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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

#### Horticultural Art

We thoroughly enjoyed our new program starting with floral arranging & are looking forward to being creative with much from nature!





## Resident Of The MONTH



**Charlie Cappello**

Charlie Cappello was born July 24, 1922 into a Sicilian Italian family in Bridgeport, CT. Being the 2<sup>nd</sup> born son, he had to go to work in the family business after graduating high school which was located in Newark, NJ. In 1942 he enlisted in Army Air Corp during WWII, eventually becoming the 3<sup>rd</sup> pilot & flight engineer in a B29 Bomber, but never went on the front line. He married the love of his life, Helen, on December 23, 1950. They raised their 4 children while he continued to run the family business which by then moved to Hackettstown, NJ.

They had a vacation home in the Poconos enjoying the outdoors, especially with their beloved Labrador Retriever that swam in the lake. He & his wife loved playing the slots at the casinos, which he still enjoys on a weekly basis. He runs several activities here like Blackjack & Bocce Ball. He attributes his long life to "Being happily married!"

## Save the Date (Events of This month)

**Mondays, October 2<sup>nd</sup> & 6<sup>th</sup>**

**Fall Foliage Trips**

1:30 pm

**Tuesday, October 17<sup>th</sup>**

**St. Jude's Crafts & Fun**

6:30 pm

**Wednesday, October 19<sup>th</sup>**

**Sand's Casino Trip**

10 am – 4 pm

**Saturday, October 28<sup>th</sup>**

**Boo's & Booze Halloween Party**

7 pm

### Residents Birthdays:

Elvira Ulbrich ..... Oct. 9<sup>th</sup>

Angie Pizzi ..... Oct. 13<sup>th</sup>

Midge Cook ..... Oct. 18<sup>th</sup>

Jeanne Cummins..... Oct. 19<sup>th</sup>

Barbara Henning ..... Oct. 21<sup>st</sup>

Joe Guimara ..... Oct. 22<sup>nd</sup>



### Grilling at the Gazebo Thank You Staff BBQ

Executive Director, Bob Angel, grilled up burgers & dogs for our staff during National Assisted Living Week! Everyone thoroughly enjoyed knowing that they are appreciated & of course the fresh picnic lunch!



## Staff Directory of DEPARTMENT HEADS

**Regional Director of Operations**

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# BENTLEY COMMONS AT PARAGON VILLAGE

*A Premier Senior Living Community*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>9-12 Church Transport</div> <div>1:30 Pinochle</div> <div>2:00 This &amp; That</div> <div>Box O' Fun</div> <div>7:00 Sunday Night Movie</div>	<div>1</div> <div>9:30 Today in History</div> <div>11:00 Exercise</div> <div>1:00 Black Jack w/Charlie</div> <div>1:30 Bible Study</div> <div>1:30 Fall Foliage Trip</div> <div>1:30 LCR Dice Game</div> <div>3:00 Wine &amp; Cheese</div> <div>Happy Hour</div> <div>7:00 Movie Night</div>	<div>2</div> <div>9:00 Breakfast Trip-Adams Family Restaurant</div> <div>9:30 Today in History</div> <div>11:00 Exercise</div> <div>1:30 Bingo</div> <div>3:15 Cards</div> <div>7:00 Netflix Movie Night</div>	<div>3</div> <div>9:30 Today in History</div> <div>10:30 Catholic Communion</div> <div>11:00 Exercise</div> <div>1:30 Pumpkin Pie Social</div> <div>2:00 Story Sharing</div> <div>3:00 Creative Art Expressions</div> <div>7:00 Movie Night</div>	<div>4</div> <div>9:30 Today in History</div> <div>11:00 Exercise</div> <div>11:30 Prayer Group- Tricia</div> <div>12:00 Lunch in- Chinese</div> <div>1:30 Bingo</div> <div>3:15 Horticultural Art</div> <div>7:00 Netflix Movie Night</div>	<div>5</div> <div>9:30 Today in History</div> <div>11:00 Exercise</div> <div>1:30 Conversation w/ Paul</div> <div>3:00 Happy Hour</div> <div>4:00 Sing Along</div> <div>7:00 Movie Night</div>	<div>6</div> <div>1:30 Bingo</div> <div>3:00 Banana Game</div> <div>7:00</div>
<div>8</div> <div>9-12 Church Transport</div> <div>1:30 Pinochle</div> <div>2:00 This &amp; That</div> <div>Box O' Fun</div> <div>7:00 Sunday Night Movie</div>	<div>9</div> <div>11:00 Exercise</div> <div>1:00 Black Jack w/Charlie</div> <div>1:30 Bible Study</div> <div>1:30 Fall Foliage Trip</div> <div>1:30 Manicures</div> <div>3:00 Wine &amp; Cheese</div> <div>Happy Hour</div> <div>Elvira Ulbrich</div>	<div>10</div> <div>11:00 Exercise</div> <div>1:30 Bingo</div> <div>3:15 Cards</div> <div>7:00 Netflix Movie Night</div>	<div>11</div> <div>10:30 Catholic Mass</div> <div>11:00 Exercise</div> <div>1:30 Ice Cream Social</div> <div>2:00 You be the Judge</div> <div>3:00 Creative Art Expressions</div> <div>7:00 Movie Night</div>	<div>12</div> <div>11:00 Exercise</div> <div>11:30 Trip -Christmas Tree Shop</div> <div>11:30 Prayer Group- Tricia</div> <div>1:30 Bingo</div> <div>3:15 Bocce Ball</div> <div>7:00 Netflix Movie Night</div>	<div>13</div> <div>11:00 FOX Exercise</div> <div>1:30 Trivial Trivia</div> <div>3:00 Happy Hour</div> <div>4:00 Sing Along</div> <div>7:00 Movie Night</div> <div>Angie Pizzie</div>	<div>14</div> <div>1:30 Bingo</div> <div>3:00 Banana Game</div> <div>7:00</div>
<div>15</div> <div>9-12 Church Transport</div> <div>1:30 Pinochle</div> <div>2:00 This &amp; That</div> <div>Box O' Fun</div> <div>7:00 Sunday Night Movie</div>	<div>16</div> <div>9:30 Today in History</div> <div>11:00 Exercise</div> <div>1:00 Black Jack w/Charlie</div> <div>1:30 Bible Study</div> <div>1:30 Fun Talk</div> <div>3:00 Wine &amp; Cheese</div> <div>Happy Hour</div> <div>7:00 Movie Night</div>	<div>17</div> <div>9:30 Today in History</div> <div>11:00 Exercise</div> <div>11:30 Lunch Trip-Pasta Grill</div> <div>1:30 Bingo</div> <div>3:15 Cards</div> <div>6:30 St. Jude's- Crafts &amp; Fun</div> <div>7:00 Netflix Movie Night</div>	<div>18</div> <div>9:30 Today in History</div> <div>10:30 Catholic Communion</div> <div>11:00 Exercise</div> <div>1:30 Ice Cream Social</div> <div>1:30 Town Hall Meeting</div> <div>2:30 Story Sharing w/Ruth</div> <div>3:00 Creative Art Expressions</div> <div>7:00 Movie Night</div> <div>Midge Cook</div>	<div>19</div> <div>10:00 Sands Casino</div> <div>11:00 Exercise</div> <div>11:30 Prayer Group- Tricia</div> <div>1:30 Bingo</div> <div>3:15 Putt Putt Club</div> <div>7:00 Movie Night</div> <div>Jeanne Cummins</div>	<div>20</div> <div>9:30 Today in History</div> <div>11:00 Exercise</div> <div>1:30 Travel the World-Poland</div> <div>3:00 Happy Hour</div> <div>4:00 Sing Along</div> <div>7:00 Movie Night</div>	<div>21</div> <div>1:30 Bingo</div> <div>3:00 Banana Game</div> <div>7:00</div> <div>Barbara Henning</div>
<div>22</div> <div>9-12 Church Transport</div> <div>1:30 Pinochle</div> <div>2:00 This &amp; That</div> <div>Box O' Fun</div> <div>7:00 Sunday Night Movie</div> <div>Joe Guimara</div>	<div>23</div> <div>9:30 Today in History</div> <div>11:00 Exercise</div> <div>1:00 Black Jack w/Charlie</div> <div>1:30 Bible Study</div> <div>1:30 Manicures</div> <div>3:00 Wine &amp; Cheese</div> <div>Happy Hour</div> <div>3:30 Dancing w/DonnaMarie</div> <div>7:00 Movie Night</div>	<div>24</div> <div>9:30 Today in History</div> <div>11:00 Exercise</div> <div>1:30 Bingo</div> <div>3:15 Cards</div> <div>7:00 Netflix Movie Night</div>	<div>25</div> <div>9:30 Today in History</div> <div>10:30 Catholic Communion</div> <div>11:00 Exercise</div> <div>1:30 House Warming</div> <div>3:00 Creative Art Expressions</div> <div>4:30 Dinner Trip- Long Horn</div> <div>7:00 Movie Night</div>	<div>26</div> <div>9:30 Today in History</div> <div>11:00 Exercise</div> <div>11:30 Prayer Group- Tricia</div> <div>12:00 Lunch in- Pizza</div> <div>1:30 Bingo</div> <div>3:15 Horse Racing</div> <div>7:00 Netflix Movie Night</div>	<div>27</div> <div>9:30 Today in History</div> <div>11:00 FOX Exercise</div> <div>2:00 Halloween Party w/ Kris Phipany</div> <div>3:00 Happy Hour</div> <div>4:00 Sing Along</div> <div>7:00 Movie Night</div>	<div>28</div> <div>1:30 Bingo</div> <div>3:00 Banana Game</div> <div>7:00</div>
<div>29</div> <div>9-12 Church Transport</div> <div>1:30 Pinochle</div> <div>1:00 Centenary- Men of Music &amp; Dance</div> <div>2:00 This &amp; That</div> <div>Box O' Fun</div> <div>7:00 Sunday Night Movie</div> <div>Emma Murry</div>	<div>30</div> <div>9:30 Today in History</div> <div>11:00 Exercise</div> <div>1:00 Black Jack w/Charlie</div> <div>1:30 Bible Study</div> <div>1:30 Pokemo</div> <div>3:00 Wine &amp; Cheese</div> <div>Happy Hour</div> <div>7:00 Movie Night</div>	<div>31</div> <div>9:30 Today in History</div> <div>11:00 Exercise</div> <div>1:30 Bingo</div> <div>3:15 Cards</div> <div>7:00 Netflix Movie Night</div>	<div>Happy Halloween</div>	<div>Happy Halloween</div>	<div>Happy Halloween</div>	<div>Happy Halloween</div>
<div>October 2017</div> <div>Bentley Commons at Paragon Village IL</div>						

Calendar events are subject to change.

# 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?

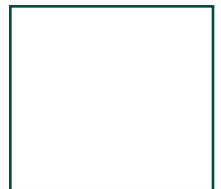
The answer to the first question lies within the latter. Flu vaccines are recommended ahead of whenever flu virus activity and infections are on the rise, which is typically when the weather gets cold. For example, in the U.S., flu season dates can last from October through May, usually peaking between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



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