christian community. She loves giving presentations to the community where she shares all The Gardens has to offer. She is especially proud of its dedicated & compassionate team. Julianne also assists with recruitment efforts and employee/education. She enjoys making a 1:1 connection with the clients in our community upon move in and on-going. Other time working at CFS is spent on community outreach efforts such as the non-profit volunteer center, radio shows, and other engagements from the local chamber community.

When she is not working at The Gardens, you will find her serving within mission-based CFS partnerships--The Blue Butterfly Thrift Stores in Oconomowoc and Watertown. She loves to give back locally through volunteering and sharing the mission of CFS.



 **CHRISTIAN FAMILY SOLUTIONS**

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