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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

Out to lunch it was! The Brookside "Guys" / "Men's Club" enjoyed a great afternoon of food and chat at one of our local restaurants. Cuzzin's, a fabulous Pizzeria & Restaurant located in Freehold, was the place to be. The lunch trip, headed by our own bus drivers Clifford & George, was a great success! Cuzzin's staff members couldn't be more hospitable to our guys and we send a great big Thank You their way for making it a memorable event!





Resident Of The MONTH



Meet Eleanor

Meet Eleanor, known by most as Miss Ellie. Brookside has been her home since February of 2010. Dressed to the nine's each day, one of her exceptional hats always adds the finishing touch! Actually last year Miss Ellie was gracious in letting us display her gorgeous and unique hat collection for all to admire and enjoy. Always a smile upon her beautiful face, Miss Ellie is surely a sweetheart and the Brookside is proud that she has chosen us for her home.

COMING IN OCTOBER:

Sukkot begins the eve of the 4th

Join us Sunday, October 15th,

from 2 – 4 pm for our annual

“Harvest Festival”. Pony Rides,

Petting Zoo, Train Rides & more!

Resident Birthday :

Paulina L	Sep. 6 th
Rosalie K	Sep. 12 th
Bertha L	Sep. 13 th
Isabel F	Sep. 15 th
Benjamin S	Sep. 18 th
Marwin B	Sep. 19 th
Martin K	Sep. 20 th
Mel K	Sep. 23 rd
Vera L	Sep. 23 rd
Irene H	Sep. 26 th
Betty G	Sep. 28 th
Ann K	Sep. 30 th

EMPLOYEE OF THE MONTH!



Abraham Olivera

Congratulations to Abraham Olivera, Brookside's September “Employee of the Month”. Abe has been with the Brookside since July of 2006. He currently holds a position in our Housekeeping Department and does an exceptional job! Always with a smile upon him you will mainly see Abe late afternoon into the evening being certain the Brookside community is looking its best. Excellent job Abe!



Staff Directory of DEPARTMENT HEADS

Executive Director

Jesse Farmer

Director of Nursing

Mimi Hulbirt

Rose Lane1 Director

Cecilia Prinke

Rose Lane 2 Director

Erika Bennett

Director of Marketing

Carl Prasch

Move-in Coordinator

Krista Reyes

Community Relations

Maryann Warner - Johnson

Business Office Manager

Teresa Spinicchia

Director of Housekeeping

Brad Sargent

Director of Maintenance

Jeff Fabian

Director of Activities

Susan Fabian

Food Service Director

Erin O'Connell

Resident Council President

Barry Stettin



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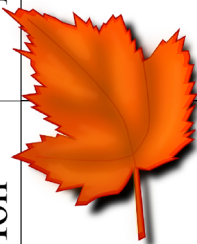
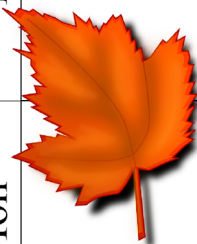
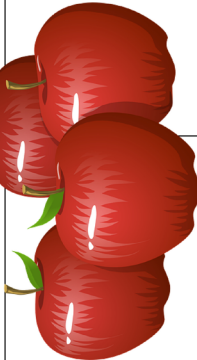
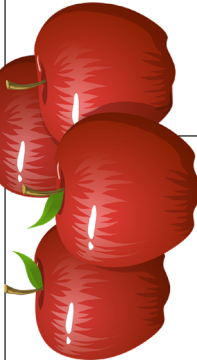
THE BROOKSIDE

A Kosher Assisted Living and Memory Care Community

September 2017

BROOKSIDE ASSISTED LIVING



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 10:00 Exercise 10:30 Documentary Day 3:00 Board Games 4:15 Town Square Chat 7:20 Sunday Night Movie 7:30 Independent Chat	 10:00 Facebook 10:40 AM Exercise 10:45 Labor Day Celebration with Aaron 2:45 Bingo Matinee 3:00 Left Night Center 7:30 Holiday Movie	 9:30 Morning News with Clifford 10:00 Facebook 10:00 Daily Exercise 11:00 Imagine Art 2:30 Shopping / Dollar Store / Two Trips 3:00 Men's Cafe Chat 7:20 Tuesday Night Movie	 9:30 Morning News with Clifford 10:00 AM Exercise 10:30 Atlantic City Poker 11:00 Yoga with Sheri 11:00 Chess with Sarah 3:00 Crochet with Sarah 3:00 Night at Home Program / Senior Bullying 7:20 Evening Bingo	 9:30 Morning News with Clifford 10:00 Exercise 10:30 Catholic Services 11:00 Frisbee Fling 11:00 Lunch Trip / Turning Point 3:00 Soothing Hand Massages 7:20 Evening Bingo	10:00 Poker with Alan & Linda 10:00 Manicures 10:00 Daily Exercise 11:00 Friday Bingo 3:00 The color is... 3:00 Entertainment with Carla 7:10 Candle Lighting	9:30 Shacharis Services 10:00 Exercise 11:00 Time with Karen 11:00 Board Games 2:45 Bingo 7:20 Saturday Evening Movie 7:30 Independent Chat
10:00 Exercise 10:30 Documentary Day 11:00 Trip / Sunday Brunch 3:00 Board Games 4:15 Town Square Chat 7:20 Sunday Night Movie 7:30 Independent Chat	10:00 Facebook 10:40 AM Exercise 11:00 Spelling Bee 11:00 Monday Masterpieces 3:00 Music & Song with Carla / Remembering 9/11 7:20 Evening Bingo	9:30 Morning News with Clifford 10:00 Facebook 10:00 Daily Exercise 10:30 Men's Committee Meets 11:00 Imagine Art 11:00 We Are Family with Fred 2:30 Trip / Shop Rite 3:00 Chair Massage with Alea 4:00 Rabbi Friedrich Yisd for High Holy Days 7:20 Tuesday Night Movie	9:30 Morning News with Clifford 10:00 AM Exercise 10:30 Creating with Clay 11:00 Yoga with Sheri 11:00 Chess with Nolan 3:00 Crochet with Sarah 6:00 Evening Outing / Flag Retirement Ceremony / VFW 7:20 Evening Bingo	9:30 Morning News with Clifford 10:00 Exercise 10:30 Catholic Services 11:00 Frisbee Fling 11:00 Lunch / No Gals 3:00 Soothing Hand Massages 3:30 Yoga / High Blood Pressure 3:30 Yoga / Cardiovascular / Yoga & Laser Time / Subject to find out 7:20 Evening Bingo	10:00 Poker with Alan & Linda 10:00 Manicures 10:00 Daily Exercise 11:00 Friday Bingo 3:00 The color is... 3:00 Happy Hour with Arnie 6:47 Candle Lighting	9:30 Shacharis Services 10:00 Exercise 11:00 Time with Karen 11:00 Board Games 2:45 Bingo 7:20 Saturday Evening Movie 7:30 Independent Chat
10:00 Exercise 10:30 Documentary Day 1:00 Brookside Art Show 3:00 Board Games 4:15 Town Square Chat 7:20 Sunday Night Movie 7:30 Independent Chat	10:00 Facebook 10:40 AM Exercise 11:00 Spelling Bee 11:00 Monday Masterpieces 3:00 Ladies Club with Ester 7:20 Evening Bingo	9:30 Morning News with Clifford 10:00 Facebook 10:00 Daily Exercise 10:30 Imagine Art 11:30 Lunch / Cousin's Seafood 3:00 Men's Cafe Chat 3:00 Yiddish Club with Claire 7:20 Tuesday Night Movie	9:30 Morning News with Clifford 10:00 AM Exercise 11:00 Yoga with Sheri 11:00 Chess with Nolan 3:00 Pop - Art / Dogs with Toni 7:20 Evening Bingo	9:30 Morning News with Clifford 10:00 Exercise 10:30 Catholic Services 11:00 Frisbee Fling 11:00 Leonardo Performs 12:00 Lunch / Peking Pavilion 2:30 Tai Chi with Shobhan 3:00 Soothing Hand Massages 7:20 Evening Bingo	10:00 Poker with Alan & Linda 10:00 Manicures 10:00 Daily Exercise 11:00 Friday Bingo 3:00 Warm Apple Pie Social 6:24 Candle Lighting 6:30 Kol Nidray 6:35 Fast Begins	9:30 Shacharis Services 11:15 Yizkor followed by Musaf 4:30 Mincha Services 6:00 Ne'ilah Services 7:20 Saturday Evening Movie 7:22 Fast Ends / Holiday Ends 7:30 Independent Chat



ACTIVITIES SUBJECT TO CHANGE

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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