

MARCH/APRIL 2016

THE MEWS NEWS

Exceptional Senior Living in the Heart of Greenwich



DAVE'S CORNER

Every month I have the honor and privilege of hosting our "Resident Meeting." During this hour long affair, we gather in the Rock Room to discuss housekeeping details, news, plans for the next month and progress on the many projects that we always seem to have in motion. The Rock Room fills for this meeting and we have to gather all the chairs we can to accommodate the attendees. We always start the meeting with jokes and riddles, which get us all in the right mood. After a healthy amount of laughter, we get down to the business of the community. Whether it is dealing with laundry time slots, dress code in the dining room, wasting food or how we dispose of our garbage, everything is important in this community where we share so many activities communally. I remain amazed how 90 seniors come together in relatively small quarters and figure out how to make the community work as smoothly as possible. We share ideas how we can make life better or just easier on a day to day basis. So much of what we talk about are the same things that everyone speaks about in their much smaller family settings, such as the choice of movies, reminding people not to speak during the movies, common courtesies in the dining room, and the need to repair something or change a light bulb. It's how we get our community business done and have fun at the same time. I can't wait for the next meeting!



NEW RESIDENT HELEN KANE



Prior to coming to The Mews in January of this year, my husband and I lived in Pennsylvania when Tom was diagnosed with Dementia. At the time, I needed help caring for him and The Mews was one of the places we came to look at. Unfortunately, and sadly to say my husband, Tom passed away last year.

It was then I decided that The Mews was the place for me so that I can be closer to family.

What a great way to start the New Year, in a new place, delicious food, nice people and no more moving!

PAGE 2 DR. RAMSDEN-STEIN

I have been working with Lyon's Medical Care since January 2015, lending my expertise in Primary Medical Care to support members of Senior Care Communities of Connecticut and New York.

I completed my training in Internal Medicine at Greenwich Hospital where I was the second Chief Resident in my final year.

I completed Fellowship Training in Rheumatology at New York For Special Surgery in Manhattan and I am licensed in Connecticut and New York.

I have been attending the Primary Care needs of our community and continue to work closely with the Wellness Staff.

I reside in Westchester with my three young daughters.



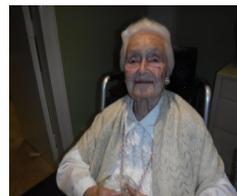
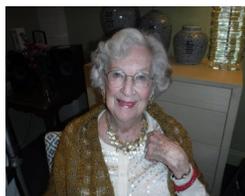
"I hate cats! I want a dog scan."

RECENT EVENT

Turning 100 is the biggest milestone Birthday - with 100 years of memories and 100 years of life.

We had a celebration with cake, champagne, a musical quartet, and a great turn out on Monday, February 8, 2016. It was such an exciting time celebrating four of our resident's birthdays. Violet Iverson and Livia Herman both turned 100 years old. Richard Salvatore, 99 years old, and Dorothea Bellafiore, 98 years old.

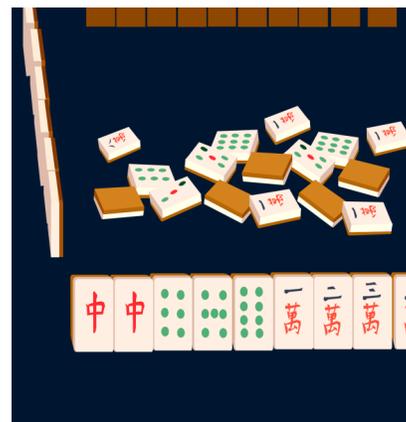
Taylor Knight, of the Greenwich Sentinel, interviewed the honorees and also captured a video of the great event!! You can watch it on our Website.



MAH JONGG BY ROSE

Mah Jongg is a fascinating rummy-like game played with tiles rather than cards. The game originated in China, dating back to the time of Confucius. The object of the game is to be the first to assemble combinations of tiles into specific patterns that make up a hand. It's simple and, at the same time, complex. You assemble these combinations by picking and discarding tiles, but it does not stop there, as it requires practice, strategy and luck. Many also love the game because it is sociable, competitive and fun. Although this interesting and challenging game has been called "The Game of a Thousand Intelligences" because of its challenges, it is relaxing and thrilling at the same time.

There's nothing more exciting than when, with your heart racing, your adrenaline pumping and your palms sweating you call "Mah Jongg." Rose will be back at The Mews on Thursday, March 10th at 9:45am!



Luciana Orzano, born and raised in Italy, has been teaching Italian in the Greenwich area for several years.

She is currently teaching weekly at the Senior Center and tri-weekly in the Continuing Education Program at the Greenwich High School. She tailors her lessons to the levels and interests of her students, blending language, history and contemporary Italian Culture.

Luciana is looking forward to meeting the residents of The Mews and is scheduled to come on Monday, March 14th at 2:30pm in the Library.

You won't want to miss this! If you haven't signed up yet, do so today.



SILVERTONES

The Swinging Silvertones performed at The Mews several years ago and are coming back again! The Silvertones are a singing group in Greenwich, and conducted by Pamela Kuhn. They are the chorus of the Greenwich Senior Center and the singers' ages range somewhere between 65-95.

Ms. Kuhn, has helped this group for 10 years to learn and perfect vocal music for community performances. Interesting to know that one of our residents, Gus Maier, has been a member of the Silvertones for many years and will be performing with the group on Thursday, March 3rd at 1pm in the Rock Room. See you there!



GREENWICH SYMPHONY ORCHESTRA

Greenwich Symphony Orchestra's 2015-2016 concert series wraps up with two final shows in March and April.

A violin concerto performed by Bella Hristova, a young musician with a growing international career as a soloist and recording artist, will be held on Sunday, March 13th.

Lastly, a piano concerto performed by Benjamin Hochman, who has achieved widespread acclaim for his performances as orchestral soloist, recitalist and chamber musician will be held on Sunday, April 17th.

Residents: Prior to each concert, there will be a sign-up sheet in the lobby. Please take advantage of these great concerts and put your name on the sheet!



THE MEWS

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THE WEBSITE

WWW.THEMEWSINGREENWICH.ORG

SHOPPING PORTAL:

**WWW.shop.com/
themewsingreenwich**

**NEW RESIDENTS:
DOROTHEA BELLAIORE
JULIA INFANTE
ELENA PETRUCELLI**



ROBIN'S MUSINGS

Perhaps - just perhaps - spring is on its way. It will be wonderful for all of us to be out on our track again soon. Don't you love the way I refer to it as OUR TRACK. Like it is part of The Mews. I do use it as a selling point when prospective residents come to tour our Senior Residence. How it is right here for us to use - and how many of our residents and staff are out there keeping fit. It surely is a wonderful gift that we have.

PERHAPS - just perhaps - we will begin to use our newly renovated Red House soon. I know that our artists are eager to leave their supplies there and get back to work on their projects. Our artist in residence, Loretta Mossman, is looking forward to working with anyone wanting help with their artistic endeavors. The Red House will be a wonderful addition for our residents to have more space to be creative. They can listen to music in the Music Area and just relax in the spaces that will be warm, cozy and comfortable.

If you are a new resident and have not tried some of the activities that we offer, we hope you will do that soon. We try to offer a wide range of diversified activities. We want to keep you healthy in your intellectual minds and healthy in your physical bodies. In addition by being with others we KNOW - we are absolutely CERTAIN - that social engagement is keeping you healthy. It is a proven fact that being involved with others is a key ingredient to good health and wellbeing. We all agree that living here at The Mews is an extraordinary way of life.

JUST A REMINDER!

**ST. MARY'S MASS & LUNCHEON
WEDNESDAY, APRIL 27th. PICK-UP WILL
BE AT 10:30am AND RETURN WILL BE AT
1:30pm.**

RESIDENT'S BIRTHDAYS

MARCH BIRTHDAYS

**THERESA DANIELLO - 3/1
MARIE CURRERI - 3/5
SOPHIE SZPAK - 3/6
JAMES HUGHES - 3/23
MARIE CUTICELLI - 3/31**



APRIL BIRTHDAYS

**ILSE HAIGHT- 4/5
LILLIAN DEGLER - 4/18
SAYED MONSIF - 4/22
ALICE STANSBURY- 4/23
LORETTA DUVALL- 4/24**