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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

Get out and enjoy Autumn! Activities Department gets you moving to enjoy all that the season offers! Autumn Crafting with pumpkin crafts Baking with apples, muffins and bread, and Creating costumes! Fall Sightseeing to scenic Lambertville and "Germany's Oktoberfest"!

Get into the spirit of Autumn with Activities! See you around the Community!





## Resident Of The MONTH



**Ann Swank**

### Getting to know.... Ann Swank

You can always find Ann working on a challenging puzzle! I asked for her thoughts about life, work and Bear Creek!

I asked her about her family... "Well, I have 4 children, 3 boys and 1 girl. Their personalities are so different. My oldest is really intelligent, my 2<sup>nd</sup> became a surgeon, my daughter has 3 beautiful kids and my son is in Florida. I have 12 Grandkids altogether; they each had 3 kids!"

I knew Ann was a nurse for many years... "I've worked in a NYC hospital, then we moved so I worked in a Washington DC hospital. I worked Shock/Trauma which was very challenging but very fulfilling, helping young lives. My specialty was Cardiac Surgery. I saw many open heart surgeries and to see the way people's hearts can be fixed and live long lives was so amazing. That was so rewarding. I enjoyed it so much.

I asked Ann about Bear Creek... "I really do like it here. Frankly, everyone has something that makes life difficult for them, we all have our challenges, and it's interesting to see how people here are living and doing well. I'm close to my daughter. I'm happy here and enjoy doing what I want to do."



### Autumn Adventure and Lunch in Lambertville New Jersey!

Wednesday, October 18<sup>th</sup>,

11:00am

### Halloween Community Trick or Treat and Costume Parade!

Sunday, October 29<sup>th</sup>

2:30pm

### Resident Birthday's in October :

Marjorie P..... 10/9

Laura L .....10/14

Carol D .....10/19

Laura G.....10/21

Janith C ..... 10/22

Harry C..... 10/25

### Birthday Bash:

Tuesday, October 10<sup>th</sup>

2:30pm

### Employee of the Month for October :

**Denise Mummolo**

Concierge Supervisor

Congratulations!



## Staff Directory of DEPARTMENT HEADS

Executive Director

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# BEAR CREEK

A SENIOR LIVING COMMUNITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
9:30 Bus to Catholic Church Sunday Services 10:00 Worship Service Live Simulcast 10:30 Bus to Lutheran Church Sunday Services 2:00 Sunday Dice Games-LRC 3:15 Ice Cream Cone Meet & Greet 6:45 Evening Bingo with Volunteer	9:30 Morning Coffee Chat 9:45 Balloon Volleyball 10:30 BC Bread Bakers 10:30 Bus Trip to CVS 1:45 Tai Chi Chih with Siobhan 3:15 Meet & Greet 3:15 Smoothies Meet & Greet 3:45 PM MindGames 6:45 Evening Bingo!	9:30 BC Walkers-Morning Stroll 10:00 Sittersize Exercise 10:30 YOGA with Faye! 1:30 Bus Trip to McCaffrey's 1:45 Election Registration 2:45 Governor's Race Chat 3:15 Meet & Greet 3:45 BC Gamers - UNO! 6:45 Evening Bingo!	9:30 Morning Trivial 9:45 Stretchy Bands Exercise 10:30 SeniorFit with Steve 1:45 Matinee Cinema 2:15 BC Bakers-Pumpkin Cookies 3:15 Pumpkin Meet & Greet! 6:45 Evening Bingo!	9:30 Chatting with Dorothy 10:30 Stretchy Bands Exercise 10:45 Resident Council Meeting 2:00 Food Council Meeting 3:15 Autumn Drinks Meet & Greet 3:15 Bible Study with Alan 6:45 Bingo / Poker with the Gang	9:30 Morning Zodiac Chat 10:00 First Friday with Fr. Tim 10:15 Sittersize Exercise 1:45 Classic Cinema 2:00 Rummikub Anyone? 3:15 Kaplan Kindness Popcorn Meet & Greet 4:00 Pray the Rosary / Celebrate Shabbos 6:45 Evening Bingo!	10:00 Balloon Volleyball Net N All 10:00 BC Bakers Harvest Cinnabons 10:45 Bowling in the Halls 4:00 Remembering Kit Wong 7:00 Poker with the Gang
9:30 Bus to Catholic Church Sunday Services 10:00 Worship Service Live Simulcast 10:00 Sunday Mornings with Volunteer Alice 10:30 Bus to Lutheran Church Sunday Services 1:45 Sunday Matinee 2:00 Sunday Dice Games-BUNCO 3:15 Sunday Sundae Meet & Greet 6:45 Evening Bingo with Volunteer	9:30 Columbus Day Coffee Chat 10:30 BC Bread Bakers FLY 10:45 MindGames 1:30 Bus Trip to Dollar Tree 2:45 BC Bakers Columbus Day Drink 3:15 Columbus Day Meet & Greet 6:45 Evening Bingo!	9:30 BC Walkers-Morning Stroll 9:45 Balloon Volleyball 10:15 Manicure Salon Style 10:30 Bus Trip to ShopRite 2:30 Birthday Bash with Maggie 3:15 Meet & Greet 5:15 Bus Trip to Dollar Tree 6:45 Evening Bingo!	9:15 Sweet Trip to Dunkin' Donuts 9:30 Morning Trivial 10:00 Stretchy Bands Exercise 10:45 Current Events Chat 2:00 HRG Lectures with Paul 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 10:45 YouTube Sillyies 2:00 Jewish Chat with Rabbi Eric 3:15 Autumn Drinks Meet & Greet 3:15 Bible Study with Fran 6:45 Bingo / Poker with the Gang	9:30 Morning Zodiac Chat 10:00 Princeton Friends School Kids FLY 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 Evening Bingo!	10:00 Balloon Volleyball Net N All 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Cookies & Milk Meet & Greet 7:00 Poker with the Gang
9:30 Bus to Catholic Church Sunday Services 10:00 Worship Service Live Simulcast 10:30 Bus to Lutheran Church Sunday Services 1:45 Sunday Matinee 2:00 Sunday Dice Games -LRC 3:15 Ice Cream Cone Meet & Greet 6:45 Evening Bingo with Volunteer	9:30 Morning Coffee Chat 9:45 Balloon Volleyball 10:00 BC Bread Bakers 10:45 Bus Trip to Wal Mart 10:45 DESTINATIONS-Oktoberfest 2:00 Cinema OUT FLY 3:15 Meet & Greet 6:45 Evening Bingo!	9:30 BC Walkers-Morning Stroll 9:45 Balloon Volleyball 10:15 Manicures Salon Style! 10:30 Bus Trip to ShopRite 2:00 Floral Workshop DR Centerpieces 3:15 Oktoberfest Meet & Greet 6:45 Evening Bingo!	9:30 Morning Trivial 9:45 Stretchy Bands Exercise 10:30 SeniorFit with Steve 11:00 Autumn Adventure Luncheon Trip FLY 1:45 Matinee Cinema 3:15 Meet & Greet! 3:45 BC Gamers 6:45 Evening Bingo!	9:30 Chatting with Dorothy 10:00 Communion Services 10:30 Stretchy Bands Exercise 10:45 MindGames 1:45 Musical Matinee 3:15 Autumn Drinks Meet & Greet 3:15 Bible Study with Fran 6:45 Bingo / Poker with the Gang	9:30 Morning Zodiac Chat 10:15 Sittersize Exercise 10:30 Bus Trip to CVS 12:00 Pizza Bunch Lunch 1:45 Classic Cinema 2:00 Rummikub Anyone? 3:15 Popcorn Meet & Greet! 4:00 Pray the Rosary / Celebrate Shabbos 6:45 Evening Bingo!	9:30 Dollar Store Deals 10:00 Balloon Volleyball Net N All 10:15 Bus Trip to David Bradley's 10:45 Bowling in the Halls 2:00 The Sweetest Day Cupcake Decorating 3:15 Cookies & Milk Meet & Greet 7:00 Poker with the Gang
9:30 Bus to Catholic Church Sunday Services 10:00 Worship Service Live Simulcast 10:30 Bus to Lutheran Church Sunday Services 1:45 Sunday Matinee 2:00 Trick or Treat Decorating 2:30 Trick Or Treat with Community Kids FLY 6:45 Evening Bingo with Volunteer	9:30 Morning Coffee Chat 10:00 BC Bread Bakers 10:30 Bus Trip to Dollar Tree 1:45 BC Crafters-Candy Corn Costume 3:15 Meet & Greet 6:45 Evening Bingo!	9:30 BC Walkers-Morning Stroll 10:30 Bus Trip to Walgreens 10:45 Manicure ART with Tracy 2:00 Halloween Party Prep 3:15 Halloween Meet & Greet 6:45 Halloween Bingo!	9:30 Oktoberfest Trivial 10:45 Bus Trip to Walgreens 10:45 MindGames 1:45 Matinee Cinema 2:00 DESTINATIONS Crafters-Oktoberfest 3:15 Meet & Greet! 3:45 BC Gamers 6:45 Evening Bingo!	9:30 Chatting with Dorothy 10:00 Communion Services 10:30 Stretchy Bands Exercise 3:00 Mix and Mingle with Fran 3:15 Bible Study with Fran 6:45 Evening Bingo! 7:00 Poker Game with the Gang	9:30 Morning Zodiac Chat 10:15 Sittersize Exercise 11:30 DESTINATIONS-Sabstian's Restaurant LUNCH 1:45 Classic Cinema 2:00 Rummikub Anyone? 3:15 Popcorn Meet & Greet! 4:00 Pray the Rosary / Celebrate Shabbos 6:45 Evening Bingo!	1:00 Balloon Volleyball Net N All 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Cookies & Milk Meet & Greet 7:00 Poker with the Gang

# OCTOBER

# Why We Get Our Flu Shots in the Fall

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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?

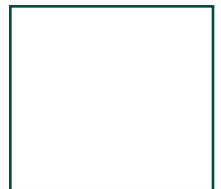
The answer to the first question lies within the latter. Flu vaccines are recommended ahead of whenever flu virus activity and infections are on the rise, which is typically when the weather gets cold. For example, in the U.S., flu season dates can last from October through May, usually peaking between 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.



**BEAR  
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