

The Ivy Residents are Always Keeping Busy; Even During the Cold, Wintery Months!

January's sub-zero temperatures outside didn't stop us from keeping busy inside! Residents got together to enjoy many different activities.

Some of the favorites were: playing cards, pencil art, winter watercolors, manicures, puzzles, jewelry making, and creating homemade snow globes. Regardless of what activity we are doing, it's the time spent together that matters most of all to us.

Sometimes it's the simple moments of wonderful conversation and reminiscing that bring about the biggest smiles.

Lunch with Lorelei

Activity Director, Lorelei, has a monthly luncheon in our private dining room. She invites residents that have been at the Ivy for awhile and newer residents so that they can get to know one another while enjoying a delicious meal cooked by our wonderful kitchen staff. Last month ended up being a ladies lunch with Lorelei. Connie, Marguerite and Ruth welcomed Barbara and Blanche to our Ivy family!

The Ivy at Ellington

Congratulations Jim & Connie



Last month, the Ivy at Ellington residents surprised Jim and Connie with an anniversary party. They celebrated 65 years on January 23rd. Jim and Connie told stories about their wedding and life together. We even heard the story about when Connie stood Jim up on one of their first dates, yet they still ended up together. They were thrilled to be able to celebrate this important milestone with their new Ivy family. Happy Anniversary to this wonderful couple!



Senior Spotlight



Richard (Dick) M. was born and raised in the Boston area with his two brothers and two sisters. He met his wife in high school and was married to her for 36 years before she passed. They had five children and twelve grandchildren. Dick always speaks very highly of his family and loves to tell stories about holidays and special occasions spent with them, along with the daily phone calls he receives as he states, "I never know who it will be on the other end when the phone rings, all of my children and grandchildren always check up on me." His family means everything to him.

Dick attended Norwich University where he studied Business Administration. Dick was a very successful salesman, often traveling to other states for work. He owned his own company for a short time and won Salesman of the Year at two different companies. Dick has also been recognized by his college for his participation as an alumni.

Dick is an avid sports fan. Being from the Boston area, he naturally is a die-hard Red Sox and Patriots fan. He never misses a game, even the late ones that keep him up past midnight. Dick played football in high school and received the MVP award. He also enjoyed playing softball and golf in his spare time. Along with sports, Dick likes to read and work on his computer. He also doesn't mind a good movie every now and again, he reported that he really liked all the Rocky movies but stated that his favorite movie is Mary Poppins.

Dick says, "I have lived such a great life with no regrets." Even though he is a quiet man, he has come out of his shell a bit while living here at the Ivy and appreciates having a meal in the dining room with other residents, getting to know them and sharing stories of their lives. Dick spends a lot of quiet time reading and appreciates how helpful and friendly the staff is here at the Ivy at Ellington. We are so happy to have Dick as part of our Ivy family.

The Ivy at Ellington

The Ivy's First Men's Club Social

Preventing Falls During Winter Months

1. Plan ahead. When possible, plan trips around the weather. If you do not need to go out, don't go out. Wait for the weather and travel conditions to become clear.
2. Allow enough time to get where you are going. The chances of falling increase when you rush and use less caution.
3. Exercise caution when getting into and out of vehicles. Always hold securely to a door or another person.
4. Take the path of least resistance. Look for the safest route to your location, including the paths into buildings. Choose alternate routes when necessary.
5. Ask for help. Ask someone to help you navigate slippery or unsafe paths.
6. Concentrate on the path ahead. Take your time and walk slowly and deliberately. Try to place each foot flat on the ground with each step.
7. Wear appropriate footwear. Wear shoes or boots with rough-textured soles that provide good grip in all kinds of weather conditions.
8. Avoid carrying items. Wear gloves if necessary to keep hands free for stabilization and balance.
9. Use handrails when they are provided. Holding securely to a handhold can prevent a fall if you should slip.
10. Clean your shoes after going inside. Snow and ice can freeze onto the soles of shoes and become treacherous, even indoors.



The Ivy at Ellington held its very first Men's Club Social in January. The Male residents gathered for a drink and snack while they got to know one another a bit better.. The big topic of conversation though was the Patriots playoff game that had been over the weekend. Maintenance Director, Steve and Food Service Director, Ken also joined in on the fun!

Afterwards, the men joined together in the billiards area and played a game of pool. Cliff got a little fancy with his shots and Ralph was the surprise pool shark, sinking in most of his shots and clearing the table in the end.

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February Highlights

Happy Birthday February Babies!

Shirley M– 2/16

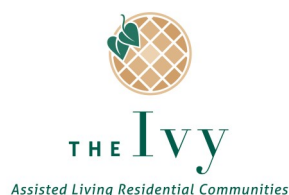
Virginia L. 2/28



Welcome Home New Residents!

Barbara B.

MaryAnn W.



Entertainment

2/01-Gary Jones @ 2pm
2/08-Kate Stone @ 2pm
2/15-Jesse Luke @ 2pm
2/22-Hawaiian Hula Yoga @ 2pm

Wellness

2/1 Podiatrist Visit @ 9:15am
2/11 Hearing Clinic @ 10am-12pm
2/19-Blood Pressure Clinic @ 11am
2/27-Exercise with Nicole @ 11am

Spiritual

2/14-Mass/Communion Service @ 10:30am
2/7 & 2/21—Rosary @ 10:30am

Special Events & Outings

2/5-Shopping Trip to Christmas Tree Shop @ 10:30am
2/7-Lunch at Henry's Pizza @ 11:30am
2/12-Trip to Big Y @ 10:30am
2/13-Couple's Date Night—Dinner & Movie @ 5pm
2/14-Lunch at Friendly's @ 11:30am
2/19-Shopping Trip to Target @ 10:30am
2/19-Men's Club Social @ 2:30pm
2/21-Lunch at T Maria's @ 11:30am
2/21-February Birthday Party @ 2pm
2/26-Shopping Trip to Walmart @ 11:30am
2/27-Welcome Home Tea @ 2pm
2/28-Lunch at Elmo's Dockside Seafood @ 11:30am