



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

## The Marvin, Under One Roof, Inc.

### ABOUT US

#### 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

## February 2024



### Valentine Treasures

Valentine treasures are people who have often crossed your mind, family, friends, and others in your life who have shined the warmth of love or a spark of light that makes you remember them. No matter how long since you've met, each one is a luminous gem that gleams and glows in your memory bringing special pleasures; that is why this Valentine comes to each of you, our residents - you're one of those sparkling treasures. We want you to know that we hold each of you in our hearts and wish only the best for you. Thank you for being part of this great family we call The Marvin. Happy Valentine's Day!

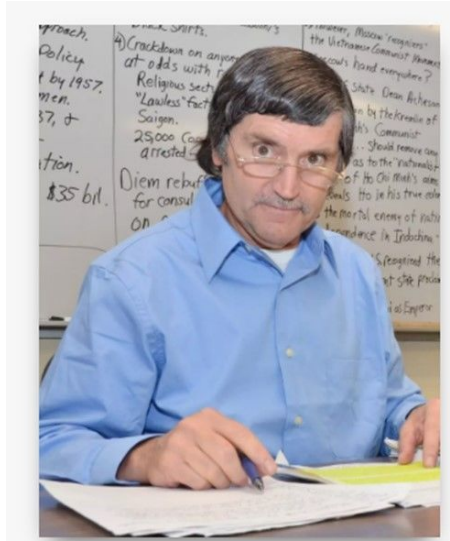
### An Affair to Remember! Feb. 14 At 2:30 PM

The team at The Marvin has a savory treat for you! Join your friends and neighbors for a Valentine's Day party! John Cloonan will be here to serenade you with special melodies; we'll have a lovely selection of wine to sample, as well as a wide variety of cheese to please your palate. This social will provide the perfect chance to mingle with your friends and neighbors. Please mark your calendars and plan to unwind in a relaxing, yet elegant atmosphere. **See you there!**



## Director's Corner

**Happy New Year!** I am delighted to be introducing the new Director's Corner! This being my first submission, I thought I would kick off the new year with a little introduction & background on how I arrived at The Marvin three months ago. Born and raised in Chicago, my family and I moved to CT five years ago for my husband's job. While I was a Prosecutor and Assistant Attorney General back in Illinois, I was looking for a career change when we arrived on the East Coast. I knew I wanted to work in the nonprofit sector and soon started writing grants for organizations. I found my passion! For the next three years, I gained invaluable experience working at a hospice and a homeless services organization. But when I walked into The Marvin for the first time this summer, I knew I was home. The past three months seem to have flown by. It is hard to believe it has only been that long – I have met so many wonderful people and feel that each resident and staff member is now a part of my extended family. I am very much looking forward to 2024 and all of its challenges, rewards, and memories to be made!



### February 7 At 2:30 PM American History

#### A Democracy? A Republic?

Americans of all sizes, types, colors, gender, and political and religious persuasions seem at a loss as to what type of government this nation was founded on. A clue can be found in the Pledge of Allegiance, and/or Article IV, Section 4 of the United States Constitution. Many of the Founders were foes of Democracy. This talk will explain while referring to the Founders' words and writings, the differences between Democracy & Republic and why the Founders were opponents of the former. As a bonus, this talk will include briefs on Socialism, Marxism (again, many seem confused as to the commonalities and differences), Fascism, and Syndicalism.

Please join us when Historian Mark Albertson discusses what type of government our nation was founded on. **Don't miss it!**



### Presidential Salute

Washington's Birthday is the official name designated to what many of us know as Presidents Day. During February, the birthdays of two of our greatest presidents take place, Abraham Lincoln, born on February 12, and George Washington, born on February 22.

We encourage everyone to take a moment on Presidents Day, February 19, and honor all 46 presidents for the profound contribution they have made to secure our nation's freedom.



### A Real Gem!

As time passes, we realize what jewels we have! Birthdays offer us a great opportunity to celebrate not just a birthday, but people whom we've come to treasure. The next time you see them, be sure to offer your congratulations and well wishes to:

Mary Frances L.	Feb. 3
Shirley R.	Feb. 21
Lucille D.	Feb. 26

## Overflowing Hearts



The team at The Marvin certainly gets caught up in the emotion of Valentine's Day!

But, while our hearts are full, they aren't the ones overflowing. It's a jar of candy hearts in the mailroom. We wondered how much candy the jar holds, and now that we know, we want to see your estimates. If you can guess the right number of hearts, you'll win a sweetheart of a prize, including the jar with all the sweet treats inside.

We hope that everyone takes a guess. The lucky winner will be announced during our social in the lounge on February 14th!

## 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 11 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.



## Live Entertainment





- 2/1 at 2:30 pm: Bernie Gagliardi, you've loved his style of music before, and you'll love him again!
- 2/14 at 2:30 pm: Join us on Valentine's Day as John & his partner serenade us with special melodies!
- 2/21 at 2:30 pm: Billy Genuario promised to put on a great Birthday Party.
- 2/28 at 2:30 pm: Winter brings Jen Disapio to sing her way into your hearts!

## WELLNESS

- Daily at 10:30 AM & Thursdays at 11 AM: Morning Exercises
- Feb. 12, 19 & 26: 10 AM to 12 PM: Massage Therapy. Please sign up for Jason's fabulous massage sessions. You will get a reminder before the event.
- February 15 at 2:30 PM: Meditation and Exercises
- Feb. 8, 22 & 29 at 2:30 PM: Chair Pilates / Bernadette.



## February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
At times, notifications occur after this calendar is printed; please be sure to check the weekly highlights on the back of your weekly menus. <b>Thank you!</b>				10:15 am Circle 1 Time / GrandFriends 11 am Exercise 2:30 pm Music & Dance With Bernie	2 10:30 am Exercise 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games	
4 2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge)	5 10:30 am Exercise 3 pm Table Game / Student Seniors Helping Seniors	6 10:30 am Exercise 2 pm Bingo Games / Mary F. & Shirley (Outer Dining Room)	7 10:30am Exercise 12 pm Lunch With GrandFriends (DR) 2:30 pm American History / M Albertson	8 10:15 am Circle Time / GrandFriends 11 am Exercise 2:30 pm Pilates With Bernadette (Lounge)	9 10:30 am Exercise 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games	
11 <b>Super Bowl</b> 2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge)	12 10 am Massage With Jason (Library) 10:30 am Exercise 6:15 pm Bible Study (Outer Dining Room)	13 10:30 am Exercise 2 pm Bingo Games / Mary F. & Shirley (Outer Dining Room)	4 <b>Ash Wednesday</b> 10:30am Exercise 12 pm Lunch With GrandFriends (DR) 2:30 pm Valentine's Day Celebration	15 10:15 am Circle Time / GrandFriends 11 am Exercise 2:30 pm Meditation With Diane (Lounge)	16 10:30 am Exercise 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games	
18 2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge)	19 <b>Presidents Day</b> 10 am Massage With Jason (Library) 10:30 am Exercise 6:15 pm Bible Study	20 10:30 am Exercise 2 pm Bingo Games / Mary F. & Shirley (Outer Dining Room)	21 10:30am Exercise 12 pm Lunch With GrandFriends (DR) 2:30 pm Celebrating Birthdays / Billy G.	22 10:15 am Circle Time / GrandFriends 11 am Exercise 2:30 pm Pilates With Bernadette (Lounge)	23 10:30 am Exercise 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games	
25 2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge)	26 10 am Massage With Jason (Library) 10:30 am Exercise Marvin Channel	27 10:30 am Exercise 2 pm Bingo Games / Mary F. & Shirley (Outer Dining Room)	28 10:30am Exercise 12 pm Lunch With GrandFriends (DR) 2:30 pm Musical Performance / Jen D	29 10:15 am Circle Time / GrandFriends 11 am Exercise 2:30 pm Pilates With Bernadette (Lounge)	"Let This New Month Bring Great Miracles, New Adventures, Incredible Breakthroughs, New Visions & Greater Blessings for You & Your Beloved Ones."	

