



60 Gregory Blvd • Norwalk, CT 06855 • (203) 854-4660  
underoneroofinc.org

## The Marvin, Under One Roof, Inc.

### OUR MISSION

Under One Roof, Inc. is an independent not-for-profit organization dedicated to sponsoring, developing, and operating quality, affordable housing for elderly persons in need of supportive services which incorporate and promote a strong intergenerational philosophy.

### OFFICE HOURS

Monday - Friday ..... 9 AM - 5 PM

### STAFF

Katie Fitzmaurice ..... Executive Director  
Leticia Croke ..... Resident Services Coordinator  
Brooke Knowles ..... Administrative Director  
Jose Vivieca ..... Building Superintendent

### CONTRACT SERVICES

Bright Horizon Family S. .... Children's Center  
Creative Culinary ..... Food & Beverage Services  
Orion Protective Services ..... Building Security  
Masi Company ..... Housekeeping  
John C. Gleckler ..... Financial Services

### Board of Directors

Patrick Shields - President  
Debra A. Simons - Secretary  
Mark Lilliedahl - Treasurer  
Jayesh Bhansali  
Yvonne Sentura  
Sharon Rosen  
William Roth  
Margaret Costa  
David Icena  
Art Ebert  
Michele Piskin

April 2024



### Celebrating Passover Together

The observance of Passover, also called Pesach, has taken a number of forms throughout history.

The eight-day festival of Passover is celebrated in the spring, from the 15th through the 22nd of the Hebrew month of Nissan, which at present falls on April 22nd through April 30th of the Gregorian calendar.

The Seder now characterizes Passover, which means "order." The Seder service is a formal combination of food and prayer. The Passover Seder is one of the most celebrated and beloved of Jewish rituals.

Our best wishes for a spring fresh with new promises and a Passover blossoming with joy.

### Why Is This Night Different from All Others?

The History of Passover will be held at The Marvin on Friday, April 19th, at 2:30 pm. Please join us and learn about the Jewish holiday of Passover.

The lecture will also include an outline of the Seder (family holiday ritual meal). **Everyone is invited.**

# Director's Corner

I am so happy that April has arrived and with it, Spring! Hopefully, we will see more sunshine this month! I would like to thank everyone that attended our first quarterly resident meeting in March. I really do appreciate your feedback. A big thank you goes to Maria Maldonado, our Director of our Children's Center, for joining us and bringing those sweet treats!

By now, you should have received a survey in your mailboxes. Once completed, please return your survey to the envelope outside the office. In addition, we are looking for your "Marvin Story"—if you could share with us what brought you to The Marvin and why you love living here, we will share it as part of our Spring Fundraiser. Many of you have special stories!

Finally, I would love to thank our wonderful Marvin staff, Jose, Brooke, and Lee, and all of you for making my first six months here such a joy. This really is such a special place, and I am so happy that life has guided me here!



## April 1 St. At 2:30 PM - The Russo Ukraine War by Mark Albertson

On February 24, 2022, Russia invaded Ukraine in a major escalation of the Russian-Ukraine War that began in 2014. The invasion caused Europe's largest refugee crisis since World War II, with more than 6.4 million Ukrainians fleeing the country and a third of the population displaced. The invasion also caused a global food shortage. Reactions to the invasion varied considerably across a broad spectrum of concerns, including media responses, peace efforts, and the examination of the legal implications of the invasion.

**Please join Mark Albertson and learn about the history of this war as well as its position in a larger conflict. This conflict between the Great Powers is over resources, financial domination, and political control. Ukraine is another conflict in the episodic war for domination by the Great Power. Don't miss it!**

Mark Albertson is an accomplished speaker on a variety of issues in history and appears in a variety of venues.

## Healthy Reasons To Laugh

Kidding around has some serious benefits—and not just for your funny bone! Here's how laughter can improve your life:

*Provides a workout.* A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

*Boosts your immune system.* Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

*Lifts your spirits.* Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations.

*Keeps you connected.* Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life.

*Relieves pain temporarily.* When you laugh, your body releases endorphins, the "feel-good" brain chemicals that act as natural pain relievers. Research shows that your muscles stay relaxed for up to 45 minutes after a good chuckle, helping ease tension and stress.





### April 4 At 2:30 PM: Broadway Musicals



You've loved her style of music before, and you'll love her again! Spring brings

Jennifer DiSapio to sing her way into your hearts! **Don't miss it!**

### April 11 At 2 PM



Come join Tom S: his jokes and lively music will have you smiling & dancing during

the entire program. **Audience participation is encouraged!**

### April 17 At 2:30 PM: One Man Band

Well-known for his drumming technique, you have loved Billy Genuario's style of music before and you will love him again! Join your friends and neighbors for a fun afternoon of music and dance: Lively tunes from the '50s & so on up to the present.



### April 24 At 2:30 PM

Spring brings Bernie Gagliardi to sing his way into your hearts. Join this talented performer as he shares his love of music live at The Marvin.



### Wednesdays at NOON - Lunch With the Children



Come join our Grand-Friends as they have lunch in the dining room; you may bring your own lunch or just visit and lend a hand to the children—being there and interacting is really what it's all about!

**NO PEANUTS OR PEANUT BUTTER, PLEASE**

### Thursdays at 10:15 AM



Don't miss it! Circle Time is our weekly program when we join the children for a variety of different activities.

## SUPPORT UNDER ONE ROOF

Under One Roof is the not-for-profit organization that owns and operates The Marvin and The Marvin Children's Center. Monthly fees from residents and subsidies from the State of Connecticut do not fully cover the costs of operation. We, therefore, encourage donations from our extended "Marvin Family" and the broader community in order to ensure that we are able to continue to provide quality services and programs.

We extend heartfelt thanks to everyone who has made a financial contribution to support Under One Roof over the past year. We encourage you to let your family and friends know that we welcome donations at any time and in any amount. Donations may be made in honor or memory of a loved one, in commemoration of a life event (a special birthday or addition to your family), to support a specific program, or to demonstrate your support at any time. We encourage you and your family to consider naming Under One Roof as part of your estate planning.

Under One Roof, Inc.™ is a not-for-profit organization. All donations are tax-deductible to the extent permitted by law.

## WELLNESS

- Daily at 10:30 AM and Thursdays at 11 AM: Morning Exercises
- April 3, 15 & 29 at 2 PM: Chair Dance Fitness
- April 8, 22 & 29: 10 AM to 12 PM: Massage Therapy: Please sign up for Jason's fabulous massage sessions. You will get a reminder three days before the event.
- April 10 at 2:30 PM: Meditation with Diane
- April 18 & 25 at 2:30 PM: Chair Pilates/Bernadette



## April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>10:30 am Exercise <sup>1</sup> 2:30 pm Educational Prog... Presentation by Writer/Historian Mark Albertson</p>	<p>10:30 am Exercise <sup>2</sup> 2 pm Bingo Games / Mary F &amp; Shirley (Outer Dining Room)</p>	<p>10:30 am Exercise <sup>3</sup> 12 pm Lunch With Grand-Friends (DR) 2 pm Chair Dance Fitness With William</p>	<p>10:15 am Circle <sup>4</sup> Time / Grand-Friends 11 am Exercise 2:30 pm Broadway Musicals / Jen D</p>	<p>10:30 am Exercise <sup>5</sup> 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games</p>	
<p>2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge) <sup>7</sup></p>	<p>10 am Massage <sup>8</sup> Therapy/ Jason 10:30 am Exercise 6:15 pm Bible Study With Brenda W.</p>	<p>10:30 am Exercise <sup>9</sup> 2 pm Bingo Games / Mary F &amp; Shirley (Outer Dining Room)</p>	<p>10:30 am Exercise <sup>10</sup> 12 pm Lunch With Grand-Friends (DR) 2:30 pm Meditation With Diane (Lounge)</p>	<p>10:15 am Circle <sup>11</sup> Time / Grand-Friends 11 am Exercise 2 pm Jokes &amp; Lively Music With T-Bone</p>	<p>10:30 am Exercise <sup>12</sup> 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games</p>	
<p>2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge) <sup>14</sup></p>	<p>10:30 am Exercise <sup>15</sup> 2 pm Chair Dance 6:15 pm Bible Study With Brenda W.</p>	<p>10:30 am Exercise <sup>16</sup> 2 pm Bingo Games / Mary F &amp; Shirley (Outer Dining Room)</p>	<p>10:30 am Exercise <sup>17</sup> 12 pm Lunch With Grand-Friends (DR) 2:30 pm Music &amp; Dance With Billy G</p>	<p>10:15 am Circle <sup>18</sup> Time / Grand-Friends 11 am Exercise 2:30 pm Pilates With Bernadette (Lounge)</p>	<p>10:30 am Exercise <sup>19</sup> 2:30 pm The History of Passover (2nd Floor Lounge) 6:15 pm Wii Games</p>	
<p>2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge) <sup>21</sup></p>	<p><b>Happy Passover</b> 10 am Massage Therapy/ Jason 10:30 am Exercise <sup>22</sup></p>	<p>10:30am Exercise <sup>23</sup> 2pm Bingo Games / Mary F &amp; Shirley (Outer Dining Room)</p>	<p>10:30 am Exercise <sup>24</sup> 12 pm Lunch With Grand-Friends (DR) 2:30 pm Lively Music / Bernie G (Lounge)</p>	<p>10:15 am Circle <sup>25</sup> Time / Grand-Friends 11 am Exercise 2:30 pm Pilates With Bernadette (Lounge)</p>	<p>10:30 am Exercise <sup>26</sup> 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games</p>	<p>"It Is Spring <sup>27</sup> Again. The Earth Is Like a Child That Knows Poems by Heart." --Rainer Maria Rilke</p>
<p>2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge) <sup>28</sup></p>	<p>10 am Massage <sup>29</sup> 10:30 am Exercise 2 pm Chair Dance Fitness With William</p>	<p>10:30 am Exercise <sup>30</sup> 2 pm Bingo Games / Mary F &amp; Shirley (Outer Dining Room)</p>	<p>At Times, Notifications Occur After This Calendar Is Printed. For the Most Current Information, Please Be Sure to Check the Weekly Highlights on the Back of Your Weekly Menus, Thank You!</p> <p><b>Please Check Out Our Special Programs Shown on The Marvin Channel, 591, Daily.</b></p>			

# It's Spring!

Best wishes for a bright and happy season.

