

# The Seasons

EAST GREENWICH



Vol. 2, No.1 Spring 2018

## CELEBRATE WITH US!



**T**he word is out and you are invited! I am so excited that our Taste of The Seasons is just weeks away. We will open the doors of Aldrich Mansion in Warwick to residents, family members, vendor partners and friends on Friday evening, May 4th for a night of fun and merriment.

Our Tasting will feature a variety of wines from Greenvale Winery and the addition of a beer selection showcasing Grey Sail Brewing of Rhode Island. The Tasting will also feature an assortment of hors d'oeuvres and light fare. As our most significant fundraiser of the year, the Tasting promises a variety of wonderful silent auction items, raffles, as well as musical entertainment by jazz ensemble Take Two.

We will also be marking an exciting milestone – our 15th Anniversary! So, come celebrate with us at the Taste of the Seasons! Your contribution is an important way to help us raise the funds needed to provide resident programs and activities that are such an important part of life at The Seasons. I hope to see you there!

*Laurie Ann Oliveira*

Laurie Ann Oliveira  
Administrator

*P.S. You can help even more by donating an auction item. Call Connie Legacy for more information.*



Enjoy a Tasting of Fine Rhode Island Wines and Beers  
with a  
Delicious Light Dinner Fare  
**Friday, May 4, 2018**  
6:30 PM  
Aldrich Mansion  
836 Warwick Neck Avenue, Warwick, Rhode Island



**Grey Sail Brewing of Rhode Island** is owned and operated by Jen and Alan Brinton on Canal Street in Westerly, RI. They are passionate about the community and producing quality craft beers. A look at their lineup of beers will show a well-balanced selection for both novices and enthusiasts to try.



**GREENVALE**  
*Vineyards*

**Greenvale Vineyards** produces 3,500 cases of exceptional estate grown wines annually in Chardonnay, Cabernet Franc, Pinot Gris, Albarino and other fine varieties. On 71 acres of historic farmland along the Sakonnet River in Portsmouth, RI, the vineyards' 27 acres of grapes are harvested by hand and the wines are crafted to reflect the delicious quality of the beautiful fruit characters.

*Celebrate with Us!*





## UPDATE: GRANDVIEW GARDENS

### *A Room with a View*



**P**rogress is being made on our Grandview Gardens renovation. One of the highlights so far has been the addition of a lovely bay window in the dining room area. The window's bright light is a welcome addition to this area and just in time to watch the blooming of spring! The view and fresh color palette of the draperies and wall covering will surely enhance the residents' dining experience.

On another note, our cat Riley has claimed some unusual places to make his perch and watch the world go by.



### MUSIC IS IN THE AIR AT

### THE SEASONS

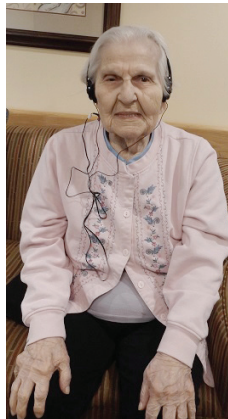
**T**he love of music knows no bounds with some of our residents, but recently The Seasons, with the help of Grandview Gardens Program Director, Rebecca Hand, initiated an effort to bring Music & Memory to our residents. This national program is focused on memory care residents with Alzheimer's disease and other cognitive impairments, delivering music in a new and unique way with wonderful results.

The concept is based on using personalized playlists stored on iPods for residents to connect and reminisce with the music they love. The part of the brain that possesses music memory is the last part of the brain to be affected by Alzheimer's and other cognitive impairments. The goal is to improve residents' overall health and well-being.

Playing individualized, familiar music sparks positive as-

sociated memories and listening to this music often results in a decrease in agitation, anxiety, sleeplessness and depression – greatly improving the individual's quality of life.

The Seasons is one of a growing list of certified providers of the Music & Memory Program in Rhode Island. Since



the program's introduction in November, The Seasons has secured five iPods funded by a Seven Hills Grant. "As we started to introduce the program, our initial focus was on residents who sometimes have a tendency to be less social due to the anxiety they experience related to a cognitive deficit," stated Rebecca. "Our hope was that the music would engage them." With a wide range of music to choose from, Rebecca has found some respond better to upbeat, dancing music, while others prefer soothing, quieter tunes. Resident family members have gotten involved by helping to create their loved one's personalized playlist.

Want to help deliver music to a loved one or one of our residents? Make a gift toward the purchase of an iPod and playlist so that more residents can participate in this program.

Visit [www.theseasons.org/supportourmission](http://www.theseasons.org/supportourmission) for more information.





**BROWN**  
Alpert Medical School

**Brown Med Students  
Conduct Program  
at The Seasons**

The Seasons has teamed up once again with Brown University Alpert Medical School for a program in which first year medical students are paired with resident volunteers. The students meet with the residents five times from October to April to conduct medical interviews, as well as components of a physical exam. This becomes part of the students' journey to becoming a doctor.

As a farewell to the students at the program's end recently, the residents and students baked cookies together, using this more leisurely time to talk and laugh with each other – clearly an activity enjoyed by all. It became apparent that their time together had built a bond – one evident by their good cheer and good cookies!



*If you or someone you know is interested in living at The Seasons, please call Lisa Toth for information. Admission packets are available.*

401.884.9099



**OUT & ABOUT**



**Association of East Greenwich**

Yankee Magazine says East Greenwich Main Street Strolls are “One of the Top 20 things to do in Rhode Island” and that is a good reason for The Seasons to be a sponsor! Strolls start in May and feature festive themes showcasing local artists, musicians and performers, offering a nostalgic shopping experience.

*50th Anniversary*

The Seasons advertising is being placed on Classical WCRI 95.9, featuring the voice of Administrator, Laurie Ann Oliveira. The Seasons will also be a sponsor of the Newport Classical Music festival, celebrating its 50th anniversary this summer.



*Put Me in Coach*



This spring The Seasons will be sponsoring an East Greenwich Little League Team and residents will have the opportunity to take in a game or two. Look for our banner in the outfield!

**Support Our Mission**



The Seasons is a premier not-for-profit assisted living and retirement community. To maintain our level of care and exceptional quality of service, we encourage residents, their families, staff and friends to support us and make The Seasons one of your charitable priorities.



Calendar of Events

## SPRING 2018

**May 4**

**Taste of the Seasons**

**May 25**

**Special Musical Entertainment**

**June 2**

**The Seasons Tea**

**June 26, July 31, August 27**

**Family Night**

**Save the Date**

**September 16**

**Walk to End Alzheimers**

**GET MOVING!  
FEEL BETTER!**



Residents are finding great ways to get moving and feeling better by working on stretching, flexibility, and the strengthening of muscles.



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*Celebrate life with us*



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**The Seasons**

SPRING 2018

[theseasons.org](http://theseasons.org)