

MARY WADE



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](#).

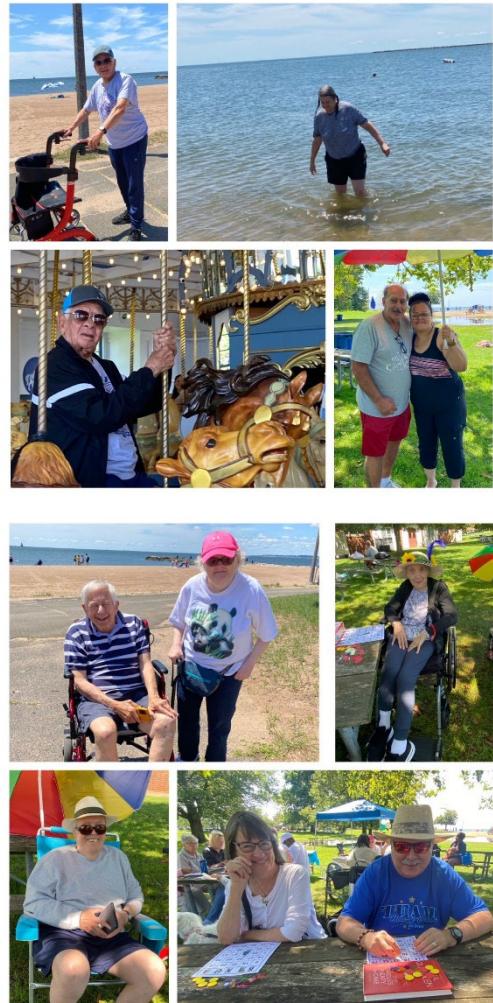
Karina's last wish to say goodbye to her horse was granted as she was able to visit Bella at Bittersweet Farm in Bethany, CT. During the visit, Karina was able to feed Bella some carrots, pet her, spend time with her, and say their final goodbyes.

"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."

Back Yard Bash



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.

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.

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



The Mary Wade drivers are professional, friendly and courteous and offer a fleet of handicapped accessible vans to service our older adults in need of transportation within the Greater New Haven area. Our drivers are fully licensed and trained in medical emergencies and provide door-to-door service.

The Transportation Department operates 8:00am to 4:00pm Monday through Friday providing transportation to Mary Wade's Adult Day Center in addition to medical trips, and on the weekend operates from 9:00am to 2:00pm for trips within the community. To schedule a ride, call 203-672-7837.

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

wonderful day for our families. Please be on the lookout for more information to come.

Secure Your Golden Years



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](#)