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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. Through 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

Fresh From the Farm Extravaganza

Our residents thoroughly enjoyed every aspect of the fresh, local produce! They husked the corn, sliced the tomatoes & peaches! And most of all loved the deliciousness of it all!





Resident Of The MONTH



Josephine Garone

Josephine "Cicio" Garone, obviously of Italian descent, was born in Brooklyn, NY on June 1st 1922. She married the love of her life John on April 19, 1947 & raised her son & daughter in the same area. They traveled frequently to Las Vegas to visit family and love playing the slot machines. She worked in a knitting mill and other occupations, but her favorite one was being a homemaker. She enjoyed cooking and baking for her family & friends. This tradition continues here at Paragon with her daughter Joanne sharing her mother's recipes & volunteering at the same time to do our Baking programs.



We honor our Nursing staff for saving a resident's life performing the Heimlich last month!

We want to thank and recognize them for the amazing work they did!!

THANK YOU:

Names left – right for nursing staff: Joanne Caldiero, Wellness Director, Kim Antonucci, CNA, Sara Ramirez, CMA, Tiffany Dominquez, LPN, Liz Macedo, CMA, Donna Hockenbry, CNA & Evelyn Arancibia, CMA

Save the Date

National Assisted Living Week

"Family Is Forever"

September 10th – 16th

Sunday, September 10th

Grandparents Day Party

Time : 2:00 pm

Tuesday, September 12th

In-House Lunch Bunch

Time : 12 noon

Wednesday, September 20th

Great American Songbook Show

Time : 3:00 pm

Friday, September, 29th

Oktoberfest

Time : 3:30 pm

Residents Birthdays:

Marilyn Pearson	Sept. 9 th
Betty Branin	Sept. 9 th
Lynn Henstrand	Sept. 10 th
Michael Joyce	Sept. 13 th
Rose Maddaloni	Sept 18 th
Maryann Librizzi	Sept. 22 nd
Rudy Oekinghaus	Sept. 25 th
Jakob Wittwer	Sept. 30 th



Staff Directory of DEPARTMENT HEADS

Regional Director of Operations

Allison Kuiken

akuiken@Kapdev.com

Executive Director

Bob Angel

rangel@ParagonVillage.com

Wellness Director

Joanne Caldiero, RN

jcaldiero@ParagonVillage.com

Directors of Community Relations

Colleen Baxter

cbaxter@ParagonVillage.com

Janel Doherty

jdoherty@ParagonVillage.com

Activities Director

Joan Cummins

jcummins@ParagonVillage.com

Housekeeping Director

Erin Dacey

edacey@ParagonVillage.com

Rose Lane Director

Margaret Kaliczynski

mkaliczynski@ParagonVillage.com

Business Office Manager

Lori Bertholf

lbertholf@ParagonVillage.com

Food Service Director

Manny Rodriguez

mrodriguez@ParagonVillage.com

Facilities Director

Dan Poulter


dpoulter@ParagonVillage.com



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BENTLEY COMMONS AT PARAGON VILLAGE

A Premier Senior Living Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p> FAMILY IS FOREVER National Assisted Living Week® September 10-16, 2017</p> <p>10:00 Reminisce & Current Events 11:30 Move and Groove 1:30 Sunday Matinee 3:45</p>	<p>9:15 Nice to See You 10:00 Sunshine Club 11:30 Fit Xpress 1:30 Bingo 3:30 Payroll Game 4:30 Bizarre Foods</p> <p> LABOR DAY</p> <p>9:15 Nice to See You 10:00 Sunshine Club 11:30 Fit Xpress 1:30 Bingo w/ Kristi 3:30 Crafters Corner "Family is Forever" 4:30 Bizarre Foods</p>	<p>9:15 Morning Greeting 10:00 Sunshine Club 11:30 Whoga 1:15 Walmart 1:30 Bingo w/ Kristi 3:30 Color Comfort 4:30 Amazing Travels</p> <p>9:15 Happy Hump Day 10:00 Sunshine Club 10:30 Mass w Father Antonio 11:30 Shake it Up 2:00 Movie Matinee 4:15 Discuss and Recall "What's my Job?"</p>	<p>9:15 Meet & Greet 10:00 Sunshine Club 10:45 Prayer Group w Trish 11:30 Stronger Seniors 1:30 Bingo w Kristi 3:30 TV Shows Game 4:30 Smithsonian Secrets</p>	<p>Living: 9:15 Nice to See You 10:00 Sunshine Club 11:30 Healthy Living 1:30 Bingo 3:30</p> <p> ALL FOR SMILES TURN A 5-STAR</p>	<p>9:15 Meet & Greet 10:00 Sunshine Club 11:15 Fittersitters 1:30 Bingo 3:30 Word Mining</p>	<p>9:15 Meet & Greet 10:00 Sunshine Club 11:15 Fittersitters 1:30 Bingo 3:30 Word Mining</p> <p> VILLAGERS FORTUNE</p>
<p>10:00 Reminisce & Current Events 11:30 Move and Groove 1:30 Sunday Matinee 3:45</p> <p> National Grandparents Day</p>	<p>9:15 Morning Greeting 10:00 Sunshine Club 11:30 Whoga 1:30 Bingo 3:30 generations "Because we're stronger together" Show and Tell 4:30 Amazing Travels</p>	<p>9:15 Happy Hump Day 10:00 Sunshine Club 10:30 Mass w Father Antonio 11:30 Shake it Up 2:00 Movie Matinee 4:15 Family Humor Hour</p>	<p>9:15 Meet & Greet 10:00 Sunshine Club 10:45 Prayer Group w Trish 11:30 Stronger Seniors 1:30 Bingo w Kristi 3:30 FAMILY FEUD 4:30 Smithsonian Secrets</p>	<p>9:15 Nice to See You 10:00 Sunshine Club 11:30 Healthy Living 1:30 Bingo 3:30 Who's That Resident? 4:30 Discover Wildlife</p>	<p>9:15 Meet & Greet 10:00 Sunshine Club 11:15 Fittersitters 1:30 Bingo 3:30 Word Mining</p>	<p>9:15 Meet & Greet 10:00 Sunshine Club 11:15 Fittersitters 1:30 Bingo 3:30 Word Mining</p> <p> VILLAGERS FORTUNE</p>
<p>10:00 Reminisce & Current Events 11:30 Move and Groove 1:30 Sunday Matinee 3:45</p>	<p>9:15 Morning Greeting 10:00 Sunshine Club 10:45 Baking w/ Joanne 1:30 Bingo 3:30 TV Shows We Know and Love 4:30 Amazing Travels</p>	<p>9:15 Happy Hump Day 10:00 Sunshine Club 11:00 Communion 11:30 Shake it Up 1:30 Bingo 3:00 Carol Erickson Performs "The Great American Songbook"</p>	<p>9:15 Meet & Greet 10:00 Sunshine Club 10:45 Prayer Group w Trish 11:30 Stronger Seniors 12:00 Lunch Bunch Olive Garden 1:30 Bingo w Kristi 3:30 Color Comfort 4:30 Smithsonian Secrets</p>	<p>9:15 Nice to See You 10:00 Sunshine Club 11:30 Healthy Living 1:30 Bingo 3:30 Discover Wildlife</p> <p> ALL FOR SMILES TURN A 5-STAR</p>	<p>9:15 Meet & Greet 10:00 Sunshine Club 11:15 Fittersitters 1:30 Bingo 3:30 Word Mining</p>	<p>9:15 Meet & Greet 10:00 Sunshine Club 11:15 Fittersitters 1:30 Bingo 3:30 Word Mining</p> <p> VILLAGERS FORTUNE</p>
<p>10:00 Reminisce & Current Events 11:30 Move and Groove 1:30 Sunday Matinee 3:45</p>	<p>9:15 Morning Greeting 10:00 Sunshine Club 11:30 Whoga 1:30 Bingo 3:15 Housewarming Social 3:45 Pasta Ante 4:30 Amazing Travels</p>	<p>9:15 Happy Hump Day 10:00 Sunshine Club 11:00 Communion 11:30 Shake it Up 2:00 Movie Matinee 4:15 Discuss and Recall</p>	<p>9:15 Meet & Greet 10:00 Sunshine Club 10:45 Prayer Group w Trish 11:30 Stronger Seniors 1:30 Bingo w Kristi 3:30 Resident Council 4:30 Smithsonian Secrets</p>	<p>9:15 Nice to See You 10:00 Sunshine Club 11:30 Healthy Living 1:30 Bingo 3:30 Eric Kerssen Performs</p>	<p>9:15 Meet & Greet 10:00 Sunshine Club 11:15 Fittersitters 1:30 Bingo 3:30 Word Mining</p>	<p>9:15 Meet & Greet 10:00 Sunshine Club 11:15 Fittersitters 1:30 Bingo 3:30 Word Mining</p> <p> VILLAGERS FORTUNE</p>

Bob's Do Drop Inn Store Hours: Mon 10-12 Thursday 2-4

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.



A Premier Senior Living Community

425 Route 46 East, Hackettstown,
NJ 07840

www.BentleyAtParagonVillage.com

908-498-0118
