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Newsletter | September 2017

Social Isolation and Caregiving – How It Happens and How We Can Help

It can be isolating for yourself and/or your loved one to be at home with the only interaction you have being from a caregiver—whether it be a relative, a spouse, or a paid caregiver. Though doing all you can to stay at home, you start to see a cycle of isolation beginning for both parties involved—which leads to unintended consequences of health deterioration for all involved.

“Caregiving is done with a lot of love and affection, but there’s a lot of loss involved,” said Carey Wexler Sherman, a gerontologist at the University of Michigan Institute for Social Research. “People talk about friends disappearing, about even family members not wanting to be involved. It’s a lonely business.”

Sometimes, caregivers isolate themselves. Barbara Moscovitz, senior geriatric social worker at Massachusetts General Hospital, hears clients lament that with a loved one whose dementia-related behavior can be startling, venturing out in public creates more apprehension than pleasure.

“They say, ‘I’m exhausted trying to explain to people why she’s doing what she’s doing, why they shouldn’t be angry or afraid,’” Ms. Moscovitz said. “It’s just easier to stay home.”

Yet a habit of avoiding others—or watching them avoid you—collides with a growing body of research showing how damaging isolation and loneliness can be. They are associated with a host of ills, including heart disease and stroke. Among older people, isolation is linked to depression, even higher mortality. Lonely old people, Dutch researchers have found, are more apt to develop dementia.

We’ve long thought of these factors as dangers for the people being cared for. But they also imperil caregivers, who are often older adults as well.

We know something about how to help caregivers feel less alone. Researchers have shown that even modest-sounding interventions can reduce their sense of isolation and improve their mental and physical health.

Support groups at our community, led by professionals in the field of gerontology, create a social network and outlet for caregivers

to reduce that isolation. This is often a great first step for people to explore what senior living is all about and done so in a non-threatening manner. In meeting others that are going through the same issues that you are, connections are made and the cloud of isolation starts to deteriorate. Please call us today at the community to learn more about our support groups or others in the area.

ACTIVITY HIGHLIGHT

National Assisted Living Week
September 10th – September 16th

Family is Forever, family isn’t always blood, it’s the people in your life who want you in theirs: the ones who accept you for who you are, the ones who would do anything to see you smile and who love you no matter what. —Maya Angelou



RESIDENT OF THE MONTH

This month's resident of the month is Roger Beaulieu. Roger will most likely be seen cruising around the facility handing out the daily happenings along with a compliment and warm smile. Roger is a natural born entertainer and was a lead in a barbershop quartet. In his spare time, Roger loved to go dancing and play cribbage. Roger, your positive attitude and willingness to always be unforgivably yourself makes you truly one of a kind. We are so lucky to have you be apart of our All American Family.



Roger Beaulieu

EMPLOYEE OF THE MONTH



Priscilla Reis

This month's Employee of the Month is Priscilla Reis. Priscilla is a RCA here at All American but her kindness and willingness to help does not end with giving care. Priscilla is always willing to lend a helping hand, whether that be in learning a new position to fill a shift, or helping with an activity. Priscilla's contagious smile and consistent optimism is a great addition to our team and we could never thank her for all her hard work on top of all the hard work she has being a mother. Priscilla, thank you for all that you do, your hard work never goes unnoticed or unappreciated and you are a critical part of this team.

SAVE THE DATE (Events in Coming month)

National Assisted Living Week is kicking on September 10th "Grandparents Day" with the Generations Barbershop Quartet at 1:30PM. We will have a fun-filled week of great food, games, entertainment and so much more. Our grand finale of National Assisted Living Week will be with our Annual Family Cookout on September 16th at Noon. Join us for some great food, games, dancing and the musical talents of Dan Clark the "Singing Trooper".

Resident Birthdays :

9/1.....Monia O.
9/2.....Gerry N.
9/2.....Augusta M.
9/4.....Pauline D.
9/5.....Justine S.
9/6.....Julia "Sheila" C.
9/19.....Carol P.
9/23.....Lucille C.
9/27.....Paul D.

Employee Birthdays :

9/3.....Rachell Ulysse-RCA
9/9.....Judy Corriera- LPN
9/10.....Andrea Dolloff-RCA
9/13.....Maria Perez-RCA
9/14.....Marilyn Liptrap-RCA
9/23.....Roseline Cetoute-RCA
9/27.....Regina Moore- Wait Staff
9/27.....Cassidy Burke-RCA



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September Happenings

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>NATIONAL Assisted Living Week 2017 FAMILY IS FOREVER</p> <p>9:30 Rosary 10:00 Mass 10:00 Tornado Trivia 10:30 Tornado in a Bottle 1:30 Bingo 2:30 Bocce Ball 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"</p>	 <p>9:30 Mass 10:00 Learning About Labor Day 10:30 Labor Day Trivia 1:30 Cornhole 2:15 Tools of the Trade Game 3:00 National Wildlife Day Discussion 3:30 Happy Hour! 6:30 Card Night 6:30 Movie- Wild Wild West</p>	 <p>9:30 Mass 10:00 Walking Club 10:00 Veteran's Coffee Club 10:45 Name 10 1:30 Penny Ante 2:15 Sit & Fit 3:15 Golf with Peter 3:30 Happy Hour! 6:30 Movie- Midnight in Paris</p>	<p>National Assisted Living Week 9/10- 9/16</p> <p>9:30 Mass 10:00 Seated Strength Class 10:45 TV Trivia! 1:30 Cards & Puzzles 2:00 Patrick Hoye Performs! 3:00 Yoga 3:30 Happy Hour! 6:30 Bingo 6:30 Movie- "Resident's Choice"</p>	 <p>9:30 Mass 10:00 Walking Club 10:00 Apple Cider- The Hard Facts 1:30 Q-Tip Autumn Tree Craft 2:15 Sit & Fit 3:00 Football Trivia! 3:30 Happy Hour! 3:30 Musical Entertainment! 6:30 Movie- Armageddon 8:30 Patriots Home Opener Game!</p>	 <p>9:30 Mass 9:00 Trip to the Zoo 10:00 Strength & Balance 10:45 What Am I? 1:30 Afternoon Trivia Challenge 2:00 Stretch with Peter 2:45 Do It Yourself: Sun Catchers! 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:00 Bulletin Board Trivia 10:30 Name that Tune: Classic TV Theme Songs 1:30 Cooking Corner: Rainbow Chip Fudge 2:15 Bowling League 3:00 Reminiscent Corner 3:30 Happy Hour! 6:30 Movie- Rogue One: A Star Wars Story</p>
<p>9:30 Rosary 10:00 Daily Chronicle! 10:00 Mass & Communion 10:30 Photo Booth Fun! 1:30 Miss America: Everything you Need to Know 2:00 Barbershop Quartet! 3:00 Pagan Question Contest! 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:00 Employee Obstacle Course! 10:45 Remembrance Ceremony 1:30 "Family is Forever" Scrapbooking 2:30 Mr. DJ's Quiz Show 3:30 Happy Hour! 6:30 Card Night 6:30 Movie- ET: The Extra Terrestrial</p>	<p>9:30 Mass 10:00 Sitt N Fit 10:30 Guided Art Class with Paul Casagrande! 1:30 Pie Tasting 2:00 Richie Ben's Entertainment! 3:00 Lunch Ball! 3:30 Happy Hour! 6:30 Movie- Forrest Gump</p>	<p>9:30 Mass 10:00 Yoga 10:45 Chocolate Factory Day! 1:30 Giant Ring Toss! 2:00 Musical Talents of George! 3:00 "Basket" Ball 3:30 Happy Hour! 6:30 Bingo 6:30 "Family Flick Night": Willy Wonka & the Chocolate Factory</p>	<p>9:30 Mass 10:00 Strength and Balance 10:45 Guess The Baby Picture! 1:30 Block Party! 2:30 Jim Powers Performs! 3:30 Happy Hour! 6:30 Movie- The Great Gatsby</p>	<p>9:30 Mass 10:00 The Price is Right! 10:30 Sandpong 1:30 Water Balloon Toss! 2:15 Carnival Games! 3:30 Happy Hour! 3:30 Rick Olson Performs! 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:00 Reminiscent Corner: Families! 10:45 Resident Award Ceremony! 12:00 All American Family Cookout! 2:00 Dan Clark "The Singing Trooper" 6:30 Movie- Lost in Space</p>
<p>9:30 Rosary 10:00 Mass 10:00 Constitution Day 10:45 Word in a Word: Constitution Edition 1:00 Patriots' Football Party 2:30 Bingo 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:00 Strength & Balance 10:45 Happy 70th Birthday, U.S. Air Force! 1:30 Shopping Trip: Big Lots 2:00 Cards & Puzzles! 2:30 Tai Chi 3:30 Join us for Happy Hour 3:30 Entertainment by Warren Phillips! 6:30 Card Night 6:30 Movie- Goosebumps</p>	<p>9:30 Mass 10:00 Walking Club 10:00 Cup Craft 1:30 Cooking Corner: Cissy Peanut Cookies 2:15 Sit & Fit 3:15 Golf with Peter 3:30 Happy Hour! 6:30 Movie- Silver Streak</p>	<p>9:30 Mass 10:00 Seated Strength Class 10:00 Michelle's Fashion! 10:45 Rosh Hashanah: The Jewish New Year 1:30 Apple Stamping 2:15 Can You Picture This? 2:45 Yoga 3:30 Happy Hour! 6:30 Bingo 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:00 Resident Council 10:00 Walking Club 1:30 This Was the Year.....1984 2:15 Sit & Fit 3:00 Alzheimer's Awareness Talk with Kara! 3:30 Happy Hour! 6:30 Movie- What About Bob?</p>	<p>9:30 Mass 10:00 Strength & Balance 10:45 Fall Flavor Challenge 1:30 Pinecone Bird Feeders 2:00 Stretch with Peter 2:30 Afternoon Trivia 3:00 Health Talk with Peter 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:00 Daily Horoscope Reading 10:30 Funny Sayings Saturday 1:30 Cooking Corner- Dirt Cups 2:15 Parachute Jump! 3:00 The Price is Right! 3:30 Happy Hour! 6:30 Movie- John Wayne Classic</p>
<p>9:30 Rosary 10:00 Mass 10:00 Make Your Own Bookmark! 10:30 Book Club 1:00 Patriots' Game 2:30 Bingo 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:00 Strength & Balance 10:45 Inspiration Monday! 1:30 Name that Tune: 1950's One Hit Wonders! 2:15 Bocce Ball 3:00 Can You Picture This? 3:30 Happy Hour! 6:30 Card Night 6:30 Movie- The Manhattan Project</p>	<p>9:30 Mass 10:00 Sitt N Fit 10:30 Where In the World? 10:45 Cooking Corner: Pina Colada Punch 1:30 Happy Birthday Johnny Appleseed 2:15 Craft Corner: Shaving Cream Marbleized Paper 3:00 Word in a Word 3:30 Happy Hour! 6:30 Movie- My All American</p>	<p>9:30 Mass 10:00 Seated Strength Class 11:00 Lunch Trip: 99 Restaurant 1:30 Afternoon Stroll 2:00 Chocolate Milk Social 2:45 Famous Faces 3:30 Happy Hour! 6:30 Bingo 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:00 Sit & Fit 10:45 Random Trivia 1:30 Fall Tree Craft! 2:15 Dice Game 3:00 Cinnamon Peanut Butter Granola 3:30 Happy Hour! 6:30 Movie- The Prestige</p>	<p>9:30 Mass 10:00 Strength & Balance 10:45 The Day of Atonement: Yom Kippur 1:30 Raynham Public Library Visits 2:00 Easy Does it Trivia 2:30 Resident Birthday Celebration! 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"</p>	<p>9:30 Mass 10:00 Sharing the Day with a Healthy Breakfast 10:30 Strawberry Banana Smoothie Tasting 1:30 What Am I? 2:00 Watercolor Techniques 2:45 Chair Hockey 3:30 Happy Hour! 6:30 Movie- The Newton Boys</p>

Traditional

Healthy Living – Booster Shots Are Recommended for Seniors

Most people think that vaccinations are just for kids, but adults, especially seniors who tend to have weaker immune systems, need their shots too. Here's a rundown of what vaccines the Centers for Disease Control and Prevention (CDC) recommends for seniors 65 and older, and how they're covered by Medicare.

Flu (Influenza): While you probably already know that flu shots are recommended every fall to all seniors, you may not know that those over 65 also have the option of getting a high-dose flu vaccine instead of a regular flu shot. This vaccine-known as the Fluzone High-Dose-has four times the amount of antigen as a regular flu shot does, which creates a stronger immune response for better protection. All annual flu shots are covered under Medicare Part B.

Td/Tdap (tetanus, diphtheria, pertussis): A one-time dose of the Tdap vaccine, which covers tetanus, diphtheria and pertussis (whooping cough), is recommended to all adults. All Medicare Part D prescription drug plans cover these vaccinations.

Pneumococcal: This vaccine protects against pneumonia. It is now recommended that all seniors, 65 or older, get two separate vaccines - Prevnar 13 and Pneumovax 23 - at different times. Medicare Part B covers both shots if they are taken at least 11 months apart.

Shingles (zoster): All people over age 60 should get the Zostavax vaccine, even if they've had shingles before. All Medicare Part D prescription drug plans cover this one-time vaccination.

To help you get a handle on which vaccines are appropriate for you, talk to your doctor during your next visit about what vaccinations you should get.

If you can't remember which vaccines you've already had, check with your past doctors to see if they have any records, or contact your state's health department. If you can't locate your records, your doctor can give you blood tests to see if you're immune to certain vaccine-preventable diseases.



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