

# Be Inspired

WALDEN PLACE | a Senior Lifestyle community | CORTLAND, NY 13045 | 607-756-8101

## THIS MONTH'S *silver star*

### WELCOME HOME

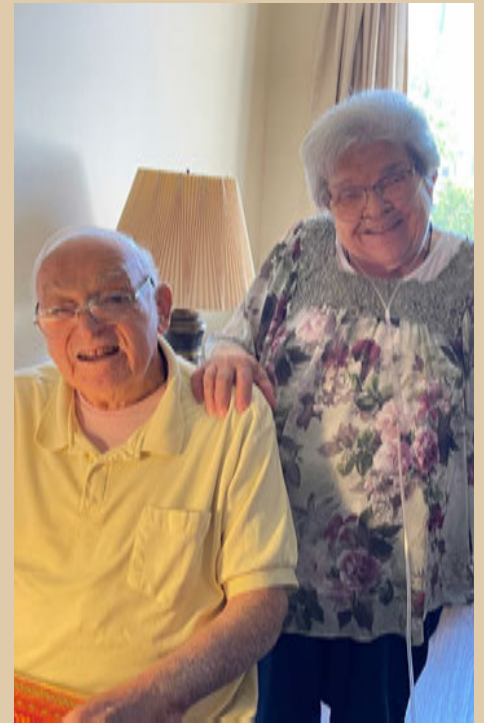
Congratulations to Joe and Sharon Wargo on being selected as this month's Silver Star residents.

Joe and Sharon have been married for 60 years. Sharon was born in Fittsburg, Mass., and was raised all over the Northeast. Joe was born in Pennington, N.J., and was raised on his family farm.

Sharon worked as an EMT and retired from Cornell University. Joe was a full-time farmer. Joe and Sharon both enjoy reading in their spare time.

Joe would like to share his philosophy on marriage, "Keep your eyes wide open before and half open after."

Welcome to Walden Place, Joe and Sharon!



## WE'RE LOOKING FORWARD TO *the great outdoors*

As the weather has finally changed for us here in Upstate New York, we will be enjoying everything nature this month! We also have the Cortland County Dairy Parade this month; we will be "dressing up" our bus and lining up to join in on the fun. Please join us as we take in some fun in the sun this month! We need sunlight to live a "natural" life vs. a "normal" life, which is when we are indoors. Most of us live a "normal" life, and our bodies and systems are out of sync with what is natural. Natural light jump-starts our cells to create energy, produces vitamin D and helps improve our vision, mood, sleep and so much more. Let's get outside and enjoy the light!



### TRAIN YOUR BRAIN *search for nations of europe*

K	Y	H	P	C	U	F	E	B	O	X	S
R	A	D	U	V	I	C	U	N	P	W	P
A	W	I	K	N	N	L	E	O	I	D	A
M	R	E	L	A	G	D	L	T	C	P	I
N	O	A	R	A	E	A	Z	C	E	O	N
E	N	F	R	W	N	E	R	S	L	R	Y
D	D	I	S	D	R	C	X	Y	A	T	N
I	A	<b>B</b>	<b>E</b>	<b>L</b>	<b>G</b>	<b>I</b>	<b>U</b>	<b>M</b>	N	U	A
T	D	N	A	L	E	R	I	S	D	G	M
A	I	N	A	B	L	A	T	V	I	A	R
L	D	N	A	L	T	O	C	S	S	L	E
Y	A	U	S	T	R	I	A	X	C	S	G

- |          |         |         |          |             |
|----------|---------|---------|----------|-------------|
| Albania  | Denmark | Hungary | Latvia   | Scotland    |
| Austria  | Finland | Iceland | Norway   | Spain       |
| Belgium  | France  | Ireland | Poland   | Sweden      |
| Bulgaria | Germany | Italy   | Portugal | Switzerland |



BE INSPIRED

- CONNECT    ● GROW
- CONTRIBUTE    ● MOVE
- FEEL    ● REFLECT

LOCATIONS

- ACTIVITY CENTER — AC
- DINING ROOM — D
- FIREPLACE LOUNGE — FL
- INDOORS — I
- LEGACY COURT — LC
- LIBRARY — L
- OUTDOORS — O
- PATIO — P
- SHUTTLE — SH

BIRTHDAYS THIS MONTH

- SANDRA TINKER — 14th (Employee)
- JOSEPH GULINI — 14th
- MARC SOLOMETO JR. — 24th (Employee)
- DAVID BALL — 27th
- VIRGINIA MOORE — 28th

TRANSPORTATION SCHEDULE

- MONDAY & THURSDAY  
8 a.m.-2 p.m.  
Medical Appointments/Banking
- TUESDAY & WEDNESDAY  
8 a.m.-2 p.m.  
Medical Appointments

OFFICE HOURS

- SATURDAY & SUNDAY  
8 a.m.-noon
- MONDAY-FRIDAY  
7 a.m.-5 p.m.

<p>Activities are led by Programming Staff: Torrey Mulvihill or other staff unless otherwise noted.</p> <p>Activities are subject to change.</p> <p>Changes will be posted on the large calendar in the Activity Center. Any questions regarding the programs or schedule please contact Torrey Mulvihill, Director of Resident Programs.</p>						
<p>8:45 ● Activity Packet Handout   FL 5</p> <p>9:45 ● Walking Group   FL</p> <p>10:00 ● Bulletin Board Trivia   FL</p> <p>10:30 ● Family Feud   FL</p> <p>1:00 ● Mandala Art   AC</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Sunday Funday Movie Matinee   L</p> <p>5:00 ● Evening News   L</p>	<p>8:45 ● Activity Packet Handout   FL 6</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● Morning Nature Walk   O</p> <p>10:30 ● Birds and Things   L</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Who, What, Where?   L</p> <p>3:00 ● Movie Matinee   L</p> <p>5:00 ● Daily News   L</p> <p>6:00 ● Music with Mary   L</p>	<p>8:45 ● Activity Packet Handout   FL 7</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● World Travel Group   L</p> <p>10:15 ● Walmart Shopping Trip   SH</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Food Council   AC</p> <p>2:30 ● Resident Council   AC</p> <p>3:00 ● Program Council   AC</p> <p>3:30 ● Chocolate Win Bingo   AC</p> <p>4:45 ● Cortland Dairy Parade   SH</p> <p>5:00 ● Evening News   L</p>	<p>8:45 ● Activity Packet Handout   FL 8</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● Tea and Tales   P</p> <p>11:00 ● Pokeno   AC</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Live Music with Jilissa   D</p> <p>3:00 ● Gardening Group   AC</p> <p>3:30 ● Walden Readers Book Club   AC</p> <p>5:00 ● Evening News   L</p> <p>6:00 ● Music with Mary   L</p>	<p>8:45 ● Activity Packet Handout   FL 9</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● Gazebo Gab   P</p> <p>10:30 ● Bean Bag Toss   P</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Chocolate Win Bingo   AC</p> <p>3:00 ● Music Around the World   L</p> <p>3:00 ● Singalong with Elder Song   I</p> <p>3:45 ● You Be the Judge   L</p> <p>5:00 ● Evening News   L</p> <p>6:00 ● Joyce's Card Club   AC</p>	<p>8:45 ● Activity Packet Handout   FL 10</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● Water Gun Target Practice   P</p> <p>10:45 ● Sand and Shells   P</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Pokeno   AC</p> <p>3:00 ● Movie Matinee   L</p> <p>3:15 ● Happy Hour Drinks and Snacks   FL</p> <p>3:30 ● Scenic Ride   SH</p> <p>5:00 ● Evening News   L</p> <p>6:00 ● Music with Mary   L</p>	<p>8:45 ● Activity Packet Handout   FL 11</p> <p>9:15 ● Chair Exercise   AC</p> <p>9:45 ● Tasty Treats Baking   AC</p> <p>10:15 ● Lovely Nails with Kat   AC</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Bingo   AC</p> <p>3:00 ● Movie Matinee   L</p> <p>4:00 ● Riddles Galore   AC</p> <p>5:00 ● Evening News   L</p>
<p>8:45 ● Activity Packet Handout   FL 12</p> <p>9:45 ● Walking Group   FL</p> <p>10:00 ● Bulletin Board Trivia   FL</p> <p>10:30 ● Family Feud   FL</p> <p>1:00 ● Mandala Art   AC</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Sunday Funday Movie Matinee   L</p> <p>5:00 ● Evening News   L</p>	<p>8:45 ● Activity Packet Handout   FL 13</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● Morning Nature Walk   O</p> <p>10:30 ● Birds and Things   L</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Who, What, Where?   L</p> <p>3:00 ● Movie Matinee   L</p> <p>5:00 ● Daily News   L</p> <p>6:00 ● Music with Mary   L</p>	<p>FLAG DAY 14</p> <p>8:45 ● Activity Packet Handout   FL</p> <p>9:15 ● Chair Exercise   AC</p> <p>9:45 ● History of the Star Spangled Banner   L</p> <p>10:00 ● World Travel Group   L</p> <p>10:15 ● Walmart Shopping Trip   SH</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Chocolate Win Bingo   AC</p> <p>3:00 ● Flag Day Trivia   L</p> <p>3:30 ● Flag Day: Who Am I?   L</p> <p>5:00 ● Evening News   L</p>	<p>8:45 ● Activity Packet Handout   FL 15</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● Tea and Tales   P</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Pokeno   AC</p> <p>3:00 ● Gardening Group   AC</p> <p>3:30 ● Walden Readers Book Club   AC</p> <p>5:00 ● Evening News   L</p> <p>6:00 ● Music with Mary   L</p>	<p>8:45 ● Activity Packet Handout   FL 16</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● Gazebo Gab   P</p> <p>10:30 ● Bean Bag Toss   P</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Chocolate Win Bingo   AC</p> <p>3:00 ● Singalong with Elder Song   I</p> <p>3:45 ● You Be the Judge   L</p> <p>5:00 ● Evening News   L</p> <p>6:00 ● Joyce's Card Club   AC</p>	<p>8:45 ● Activity Packet Handout   FL 17</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● Water Balloon Toss   P</p> <p>10:45 ● Nature Vision Boards   AC</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Pokeno   AC</p> <p>3:00 ● Movie Matinee   L</p> <p>3:15 ● Happy Hour Drinks and Snacks   FL</p> <p>3:30 ● Scenic Ride   SH</p> <p>5:00 ● Evening News   L</p> <p>6:00 ● Music with Mary   L</p>	<p>8:45 ● Activity Packet Handout   FL 18</p> <p>9:15 ● Chair Exercise   AC</p> <p>9:45 ● Tasty Treats Baking   AC</p> <p>10:15 ● Lovely Nails with Kat   AC</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Bingo   AC</p> <p>3:00 ● Movie Matinee   L</p> <p>4:00 ● Riddles Galore   AC</p> <p>5:00 ● Evening News   L</p>
<p>FATHER'S DAY 19</p> <p>8:45 ● Activity Packet Handout   FL</p> <p>9:45 ● Walking Group   FL</p> <p>10:00 ● Bulletin Board Trivia   FL</p> <p>10:30 ● Family Feud   FL</p> <p>1:00 ● Mandala Art   AC</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Sunday Funday Movie Matinee   L</p> <p>5:00 ● Evening News   L</p>	<p>8:45 ● Activity Packet Handout   FL 20</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● Morning Nature Walk   O</p> <p>10:30 ● Birds and Things   L</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Who, What, Where?   L</p> <p>3:00 ● Movie Matinee   L</p> <p>5:00 ● Daily News   L</p> <p>6:00 ● Music with Mary   L</p>	<p>SUMMER BEGINS 21</p> <p>8:45 ● Activity Packet Handout   FL</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● World Travel Group   L</p> <p>10:15 ● Walmart Shopping Trip   SH</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Chocolate Win Bingo   AC</p> <p>3:00 ● Short Story: Daryl's Dilemma   AC</p> <p>3:30 ● Yes, I Have   L</p> <p>5:00 ● Evening News   L</p>	<p>8:45 ● Activity Packet Handout   FL 22</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● Tea and Tales   P</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Pokeno   AC</p> <p>3:00 ● Gardening Group   AC</p> <p>3:30 ● Walden Readers Book Club   AC</p> <p>5:00 ● Evening News   L</p> <p>6:00 ● Music with Mary   L</p>	<p>8:45 ● Activity Packet Handout   FL 23</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● Gazebo Gab   P</p> <p>10:30 ● Bean Bag Toss   P</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Chocolate Win Bingo   AC</p> <p>3:00 ● Music Around the World   L</p> <p>3:00 ● Singalong with Elder Song   I</p> <p>3:45 ● You Be the Judge   L</p> <p>5:00 ● Evening News   L</p> <p>6:00 ● Joyce's Card Club   AC</p>	<p>8:45 ● Activity Packet Handout   FL 24</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● History of Kites   P</p> <p>10:30 ● Go Fly a Kite!   P</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Pokeno   AC</p> <p>3:00 ● Movie Matinee   L</p> <p>3:15 ● Happy Hour Drinks and Snacks   FL</p> <p>3:30 ● Scenic Ride   SH</p> <p>5:00 ● Evening News   L</p> <p>6:00 ● Music with Mary   L</p>	<p>8:45 ● Activity Packet Handout   FL 25</p> <p>9:15 ● Chair Exercise   AC</p> <p>9:45 ● Tasty Treats Baking   AC</p> <p>10:15 ● Lovely Nails with Kat   AC</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Bingo   AC</p> <p>3:00 ● Movie Matinee   L</p> <p>4:00 ● Riddles Galore   AC</p> <p>5:00 ● Evening News   L</p>
<p>8:45 ● Activity Packet Handout   FL 26</p> <p>9:45 ● Walking Group   FL</p> <p>10:00 ● Bulletin Board Trivia   FL</p> <p>10:30 ● Family Feud   FL</p> <p>1:00 ● Mandala Art   AC</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Sunday Funday Movie Matinee   L</p> <p>5:00 ● Evening News   L</p>	<p>8:45 ● Activity Packet Handout   FL 27</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● Morning Nature Walk   O</p> <p>10:30 ● Birds and Things   L</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Who, What, Where?   L</p> <p>3:00 ● Movie Matinee   L</p> <p>5:00 ● Daily News   L</p> <p>6:00 ● Music with Mary   L</p>	<p>8:45 ● Activity Packet Handout   FL 28</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● World Travel Group   L</p> <p>10:15 ● Walmart Shopping Trip   SH</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Chocolate Win Bingo   AC</p> <p>3:00 ● Udder-Ly Amazing Cows   L</p> <p>3:30 ● A Moo-Ving Visit to Wisconsin   L</p> <p>5:00 ● Evening News   L</p>	<p>8:45 ● Activity Packet Handout   FL 29</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● Tea and Tales   P</p> <p>11:00 ● Pokeno   AC</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Live Music with Howie Bartolo   D</p> <p>3:00 ● Gardening Group   AC</p> <p>3:30 ● Walden Readers Book Club   AC</p> <p>5:00 ● Evening News   L</p> <p>6:00 ● Music with Mary   L</p>	<p>8:45 ● Activity Packet Handout   FL 30</p> <p>9:15 ● Chair Exercise   AC</p> <p>10:00 ● Gazebo Gab   P</p> <p>10:30 ● Bean Bag Toss   P</p> <p>1:30 ● This Day in History   L</p> <p>2:00 ● Chocolate Win Bingo   AC</p> <p>3:00 ● Singalong with Elder Song   I</p> <p>3:45 ● You Be the Judge   L</p> <p>5:00 ● Evening News   L</p> <p>6:00 ● Joyce's Card Club   AC</p>		



RECAP: HOW WE STAYED CONNECTED THIS MONTH

# taco surprise

Thank you to our Executive Director, David Canfield, for treating us to a whopping number of tacos for Cinco de Mayo! Dave made a pit stop and brought back over 100 tacos for all of us to enjoy here at Walden Place. Thank you, Dave!



## THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

We would like to acknowledge a few staff members who have really gone above and beyond over the last month to ensure our residents are truly cared for here at Walden Place. Congratulations to Abigail Allen, Marc Hamilton, Sarah Lang, Denise Twomey, Hope Savage and Jacob Benedict on being this month's HEART Hero All-Star Crew!



## IT'S OUR PLEASURE TO SERVE YOU ... word from your leadership team

### COMMUNITY UPDATES

Dear Residents and Families,

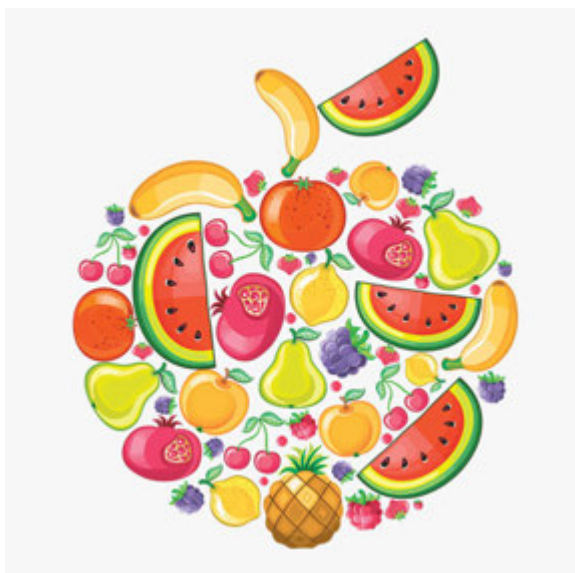
I would like to attempt to clear up some confusion regarding food trays. Our Kitchen staff is getting an increasing number of requests for room trays.

NYS Department of Health has certified Walden Place as a social model, and as a social model, it is expected residents will come to meals, both for residents' physical and mental health. We are allowed to send a room tray to a room if the resident has an acute illness.

If the resident is not acutely ill and is asking for a room tray as a convenience or long-term need, the State requires that we review the appropriateness of the resident to remain at Walden Place. This could result in additional level of care charges or discharge to a higher level of care.

It has become apparent some of our residents are using room trays as a convenience and not as a need. We will continue at this time to charge \$5 per room tray service for those not considered by our nursing staff to be acutely ill. We encourage all residents to attend all meals.

-David Canfield, EXECUTIVE DIRECTOR



## MANAGEMENT TEAM

David Canfield, *Executive Director*

Torrey Mulvihill, *Director of Resident Programs*

Michelle Spadacino, *Business Office Manager*

Amie Underwood, *Director of Sales & Marketing*

Izzie Ortiz, *Dining Services Director*

Stephen VanGorder, *Director of Plant Operations*

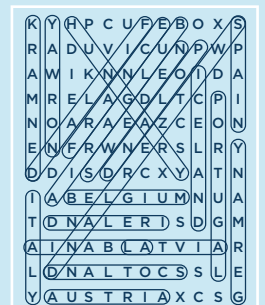
Sarah Lang, *Memory Care Director*

Denise Twomey, *Health and Wellness Director*

Jan VanOrder, *Administrative Assistant*

Heather Benedict, *Manager of Nursing*

TRAIN YOUR BRAIN solution



SENIOR LIFESTYLE



PET FRIENDLY

your life, your style