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Newsletter | October 2017

Keeping Strength and Mobility Top of Mind – A Fall Can Be Really Bad News

If you're 65 or older, it's very important for you to remain upright. Being a resident at one of our communities means you have access to a tremendous amount of wellness classes, exercise groups, and many ways to keep your strength top of mind.

Falls are a common danger facing people as they age, and a new study shows the importance of avoiding that first one.

The findings, published this week in *Annals of Emergency Medicine*, showed that more than half the seniors who went to the emergency room (ER) because of a fall either had additional falls, had to be hospitalized, or died within six months.

"Our study shows an even higher rate of adverse events than previous studies have," said lead study author Jiraporn Sri-on, MD, of Navamindradhiraj University in Bangkok, Thailand.

Role of medication

And if an older person happened to be taking psychiatric medication or a sedative, he or she was even more likely to quickly suffer fall-related adverse effects.

"This is concerning because these types of drugs are commonly prescribed for elderly patients in community and residential care settings," Sri-on said.

The study looked at patients 65 or older who were treated in the ER for injuries as the result of a fall. It found that a small minority -- 7.7% -- developed adverse events within a week. For most, it took a little longer for other problems to develop. More than 20% reported additional issues within 30 days while 50% suffered an additional setback within six months.

The statistics

Within that period, 22.6% had at least one additional fall, 42.6% had to revisit the ER, 31.1% required a hospital stay, and 2.6% died.

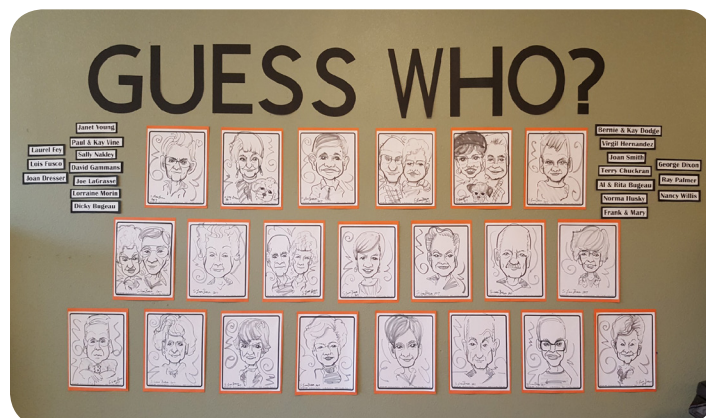
Sometimes, a fall by an elderly person is caused by an underlying medical condition. The fall is simply a symptom of a larger problem.

But the researchers say medication no doubt plays a significant role in raising the risk. They say besides taking psychiatric drugs or sedatives, patients taking five or more medications were more likely to suffer a fall.

The study concludes that ER personnel have a huge opportunity to reduce the adverse event rate among older patients who have fallen. A simple step, the researchers say, would be to follow existing fall guidelines and educate older patients on safety steps to reduce future falls.

ACTIVITY HIGHLIGHT

All American at Londonderry kicked off National Assisted Living Week with our annual Grandparents Day Celebration. This celebration included an ice cream social and a caricaturist who came to draw pictures of those who were interested. The caricaturist was a huge hit and all of our resident pictures are now being displayed in our Arts and Crafts Room as an activity to see who can guess which picture belongs to which resident.



RESIDENT OF THE MONTH



Robert "Bob" Bilodeau

Bob was one of our first residents in the community and moved here from his home in Londonderry with his wife Rita. Bob, also known as "The Mayor" by many, is very active in the community and enjoys welcoming all new residents. He greets them with a smile and always more than willing to show them around and help them feel more at home. You will often find Bob in scheduled group activities and even volunteers to run evening activities for our residents!



Staff Directory of DEPARTMENT HEADS

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Stephen McLean



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Welcome Our New Food Service Director Laura K. Haddad



Laura K. Haddad

I was born and raised in upper New York State and one of six children. I have resided in New Hampshire for more than 25 years with my family. I am the proud mother of on son Eric and his beautiful wife Stacey. I was professionally trained with a degree from the Culinary Institute of America in New York and nationally certified as a Dietary Manager, Food Protection Professional and who is Serv-Safe Certified

I have spent over fifteen years in the senior living food service field as a Executive Chef at Riverwood's Company a CCRC and as the Assistant Dining Director at Brooksby Village where we

served over 1600 residents. Most recently I served as a part of the food service team with the Genesis Corporation in a Food Service Director position on the Seacoast for over four years.

I enjoy traveling, reading, spending time with family and friends. I take any opportunity to explore different food and nutrition experiences.

SAVE THE DATE (Events in Coming month)

Oktoberfest

Monday, October 2nd at 2:00pm
in the Bistro/Media Room

Happy Retirement Dicky

Tuesday, October 3rd at 3:00pm
in the Bistro

Ice Cream Social

Wednesday, October 11th at 2:00pm
in the Bistro

Birthday Party Celebration

Friday, October 27th at 3:00pm
in the Bistro

Resident Birthdays :




Nancy W October 07th
Shirley..... October 07th
Alberta F October 13th
Joan M..... October 15th
Martha F October 16th
Anne N October 18th
Evelyn S..... October 20th
John M October 26th

James C October 30th
Walter D October 30th
Paul V October 31st

Employee Birthdays :

Pragya A October 01st
Paulina R October 04th
Marycel F October 24th
Karen F..... October 31st
Sandra J October 31st

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 11:00 Table Games 1:00 Patriots Game 2:00 Bean Bag Game 3:00 Adult Coloring 3:30 Word in a Word 4:00 Skip Bo 6:00 Jigsaw Puzzles	2 9:00 Early Bird Walking Group 9:45 Strength and Balance 10:30 Manicures and Mimosas 10:30 OUTING: Market Basket 1:30 Trivia 2:00 Sports Club 2:00 Oktoberfest Celebration 3:00 Margarita Monday 4:00 Skip Bo 6:30 Netflix Movie Night	3 9:00 Beauty Salon Opens 9:45 SIT N Fit 10:30 Hymn, Sing and Gospel 11:00 Jigsaw Puzzles 1:30 Candy Bar Bingo 2:00 Dynamic Walking Group 3:00 Happy Retirement Dicky! 6:00 Table Games 6:30 Men's Choice Movie Night	4 9:00 Early Bird Walking Group 9:00 Beauty Salon Opens 9:45 SIT N Fit 10:30 Strength Training 10:30 Chorus Rehearsal 1:00 Communion and Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday 6:30 Women's Choice Movie	5 9:00 Flu Clinic 9:45 SIT N Fit 10:30 Bowling 1:30 Culinary Creations: Mini Chocolate Pies 2:00 Heart Health Presentation 3:00 Cheers! Happy Hour! 4:00 Scrabble 6:15 Residents Choice Movie Night	6 9:00 Mens Group 9:45 Strength and Balance 10:30 Finish the Lyrics 1:30 Calendar Planning 2:00 Brain Teasers 2:30 Chair Yoga 3:00 Happy Hour 4:00 Scrabble 6:30 Comedy Movie Night	7 9:45 Saturday Morning Stretch 10:15 Daily Chronicle 10:30 Candy Bar Bingo 1:30 Brian C. Entertains 2:00 Walking Group 2:30 Indoor Bocce Ball 3:00 Happy Hour 4:00 Farkle 6:30 Classic Movie Night
8 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 11:00 Table Games 1:00 Walking Group 1:30 Movie Matinee 3:00 Adult Coloring 3:30 Word in a Word 6:00 Jigsaw Puzzles	9 9:00 Early Bird Walking Group 9:45 Strength and Balance 10:30 Manicures and Mimosas 10:30 Bill P. Entertains 10:30 OUTING: Walmart 1:30 German Trivia 2:00 Sports Club 3:00 Margarita Monday 6:30 Netflix Movie Night	10 9:00 Beauty Salon Opens 9:45 SIT N Fit 10:30 Hymn, Sing and Gospel 11:00 Jigsaw Puzzles 1:30 Candy Bar Bingo 2:30 Dynamic Walking Group 3:00 Trivia Tuesday Happy Hour 6:00 Table Games 6:30 Men's Choice Movie Night	11 9:00 Early Bird Walking Group 9:00 Beauty Salon Opens 9:45 Strength Training 10:30 All American Chorus Performance 11:30 OUTING: Lunch at Janie's Cafe 1:00 Communion and Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday 6:30 Women's Choice Movie	12 9:45 SIT N Fit 10:30 Resident Council Meeting 1:30 Halloween Craft 2:30 Dynamic Walking Group 2:30 Word Game 3:00 Cheers! Happy Hour! 4:00 Scrabble 6:15 Residents Choice Movie Night	13 9:00 Mens Group 9:45 Strength and Balance 10:30 Getting Crafty: Fall Leaf Decor 1:30 Manicures and Hand Massages 2:00 Brain Teasers 2:30 Chair Yoga 3:00 Cocktail Hour 4:00 Scrabble 6:30 Comedy Movie Night	14 9:45 Saturday Morning Stretch 10:15 Daily Chronicle 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Indoor Bocce Ball 3:00 Happy Hour 4:00 Dominoes 6:30 Classic Movie Night
15 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 11:00 Table Games 1:00 Patriots Game 2:30 Hall Time Football Toss 3:30 Happy Hour 4:00 Today in History 6:00 Jigsaw Puzzles	16 9:00 Early Bird Walking Group 9:45 Strength and Balance 10:30 Manicures and Mimosas 10:30 OUTING: Market Basket 1:30 Culinary Creations: German Apple Pie 2:00 Sports Club 3:00 Margarita Monday 6:30 Netflix Movie Night	17 9:00 Beauty Salon Opens 9:45 SIT N Fit 10:30 Hymn, Sing and Gospel 11:00 Jigsaw Puzzles 1:30 Candy Bar Bingo 2:30 Dynamic Walking Group 3:00 Trivia Tuesday Happy Hour 6:00 Table Games 6:30 Men's Choice Movie Night	18 9:00 Early Bird Walking Group 9:00 Beauty Salon Opens 9:45 Strength Training 10:30 Indoor Bocce Ball 11:30 OUTING: Lunch at Longhorn Steakhouse 1:00 Communion and Prayer Service 2:00 Sports Club 3:00 Wine Down Wednesday 6:30 Women's Choice Movie	19 9:45 SIT N Fit 10:30 Floral Arranging 1:30 Painting Group: Pumpkins 2:30 Dynamic Walking Group 3:00 Cheers! Happy Hour! 4:00 Scrabble 6:15 Residents Choice Movie Night	20 9:00 Mens Group 9:45 Strength and Balance 10:30 Word Games 1:30 Walking Group 2:00 Brain Teasers 2:30 Chair Yoga 3:00 Cocktail Hour 4:00 Scrabble 6:30 Comedy Movie Night	21 9:45 Saturday Morning Stretch 10:15 Daily Chronicle 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Indoor Bocce Ball 3:00 Happy Hour 4:00 Skip Bo 6:30 Classic Movie Night
22 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 11:00 Table Games 1:30 Movie Matinee 2:00 Getting Crafty 3:00 Last Letter Word Game 4:00 Scrabble 6:00 Jigsaw Puzzles	23 9:00 Early Bird Walking Group 9:45 Strength and Balance 10:30 Manicures and Mimosas 10:30 OUTING: Library 1:30 Culinary Creations: Pumpkin Pie 2:00 Sports Club 3:00 Margarita Monday 4:00 Card Games 6:30 Netflix Movie Night	24 9:00 Beauty Salon Opens 9:45 SIT N Fit 10:30 Hymn, Sing and Gospel 11:00 Jigsaw Puzzles 1:30 Candy Bar Bingo 2:30 Dynamic Walking Group 3:00 Trivia Tuesday Happy Hour 6:00 Table Games 6:30 Men's Choice Movie Night	25 9:00 Early Bird Walking Group 9:00 Beauty Salon Opens 9:45 Strength Training 10:30 Bean Bag Game 1:00 Communion and Prayer Service 2:00 Sports Club 2:00 Charlie D. Entertains 3:00 Wine Down Wednesday 6:30 Women's Choice Movie	26 9:45 SIT N Fit 10:30 Halloween Word Scramble 1:30 Culinary Creations: Spooky Treats 2:30 Dynamic Walking Group 2:30 Scattergories 3:00 Cheers! Happy Hour! 4:00 Scrabble 6:15 Residents Choice Movie Night	27 9:00 Mens Group 9:45 Strength and Balance 1:30 Corn Hole Game 2:00 Brain Teasers 2:30 Chair Yoga 3:00 Cocktail Hour 3:00 October Birthday Celebration 4:00 Scrabble 6:30 Comedy Movie Night	28 9:45 Saturday Morning Stretch 10:15 Daily Chronicle 10:30 Candy Bar Bingo 1:30 Walking Group 2:00 Indoor Bocce Ball 3:00 Happy Hour 4:00 Farkle 6:30 Classic Movie Night
29 9:15 OUTING: Catholic Mass at St. Jude's 10:00 TV Catholic Mass 11:00 Table Games 1:30 Pumpkin Decorating 2:30 Bean Bag Game 3:00 Halloween Adult Coloring Challenge 6:00 Jigsaw Puzzles	30 9:00 Early Bird Walking Group 9:45 Strength and Balance 10:30 Manicures and Mimosas 10:30 OUTING: Market Basket 1:30 Halloween Trivia 2:00 Sports Club 3:00 Margarita Monday 4:00 Getting to Know You 6:30 Netflix Movie Night	31 9:00 Beauty Salon Opens 9:45 SIT N Fit 10:30 Hymn, Sing and Gospel 11:00 Jigsaw Puzzles 1:30 Candy Bar Bingo 2:30 Dynamic Walking Group 3:00 Rambin Richard Entertains and Halloween Party 6:00 Table Games 6:30 Men's Choice Movie Night	All activities and times are subject to change without notice. Please check daily schedules for latest updates.	Our Destination this month is Germany. Join us as we explore German traditions and travel destinations! 	OUTINGS: Please sign up for all outings at the concierge desk. Space is limited! 	

Why We Get Our Flu Shots in the Fall

With the 2017 flu season just around the corner, you've probably already started getting inundated with reminders to get your flu shot. But why do we get the flu vaccine in the fall? And why do we have a flu season in the fall and winter, anyways?

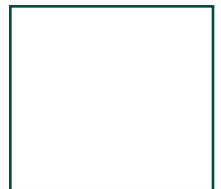
The answer to the first question lies within the latter. Flu vaccines are recommended ahead of whenever flu virus activity and infections are on the rise, which is typically when the weather gets cold. For example, in the U.S., flu season dates can last from October through May, usually peaking between December and February, according to the Centers for Disease Control (CDC). Furthermore, the strains of flu virus that are most prevalent change from year to year, which is why new flu vaccines must be formulated almost annually.

The reason that vaccination campaigns begin as early as late August is because it actually takes a while for the flu shot to kick in. "It takes about two weeks after vaccination for antibodies to develop in the body," according to Vaccines.gov. "In the meantime, you are still at risk

for getting the flu. That's why it's better to get vaccinated early in the fall, so you are protected before flu begins spreading in your community."

Even if you don't get a flu vaccine before October, as is considered ideal, public health officials recommend that everyone aged 6 months and older- including pregnant women in any trimester, and those with compromised immune systems such as small children and the elderly, get their seasonal flu shots in order to protect both themselves and those around them.

While Americans are pretty bad at getting their flu shots, public health experts tout their efficacy. Flu vaccine effectiveness can vary widely from year to year since scientists essentially have to try and predict which strains will be most prevalent, but is generally found to reduce flu illness risk by 40% to 60%. The most common side effects are soreness around the injection site, headache, fever, nausea, and muscle aches, and are generally mild.



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