

# MARY WADE



**Family Newsletter**

**January 2024**



## 100 Years Young



Chatham Place at Mary Wade Resident Mary Diamante celebrated her 100th Birthday along with friends and family. Mary was a former nurse who has dedicated her life to helping residents of New Haven. Mary graduated from Grace

## Holiday Celebrations



Things were merry and bright at Mary Wade as residents, staff and families celebrated the holiday season. Our Community Room

Hospital School of Nursing and matriculated at Yale for pediatrics and isolation in 1945, opening the first Intensive Care Unit at Yale New Haven Hospital in 1962. Mary has inspired us with her kindness, her wisdom, and her unwavering positivity. She's a true legend, and we feel so incredibly lucky to have her in our community. For more on Mary's 100th Birthday celebrations click [HERE](#).

## Holiday Festival Week



Thank you to our families who donated raffle baskets, shopped our vendor tables, bake sale and poinsettia sale during Mary Wade's Holiday Week. Because of your generosity over \$1,600 was raised for the Resident Enrichment Fund which will directly benefit residents and clients of Mary Wade. The Resident Enrichment Fund supports resident activities, entertainment, and other programs to engage older adults. If you would like to make a tax deductible gift to the Resident Enrichment Fund click [HERE](#).

## We Can Help

was transformed once again into a beautiful winter wonderland, sweet treats were shared, games were played and we even had a visit from Santa and Mrs. Clause.

## More Than Just Bowling



Residents of Mary Wade took to the lanes and enjoyed table bowling. Did you know activities like this have multiple health benefits for older adults? Not only is this a fun game it also increases hand-eye coordination, builds social connections, and helps to maintain cognitive abilities and focus. Here's to the kid in all of us!

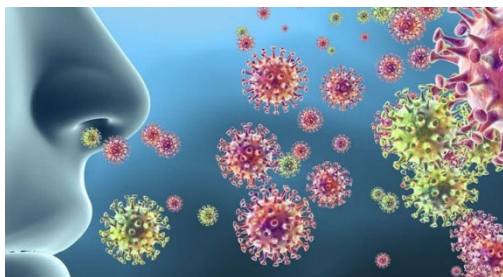
## Holiday Treat-Making



Mary Wade invites you to join us January 31st at Chatham Place at Mary Wade from 2-3pm at for the next Better Breathers Club meeting to go over breathing techniques for shortness of breath and conserving energy during exertion, as in pursed lip breathing,

This group, sponsored by the American Lung Association, will continue to meet the last Wednesday of every month. If you or a family member is living with lung disease, this is a meeting for you. To RSVP please contact Mary Wade Respiratory Therapist, Jeanine Connelly, at [jconnelly@marywade.org](mailto:jconnelly@marywade.org).

## Healthy Visits



Mary Wade has an experienced team of infection control specialists, nurses, housekeeping and support staff which have enabled us to manage Covid-19 as well as



Chatham Place at Mary Wade was thrilled to host the New Haven Police Department Activity League (NHPAL) for a day of holiday treat making! The NHPAL Team's priority is to help children become better versions of themselves, to learn their goals, and to help them achieve them in a fun, exciting, and welcoming environment. What a magical day it was for the kids and adults alike.

*"Cooking with kids is not just about ingredients, recipes, and cooking. It's about harnessing imagination, empowerment, and creativity."*

-Guy Fieri

## Family Council



Our next Family Meeting has been scheduled for Thursday, January 18th from 5-6pm in the Community Room for families

other illnesses that come around this time of year, but we also need your help.

We encourage everyone to take the necessary precautions to stay healthy this season, including getting vaccinated for the flu and Covid-19, washing your hands regularly, and staying home if you are feeling unwell. Thank you for your cooperation and let's stay healthy together.

## Happy New Year



Cheers to new beginnings. Mary Wade wishes you all a very happy and healthy New Year. May it be filled with adventures and good fortune!

### Our Contact Information

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of our skilled nursing residents. Light refreshments will be served. We would also like to remind all families that you may organize a Family Council, which is run by our families for your benefit and education. At this time Mary Wade does not have an active Family Council. If you are interested in leading or participating in this endeavor, Mary Wade will make every effort to facilitate this. Please reach out to Lynn Iverson at [GHinesIverson@marywade.org](mailto:GHinesIverson@marywade.org).

## Calendar of January Events



To view Recreation's January Calendar of Events click [HERE](#) and to view the ADC's January Calendar of Events click [HERE](#).