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Bentley Assisted Living | 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

Bentley End of Summer BBQ

We could not have asked for a better day! Beautiful weather, great food and entertainment, and tons of dancing!





Resident Of The MONTH



Isabelle Heller

Isabelle has been a part of the Bentley Family since November 2014. She was born August 2 in Andover NJ where she also grew up. Isabelle worked at Selective Insurance and as a hostess at Perona Farms. Isabelle was married August 13th, 1950 and has four children, eight grandchildren, and four great grandchildren. Some of Isabelles hobbies include cross-word puzzles, reading, sewing, golfing, bowling, and dancing. She also loves animals and to travel.

"Kudos 4 Caring"

Have you seen an employee going above and beyond? Did a certain employee do something for you that made you feel special? Did you overhear a conversation amongst an employee and a resident that made you or them feel good? If so, jot it down on a "Kudos 4 Caring" thumbs up card and post it on our new bulletin board in the lobby. We are always looking to celebrate our employees that go above and beyond!

**Please join us in
congratulating our
Executive Director,
Desarae who is expecting!
Baby Tramontozzi is due
March 2018**



Sunday, September 10th

Bentley Brunch

10:30 am – 12:00 pm

Please join us in celebrating
Grandparents Day & the start of
"National Assisted Living Week"
with brunch!

RSVP to the concierge by
September 7th

Thursday, September 21st

Out to Lunch Bunch-The Chatterbox

Meet in the Lobby at 11:45 am

Sign up at the front desk, as this new
trip is sure to fill up fast!

Resident Birthdays:

Bob B.	9/3
Mel H.	9/5
Jean P.	9/13
Carole C.	9/28
Don T.	9/11
Hilda V.	9/15
Evelyn S.	9/18

Staff Birthdays:

Cindy H.	9/2
Ellen T.	9/6
Jane D.	9/8
Cindy S.	9/19
Marian D.	9/21
Justin G.	9/27
Nathan P.	9/28



Staff Directory of DEPARTMENT HEADS

Executive Director

Desarae Tramontozzi

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Director of Business & Human Relations

Dana Lunger

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Director of Sales & Marketing

Nathan Pangborn

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Director of Nursing

Robert Meichsner

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Director of Maintenance

Ralph Flatt

Activities Director & Corporate Life

Engagement Director

Amy Cullen

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Dining Services Director

Marian Day

Director of Rose Lane Memory Care


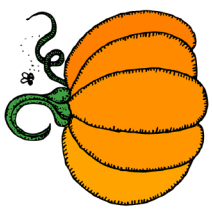
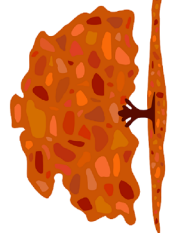



Melinda Bellis

mbellis@bentleyassistedliving.com



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September 2017
Assisted Living

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
<p>Happy Birthday Bob!</p> <p>10:15 Sit to Be Fit</p> <p>11:00 Bingo!</p> <p>2:30 Sundae Sunday Social</p> <p>3:15 Wheel of Fortune</p> <p>6:00 Music of Faith</p>	<p>Labor Day</p> <p>10:15 Whoga</p> <p>11:00 Labor Day Trivia & Reminiscence</p> <p>1:30 Labor Day Movie Matinee & Refreshments</p> <p>6:00 Evening News Group</p>	<p>Happy Birthday Mel!</p> <p>Cheese Pizza Day</p> <p>10:15 Walking Club</p> <p>11:00 Pictionary</p> <p>2:00 Laurie and James Performance</p> <p>3:15 Mens Club</p> <p>7:00 Jeopardy Group</p>	<p>Read a Book Day</p> <p>9:15 Bus Trip</p> <p>11:15 Book Club</p> <p>2:00 Exervolve</p> <p>3:15 Happy Hour on the Patio</p> <p>6:00 Card Game Club</p>	<p>9:15 Catholic Services</p> <p>9:45 Rosary</p> <p>11:15 Exercise with Maryann</p> <p>2:00 Skitts for Seniors</p> <p>3:15 Bentley Bakers</p> <p>6:00 Puzzle Club</p>	<p>10:15 Hand Exercises to Help Arthritis</p> <p>11:00 Manicures & Hand Massages!</p> <p>2:00 Domino Group</p> <p>3:15 Adult Coloring Club</p> <p>6:00 Movie Night!</p>	<p>10:30 Fitness Fun</p> <p>11:00 Bingo!</p> <p>2:30 Dog Grooming Demo with Maryann and Mickey</p> <p>3:15 Relax and Refreshments on the Patio</p> <p>6:00 Board Game Group</p>
<p>National Assisted Living Week "Family is Forever"</p> <p>10:30 Bentley Brunch!</p> <p>2:30 Grandparents Day Reminiscence</p> <p>3:15 Word Games</p> <p>6:00 Music of Faith</p> 	<p>10:15 Whoga</p> <p>11:00 Thank You Card Creating</p> <p>2:30 Name that Tune</p> <p>3:15 Patriotic Trivia & Treats</p> <p>6:00 Evening News Group</p>	<p>10:15 Walking Club</p> <p>11:00 Celebrity Spotlight- Maya Angelou</p> <p>2:00 Performance by Christine Deleon</p> <p>3:15 Choco-Haulies Anonymous</p> <p>7:00 Jeopardy Group</p>	<p>Sewing Machine Day</p> <p>9:15 Bus Trip</p> <p>11:15 Word Games</p> <p>2:00 Ice Cream Truck & Trivial!</p> <p>3:00 Exervolve</p> <p>3:15 Sewing & Knitting Circle</p> <p>6:00 Card Game Club</p>	<p>Cream Filled Doughnut Day</p> <p>9:15 Catholic Services</p> <p>9:45 Rosary</p> <p>11:15 Exercise with Maryann</p> <p>2:00 Family Tree Creating</p> <p>3:15 Doughnuts, Coffee, & Current Events</p> <p>6:00 Puzzle Club</p>	<p>10:15 Hand Exercises to Help Arthritis</p> <p>11:00 Manicures & Hand Massages!</p> <p>1:00 Cava Winery Trip</p> <p>3:15 Domino Group</p> <p>6:00 Movie Night!</p>	<p>Collect Rocks Day</p> <p>10:30 Fitness Fun</p> <p>11:00 Bingo!</p> <p>2:30 Kindness Rocks Project</p> <p>3:15 Apple Dumping Day Social</p> <p>6:00 Board Game Group</p>
<p>Apple Dumping Day</p> <p>10:15 Sit to Be Fit</p> <p>11:00 Bingo!</p> <p>2:00 Hope Church Service</p> <p>3:15 Build Your Own Ice Cream Sundae</p> <p>6:00 Music of Faith</p>	<p>10:15 Whoga</p> <p>11:00 Crafting Corner</p> <p>2:00 Movie Matinee</p> <p>3:15 Snack Bar Break</p> <p>6:00 Evening News Group</p>	<p>10:15 Walking Club</p> <p>11:00 Destinations Travel Program-Germany!</p> <p>2:00 A Taste of Oktoberfest</p> <p>3:15 Coupons for a Cause</p> <p>7:00 Jeopardy Group</p>	<p>Punch Day</p> <p>9:15 Bus Trip</p> <p>11:15 Wheel of Fortune</p> <p>2:00 Exervolve (RL Patio)</p> <p>3:15 Happy Hour</p> <p>6:00 Card Game Club</p>	<p>Mini Golf Day</p> <p>9:15 Catholic Services</p> <p>9:45 Rosary</p> <p>11:00 Exercise with Maryann</p> <p>11:45 Out to Lunch Bunch</p> <p>3:15 Put-put on the Patio</p> <p>6:00 Puzzle Club</p>	<p>Fall Begins</p> <p>10:15 Hand Exercises to Help Arthritis</p> <p>11:00 Manicures & Hand Massages!</p> <p>2:00 Bible Study</p> <p>3:15 Fall Favorites Social</p> <p>6:00 Movie Night!</p>	<p>Oktoberfest Begins!</p> <p>10:30 Fitness Fun</p> <p>11:00 Bingo!</p> <p>2:30 Trivia and Treats</p> <p>3:15 Left, Right, Center \$</p> <p>6:00 Board Game Group</p>
<p>10:15 Sit to Be Fit</p> <p>11:00 Bingo!</p> <p>2:30 Ice Cream Soda Social</p> <p>3:15 Word Games</p> <p>6:00 Music of Faith</p>	<p>Cherries Jubilee Day</p> <p>10:15 Whoga</p> <p>11:00 Resident Council</p> <p>2:00 Bentley Bakers</p> <p>3:15 Cooking Creations & Coffee</p> <p>6:00 Evening News Group</p>	<p>Jonny Applesed Day</p> <p>10:15 Walking Club</p> <p>11:00 Classic Comics & Coffee</p> <p>2:00 Ray Longchamp</p> <p>3:15 All About Apples Social</p> <p>7:00 Jeopardy Group</p>	<p>9:15 Bus Trip</p> <p>11:15 Word Games</p> <p>2:00 Happy Hour</p> <p>3:15 The Price is Right!</p> <p>6:00 Card Game Club</p>	<p>National Good Neighbor Day</p> <p>9:15 Catholic Services</p> <p>9:45 Rosary</p> <p>11:15 Exercise with Maryann</p> <p>2:00 Resident Recognition Committee</p> <p>3:00 Get to Know Your Neighbor "Block Party"</p> <p>6:00 Puzzle Club</p>	<p>10:15 Hand Exercises to Help Arthritis</p> <p>11:00 Manicures & Hand Massages!</p> <p>2:00 Patio Games</p> <p>3:15 Brain Games</p> <p>6:00 Movie Night!</p>	<p>10:30 Fitness Fun</p> <p>11:00 Bingo!</p> <p>2:00 Cider & Doughnuts Social</p> <p>3:15 Left Right Center</p> <p>6:00 Board Game Group</p>

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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