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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

Summer is coming to an end, but Activities is getting into high gear! It’s our chance to Shine with National Assisted Living Week, September 10 through 17! This year’s theme, “Family is Forever” features the family in all shapes, sizes and colors! We’re showcasing our Fabulous Bear Creek Family of Residents with a Talent Display and Show, all week long! Help us in supporting our Community Family, Nature Family, and Military Families. Exciting trips out and Family Tree Workshops inside, too are in store that week. Wrapping the week is our 10th Annual Classic Car Show! Plus ongoing activities and Holiday events such as Labor Day, Fall Begins, Rosh Hashana & Yom Kippur! See you around the Community!





## Resident Of The MONTH



**Emily Gardner**

### 5 questions for Emily!

#### What was your favorite vacation?

I'd say when I spent 3 weeks in Africa several years ago! I went to so many places like Senegal & Gambia where Kunta Kinte of Roots, was from. I also went to China in 1982, just when they allowed US citizens to travel there. It was a remarkable place!

#### Who do you most admire?

Michelle Obama! I find her so dynamic and accomplished! You just know she was the power behind the President!

#### Share a childhood memory?

I enjoyed school and I was a good student. I made Honor Roll every year and loved reading. I was always questioning 'why'. I recall trips to Coney Island as a child with my mom. She wasn't fond of trips but she took us there, which made it special.

#### Where would you travel and why?

I've never been to Hawaii and South Africa. Those are places I'd love to visit. But the flight is SO long, I don't think I could do that anymore!

#### Of what are you most proud?

Turning 80! It felt like a big feat! I was always focused on those big birthday's -- turning 50, turning 65. I am so happy to be 80! I just had my birthday in July!



**Sunday, September 17<sup>th</sup>**

**10<sup>th</sup> ANNUAL CLASSIC  
CAR SHOW**

**11:00 am – 3:00 pm**

**FREE COMMUNITY EVENT**

**Great Cars! Food Trucks!**

**Cool Treats! Music!**

### Resident Birthday's in September :

Helen L.....9/6<sup>th</sup>

Anne K. ....9/20<sup>th</sup>

Roselyn R.....9/22<sup>nd</sup>

Anne G. ....9/26<sup>th</sup>

Eleanor G.....9/28<sup>th</sup>

#### Birthday Bash:

**Tuesday, September 19<sup>th</sup>**

**2:30 pm**

### “Resident Recognition” Recipient for September :

**Minnie Juah**

Nursing Department

CNA

Congratulations!

### Employee of the Month for September :

**Sidney Villa**

Dietary Department

Server

Congratulations!



## Staff Directory of DEPARTMENT HEADS

#### Executive Director

**Jesse Farmer**

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#### Director of Resident Services

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**BEAR  
CREEK**  
A SENIOR LIVING  
COMMUNITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>SEPTEMBER</div>						
3	4	5	6	7	8	9
9:30 Bus to Lutheran Church Sunday Services 9:30 Bus to Catholic Church Sunday Services 10:00 Worship Service Live Simulcast 2:00 Afternoon Bingo 3:15 Sunday Sundries Meet & Greet 6:45 Rest & Relax	9:30 Vendor Sales with Gina! 1:45 NALW Beading Class with Gina 3:15 Meet & Greet 6:45 No Labor Rest & Relax!	9:30 BC Walkers-Morning Stroll 9:45 Balloon Volleyball 10:30 YOGA with Faye! 10:30 Bus Trip to CVS 1:30 Bus Trip to Dollar Tree 1:45 NALW rehearsal 3:15 Meet & Greet 6:45 Evening Bingo!	9:30 Morning Trivia! 10:00 Having a Ball Exercise 11:00 Trip to Jersey Shore Picnic! 1:45 Matinee Cinema 3:15 Patio Meet & Greet! 3:45 BC Gamers 6:45 Evening Bingo!	9:30 Morning Zodiac Chat 10:00 Communion Services 10:15 Stretchy Bands Exercise FLY 10:30 YouTube Silities 1:45 Classic Cinema 2:00 Food Council Meeting 3:15 Autumn Drinks Meet & Greet 3:15 Bible Study with Fran 6:45 Poker with the Gang 6:45 Evening Bingo!	9:30 Morning Coffee Chat 10:15 Sittersize Exercise 1:45 Classic Cinema 2:00 Rummikub Anyone? 3:15 Popcorn Meet & Greet! 4:00 Pray the Rosary / Celebrate Shabbos 6:45 Rest & Relax	9:30 Dollar Store Deals 10:00 Balloon Volleyball 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Cookies & Milk Meet & Greet 7:00 Poker with the Gang
10	11	12	13	14	15	16
9:30 Bus to Lutheran Church Sunday Services 9:30 Bus to Catholic Church Sunday Services 10:00 Worship Service Live Simulcast 12:30 Narl Grandparents Day! Candy Shopping 2:00 Afternoon Bingo 2:00 Narl Grandparent's Day! 6:45 Rest & Relax	9:30 NALW "Community" Family 9:45 Family Tree Workshop 10:15 Food Drive Charity for RISE & Delivery 1:45 Life Story Workshop with Danna! 3:15 NALW with Paula's Ice Cream Treats 6:45 Evening Bingo!	9:30 NALW "Mother Nature" Family 9:45 Family Tree Workshop 10:00 Foam Cups Recycle Project 1:30 Princeton Univ. Art Museum Trip 1:45 Matinee Cinema 3:15 Meet & Greet! 6:45 Evening Bingo	9:30 NALW "Military" Family 10:00 Communion Services 10:30 Family Tree Workshop 12:15 Grounds for Sculpture Trip & Picnic 1:45 NALW Family Cinema "Cheaper by the Dozen" 3:15 Autumn Drinks Meet & Greet 3:15 Meet & Greet 7:00 Bear Creek Open House Music	9:30 Chatting with Dorothy 10:00 Communion Services 10:30 Stretchy Bands Exercise 2:00 Rosh Hashana Chat 2:45 Food Council Meeting 3:15 Bible Study with Fran 3:15 Apple Snack-Drink Meet & Greet 6:45 Poker with the Gang 6:45 Evening Bingo!	10:15 Sittersize Exercise 1:45 NALW Family Cinema "Black or White" 2:00 Rummikub Anyone? 3:15 Popcorn Meet & Greet! 4:00 Pray the Rosary / Celebrate Shabbos 6:45 Rest & Relax	9:30 Narl Assisted Living Week 10:00 Balloon Volleyball 10:45 Bowling in the Halls 2:00 Afternoon Music Performance with Kari 3:15 Cookies & Milk Meet & Greet 7:00 Poker with the Gang
17	18	19	20	21	22	23
9:15 Narl Assisted Living Week 9:30 Bus to Lutheran Church Sunday Services 9:30 Bus to Catholic Church Sunday Services 10:00 Worship Service Live Simulcast 11:00 10th Annual Classic Car Show! 6:45 Rest & Relax	9:30 Morning Coffee Chat 10:30 Bus Trip to CVS 1:30 Bus Trip to Walmart 1:45 Tai Chi Chih with Siobhan 2:45 DESTINATIONS-Travelogue Israel 3:15 Meet & Greet 3:15 Smoothies Meet & Greet 6:45 Evening Bingo!	9:30 BC Walkers-Morning Stroll 10:00 Sittersize Exercise 10:30 YOGA with Faye! 10:30 Bus Trip to ShopRite 1:45 DESTINATIONS - Bakers- Israel! 2:30 Birthday Bash with JT! 6:45 Evening Bingo!	9:30 Morning Trivia! 10:00 Having a Ball Exercise 11:15 DESTINATIONS-Lunch OUT 1:45 Matinee Cinema 3:15 WELCOME Meet & Greet! 3:45 BC Gamers 6:45 Evening Bingo!	9:30 Chatting with Dorothy 10:00 Communion Services 10:30 Stretchy Bands Exercise 2:00 Rosh Hashana Chat 2:45 Food Council Meeting 3:15 Bible Study with Fran 3:15 Apple Snack-Drink Meet & Greet 6:45 Poker with the Gang 6:45 Evening Bingo!	9:30 Morning Coffee Chat 10:15 Sittersize Exercise 1:45 Classic Cinema 1:45 BC Crafters - Autumn 2:00 Rummikub Anyone? 3:15 Popcorn Meet & Greet! 4:00 Pray the Rosary / Celebrate Shabbos 6:45 Rest & Relax	9:30 Dollar Store Deals 10:00 Balloon Volleyball 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Cookies & Milk Meet & Greet 7:00 Poker with the Gang
24	25	26	27	28	29	30
9:30 Bus to Lutheran Church Sunday Services 9:30 Bus to Catholic Church Sunday Services 10:00 Worship Service Live Simulcast 1:45 Sunday Matinee 2:00 Afternoon Bingo 3:15 Ice Cream Cone Meet & Greet 6:45 Rest & Relax	9:30 Morning Coffee Chat 9:45 Balloon Volleyball 10:30 Bus Trip to CVS 10:45 Bear Cave Men's Club Meeting 1:30 Bus Trip to Apple Orchard FLY 1:45 Musical Matinee 3:15 Meet & Greet 3:45 BC Gamers 6:45 Evening Bingo!	9:30 BC Walkers-Morning Stroll 10:00 Sittersize Exercise 10:30 Bus Trip to McCaffrey's 10:45 MindGames 1:30 Bus Trip to Dollar Tree 2:00 Wonder with Wendell! 3:15 Meet & Greet 6:45 Evening Bingo!	9:30 Morning Trivia! 10:00 Having a Ball Exercise 10:00 Vendor Sales-As Seen on TV 11:15 Lunch OUT - Charlie Browns 1:45 Matinee Cinema 3:15 Patio Meet & Greet! 3:45 BC Gamers 6:45 Evening Bingo!	9:30 Chatting with Dorothy 9:30 Morning Zodiac Chat 10:00 Communion Services 10:30 Stretchy Bands Exercise 2:00 Art of the Masters Workshop 3:15 Autumn Drinks Meet & Greet 3:15 Bible Study with Fran 6:45 Poker with the Gang 6:45 Evening Bingo!	9:30 Morning Coffee Chat 10:15 Sittersize Exercise 1:30 Bus Trip to Dollar Tree 2:00 Rummikub Anyone? 2:00 HRG Lectures with Paul 3:15 Popcorn Meet & Greet! 4:00 Pray the Rosary / Celebrate Shabbos 6:45 Rest & Relax	10:00 Balloon Volleyball 10:00 Autumn Nature Stroll 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Cookies & Milk Meet & Greet 7:00 Poker with the Gang

# Healthy Living –

## Booster Shots Are Recommended for Seniors

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**M**ost 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.



**BEAR  
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