



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
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Yvonne Sentura
Sharon Rosen
William Roth
Margaret Costa
David Icena
Art Ebert
Michele Piskin

May 2024



A Celebration of Motherhood

As we honor our mothers on May 12, remember the lessons they have taught us: That it is better to give than to receive, that we must love our neighbors as ourselves, & that service to others brings joy.

The team at The Marvin knows the significance of motherhood, so we would like to take this opportunity to honor all the mothers, grandmothers, and great-grandmothers in our community. **We hope your Mother's Day holds all the happiness you deserve.**

Take Time to Remember



As Memorial Day approaches, it is time to pause & consider the true meaning of this holiday. While we should honor these heroes every day for the profound contribution they have made to secure our nation's freedom, we should especially honor them on Memorial Day. May 27th, at 3 pm, we ask you to participate in a National Moment of Remembrance: wherever you are, please pause for one minute of silence to commemorate our history and honor the struggle to protect our freedoms. **Thank you!**



Director's Corner

April not only brought us lots of rain, as usual, but Mother Nature threw in an earthquake, too! Now that is something I did not anticipate happening in 2024! It sure was exciting, though, and it led to some great conversations with family and friends. But it was a gentle reminder that we are not always the ones in control of what happens in our lives and that there are many things in the world that are just bigger than we are. All we can control is how we react and respond. In this case, we were all yelling, "WHAT WAS THAT?" In other news, I hope that everyone has seen the new desktop computer and printer in the library. These should work much better than the previous antiques that were collecting dust. If you need any help turning them on or starting them up, please let one of us in the office know.

Finally, I want to wish the entire Marvin Family a Happy Mother's Day—whether you are a mom, grandmother, aunt, or friend. The Marvin is filled with wonderful, nurturing women who all deserve a special day!



INTERGENERATIONAL PROGRAM



Wednesdays at 12:15 PM - 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 are 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.

Make A Wish

We hope that whatever you wish for while blowing out your candles comes true, because our wishes were certainly granted when you chose to call The Marvin home. **Happy birthday:**

Carolyn N.	May 2nd
Mary L.	May 3rd
Billie S.	May 4th
Chris C.	May 8th
Ursula G.	May 12th
Barbara P.	May 15th
Mae G.	May 18th



May 29th at 2:30 PM - War on Mother Nature! By Mark Albertson

What's happening to Mother Nature? Our planet's incredible biodiversity is under threat. Deforestation, habitat destruction, and pollution are leading to the extinction of countless plant and animal species. Ecosystem Imbalance: The extinction of even a single species can disrupt an entire ecosystem.

Climate change, man-made changes to nature as well as crimes that disrupt biodiversity, such as deforestation, land-use change, intensified agriculture and livestock production, or the growing illegal wildlife trade, can accelerate the speed of destruction of the planet.

Please join us as Mark Albertson discusses the Effects of War on the environment.

Welcome Home

To our newest residents at The Marvin, a warm welcome and best wishes for a great stay with us: **Martha W.** and **Nicholas T.** If there is anything we can do to make your stay comfortable, please let us know.

STATE OF CONNECTICUT

Elderly & Disabled

RENTER'S



Rebate Program



RENT REBATE APPLICATIONS

A notice has been sent out to all the residents who meet the requirements for eligibility. Interested/eligible residents must attend to sign the application: please check your weekly schedule for the date and time. Appointments are on a first-come, first-served basis.

Please feel free to contact Leticia Croke (Lee), Resident Services Coordinator with any questions you might have.



WELLNESS

- Daily at 10:30 AM and Thursdays at 11 AM: Morning Exercises
- May 2, 13 & 27 at 2 PM: Chair Dance Fitness
- May 6 & 20: 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.
- May 16 at 2:30 PM: Meditation with Diane
- May 9, 23 & 30 at 2:30 PM: Pilates with Bernadette



Live Entertainment

- 5/1 at 2:30 pm: Ralph DeLucia will have you smiling and dancing during the entire program!
- 5/8 at 2:30 pm: Tom and Cuz: you've loved their style of music before, and you'll love them again!
- 5/15 at 2:30 pm: Bernie Gagliardi promised to put on a great Birthday Party.
- 5/24 at 2:30 pm: Join Dawn & John Cloonan and enjoy music/lively tunes from the '40s, '50s, '60s up to the present.



All Sundays at 2 PM

Do you enjoy the excitement of classic word games? Start your word story and enjoy brainstorming with Shirley R.



All Tuesdays at 2 PM

Please join your friends and neighbors for fun afternoons of BINGO Games in the outer D.R.

All Fridays at 6:15 PM



Join the fun evenings of Wii Bowling Games.





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.

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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!			10:30 Exercise 1 12:15pm Lunch / Grand-Friends (DR) 2:30 PM Music and Dance with Ralph D.	10:15 am Circle 2 Time / GrandFriends 11am Exercise 2:15 pm Chair Dance Fitness	10:30am Exercise 3 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 am Massage 6 Therapy / Jason 10:30 am Exercise 6:15 pm Bible Study with Brenda W.	10:30 am Exercise 7 2 pm Bingo Games / Mary F & Shirley R (Outer Dining Room)	10:30 Exercise 8 12:15pm Lunch / Grand-Friends (DR) 2:30 PM Lively Music / Tom & Cuz	10:15 am Circle 9 Time / GrandFriends 11am Exercise 2:30 pm Pilates With Bernadette (Lounge)	10:30am Exercise 10 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games	 11
 12	10 am Massage 13 Therapy / Jason 10:30 am Exercise 2:15 pm Chair Dance Fitness	10:30 am Exercise 14 2 pm Bingo Games / Mary F & Shirley R (Outer Dining Room)	10:30 Exercise 15 12:15pm Lunch / Grand-Friends (DR) 2:30 PM Celebrating Birthdays / Bernie G.	10:15 am Circle 16 Time / GrandFriends 11am Exercise 2:30 pm Meditation With Diane (Lounge)	10:30am Exercise 17 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games	<i>"The influence of a mother in the lives of her children is beyond calculation."</i> ... 18
2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge) 19	10 am Massage 20 Therapy / Jason 10:30 am Exercise 6:15 pm Bible Study with Brenda W.	10:30 Exercise 21 2:45 pm Seniors Helping Seniors, Board Games And Crafts (2nd Floor)	10:30 Exercise 22 12:15pm Lunch / Grand-Friends (DR) 2 PM Bingo Games (Outer Dining Room)	10:15 am Circle 23 Time / GrandFriends 11am Exercise 2:30 pm Pilates With Bernadette (Lounge)	10:30am Exercise 24 3 pm Sing-Along / John and Dawn 6:15 pm Wii Games	★★ ★★ ★★ MEMORIAL DAY REMEMBER AND HONOR ★★ ★★ ★★ 25
2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge) 26	Memorial Day 27 The Dining Room Will Be Closed for Dinner Service Lunch Will Be Served at NOON	10:30 am Exercise 28 2 pm Bingo Games / Mary F & Shirley R (Outer Dining Room)	10:30 Exercise 29 12:15pm Lunch / Grand-Friends (DR) 2:30 PM Educational Program by Mark A.	10:15 am Circle 30 Time / GrandFriends 11am Exercise 2:30 pm Pilates With Bernadette (Lounge)	10:30am Exercise 31 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games	



A beautiful day for some outdoor PT - Kearns Julien, Physical Therapist from Western Connecticut Home Care with resident Lois M.