Family Newsletter               August 2023

An Unbreakable Bond - Karina's Story

In case you missed it Mary Wade would like to share with you HERE the beautiful and unbreakable bond between Hospice Resident Karina Courtmanche and her beloved horse of nearly 30 years, Bella.

With the help of CT Hospice and the American Medical Response team,

Last Chance!

You do not want to miss this event! Join us for a fun day of golf at the Mary Wade Golf Tournament Friday, August 25th at Lyman Orchards on the Robert Trent Jones course. All skill levels are welcome. We hope you will support us by registering HERE.
Karina's last wish to say goodbye to her horse was granted as she was able to visit Bella at Bittersweet Farm in Bethany, CT. During the visit, Karina was able to feed Bella some carrots, pet her, spend time with her, and say their final goodbyes.

“As our health care sector moves away from pandemic mode, and with it the extreme focus on infection control measures, the team at Mary Wade are striving to move back to resident centered care,” says David V. Hunter, President & CEO of Mary Wade. “This means focusing our care measures not only toward coordinated care, support or treatment, but respecting and valuing the individual and providing individualized emotional and physical spaces for care that are in tune with people’s changing needs.” He continued, “In the case of Karina Courtmanche, the care team at Mary Wade exemplified this philosophy by understanding the perspective of the person and going above and beyond to ensure this special experience of being with her horse, Bella, one last time.”

Day Trip to Lighthouse Point

Residents of Boardman and Chatham Place packed their beach bags and headed to Lighthouse Point in New Haven located at the Eastern point of the New Haven Harbor. There they enjoyed picnic games, eating outside, staying cool in the water and even riding the carousel.

Back Yard Bash

Meet The Transportation Team
It was all fun and games last week as the residents of Mary Wade enjoyed a Barbeque in the garden. Sunshine and sweet summertime, doesn't get much better than that!

**Mobile Market**

The Farm Stand is back September 21st and October 19th. Get your fresh fruit, fresh vegetables, honey, eggs and more. All of this presented by Common Ground High School. For more information click [HERE](#) or visit [commongroundct.org](http://commongroundct.org).

**Save The Date**

Mark your calendars for Sunday, September 17th for Mary Wade's Family Fun Day. The Mary Wade team is currently planning a

**Stay Healthy This Summer**

Did you know there are immediate and long-term health benefits of physical activity for adults? The staff of Mary Wade have been taking part in a 4-week wellness
A wonderful day for our families. Please be on the lookout for more information to come.

Secure Your Golden Years

Drazen Law Group
Helping Families Protect What Matters Most.

Life is unpredictable. That is why we invite you to join attorney Steven Rubin for a free workshop at Chatham Place on August 24th at 5:00pm where you will learn how to put safeguards in place to ensure your assets, wishes and long-term care needs are handled the way YOU want, no matter what happens. For more information and how to register click HERE.

Challenge and we welcome you to get up and get moving too!

A single bout of moderate to vigorous physical activity provides immediate benefits for your health like better quality sleep, lower anxiety and lower blood pressure.

Regular physical activity provides important health benefits for chronic disease prevention like reducing the risks of developing dementia, heart disease, stroke, diabetes and cancer. It also reduces weight gain, improves bone health and improves balance and coordination, reducing risks for falls. So go take a walk!

Above two friends from the ADC take a walk together around the garden.

Calendar of August Events

Click HERE to view Recreation's August Calendar of Events and HERE to view the ADC's August Calendar of Events.

Our Contact Information
Mary Wade Home
118 Clinton Avenue
New Haven, CT 06513
203-562-7222

Unsubscribe | Manage email preferences