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## Bentley Assisted Living | 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

Out to Lunch Bunch Bus Trip- Our newly formed "Out to Lunch Bunch" took their first trip to The Chatterbox Restaurant this month! We had great service and even better meals!





## Resident Of The MONTH



**Clara Schumann**

Clara along with her cat Sweetie have been a part of the Bentley Family since April 2017. Clara was born November 23<sup>rd</sup>, and grew up in Canaan, Connecticut where her family owned a hotel named "The Maples". Clara recalls being a young girl and getting to meet Eleanor Roosevelt who stopped at the gas station her father also owned on the property! Clara has 3 Children, 1 grandchild, and 3 great grandchildren. She worked in Real Estate and was also a Receptionist at Dragoco until her retirement. Her hobbies include knitting, crocheting, and other types of needle work. Her favorite part about Bentley (other than it being pet friendly of course) is our homey feel.

### Follow and Review Us on Facebook!

Don't forget to follow us on Facebook to keep up with all the fun! Also consider leaving us a review; any person who leaves a review in the month of October will be entered to win a \$25 gift card! Not seeing photos of your loved one on our Facebook page? Please speak with Amy and make sure you have completed a photo release!

## Save the Date

### Annual Murder Mystery This Years Theme is Sleepy Hollow Dinner Event This years theme is Sleepy Hollow

**Tuesday, October 24<sup>th</sup>**

6:00 pm Dinner- Show will start promptly at 6:45. Seats are limited so be sure to RSVP to 973-948-8884

### 3<sup>rd</sup> Annual Trick or Treat Trail!

**Friday, October 27<sup>th</sup> | 3:30 – 4:30 pm**

Children of all ages are welcome to dress up and come Trick-or-Treat door to door on our Assisted Living Floor! Apartments of participating residents will be marked with pumpkins. Light refreshments will also be served. Please RSVP to 973-948-8884 or to Amy at [acullen@bentleyassistedliving.com](mailto:acullen@bentleyassistedliving.com)

### Halloween Happenings

**Tuesday, October 31<sup>st</sup>**

2:30 pm Pet Parade and Costume Contest- Prizes for best costume for both pets and people (Please consider bringing a costume in for your loved one!) Also please be sure we have your pets vaccination records on file.

3:15 pm Halloween Treats and Trivia  
Please RSVP to 973-948-8884 or to Amy at [acullen@bentleyassistedliving.com](mailto:acullen@bentleyassistedliving.com)

### Resident Birthdays:

Hazel S.....10/11  
Arline E..... 10/14  
Ruth B..... 10/19  
Milly A. .... 10/27  
George D.....10/15  
Irene V. .... 10/27  
Daisy D. .... 10/25

### Staff Birthdays:

Jess T.....10/9  
Bob M. .... 10/10  
Cathy C. ....10/11  
Hayley N..... 10/14  
Vicky O..... 10/23  
Nubia A. ....10/30  
Crystal D.....10/30



## Staff Directory of DEPARTMENT HEADS

### Executive Director

**Desarae Tramontozzi**

[dtramontozzi@bentleyassistedliving.com](mailto:dtramontozzi@bentleyassistedliving.com)

### Director of Business & Human Relations

**Dana Lunger**

[dlunger@bentleyassistedliving.com](mailto:dlunger@bentleyassistedliving.com)

### Director of Sales & Marketing

**Nathan Pangborn**

[npangborn@bentleyassistedliving.com](mailto:npangborn@bentleyassistedliving.com)

### Director of Nursing

**Robert Meichsner**

[rmeichsner@bentleyassistedliving.com](mailto:rmeichsner@bentleyassistedliving.com)

### Director of Maintenance

**Ralph Flatt**

### Activities Director & Corporate Life

#### Engagement Director

**Amy Cullen**

[acullen@bentleyassistedliving.com](mailto:acullen@bentleyassistedliving.com)

### Dining Services Director

**Marian Day**

### Director of Rose Lane Memory Care

**Melinda Bellis**

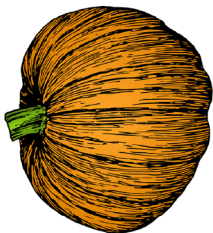


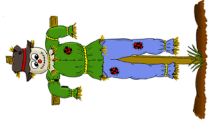
[mbellis@bentleyassistedliving.com](mailto:mbellis@bentleyassistedliving.com)



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# OCTOBER 2017

## Assisted Living

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>NATIONAL COFFEE &amp; HONOREE COOKIES DAY</b> 10:15 Sit to Be Fit 11:00 Bingo! 2:30 Coffee and Cookies Social 3:15 Word Games 6:00 Music of Faith	2 10:15 Whoga 11:00 Card Game Club 1:30 Movie Matinee Monday 3:15 Snack Bar Break 6:00 Evening News Group	3 10:15 Walking Club 10:30 Creating with Clay Workshop 2:00 Brain Games 3:15 Fitness Fun 7:00 Jeopardy Group	4 9:15 Bus Trip 11:15 Scarecrow Creating for Branchville Town Contest 2:00 Exerolve (RL) 3:30 Happy Hour on the Patio 6:00 Card Game Club	5 9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 2:00 Book Club 3:00 Cider & Doughnut Social 6:00 Puzzle Club	6 10:15 Hand Exercises to Help Arthritis 11:00 Manicures & Hand Massages! 1:00 Bible Study 2:30 Domino Club 6:00 Movie Night!	7 <b>NEUSPAPER DAY</b> 10:30 Fitness Fun 11:00 Bingo! 2:30 Current Events and Coffee 3:15 Left, Right, Center 6:00 Board Game Group
8 10:15 Sit to Be Fit 11:00 Bingo! 2:30 Sundae Sunday Social 3:15 October Trivia and Word Games 6:00 Music of Faith	9 <b>COLUMBUS DAY</b> 10:15 Whoga 11:00 Lifelong Learning Seminar-Columbus Day 2:00 Mixed Media Arts with Amy 3:15 Kindness Counts-Pharmacists Month 6:00 Evening News Group	10 10:15 Walking Club 11:00 Celebrity Spotlight 2:00 Stephen Fuller Performs 3:15 Root Beer Floats & Reminiscence 7:00 Jeopardy Group	11 <b>HAPPY BIRTHDAY HAZEL</b> 9:15 Bus Trip 11:15 Word Games 2:00 Trunk of Treasures Talk-All About Autumn 3:00 Happy Hour 6:00 Card Game Club	12 9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 1:00 Bus Trip-Dollar Tree 6:00 Puzzle Club	13 10:15 Hand Exercises to Help Arthritis 11:00 Manicures & Hand Massages! 1:30 Party 3:15 Let's Get Moving 6:00 Movie Night!	14 <b>HAPPY BIRTHDAY ARLOCCI</b> 10:30 Fitness Fun 11:00 Bingo! 2:30 Dessert Day Buffet 3:15 Name Ten Trivia 6:00 Board Game Group <b>NATIONAL DESSERT DAY</b>
15 10:15 Sit to Be Fit 11:00 Bingo! 2:00 Hope Church Service 3:15 First Presbyterian Church Youth Group Bingo Visit 6:00 Music of Faith	16 <b>NATIONAL BOSSSES DAY</b> 10:15 Whoga 11:00 Massage Therapy Awareness Month- Hand Massages and Aromatherapy 2:00 Pumpkin Decorating Grab Bag 3:00 Short Stories and Sips 6:00 Evening News Group	17 10:15 Walking Club Warm Up 11:00 Yoga with Linda 2:00 Cathy Donnelly Performs 3:15 Root Beer Floats & Reminiscence 7:00 Jeopardy Group	18 <b>ALASKA DAY</b> 9:15 Bus Trip 11:00 Destinations Travel Program-Alaska! 2:00 Exerolve 3:15 Baked Alaska and Hot Chocolate Social 6:00 Card Game Club	19 <b>HAPPY BIRTHDAY RUTH BIL</b> 9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 1:30 Bus Trip-Khols 3:30 Domino Club 6:00 Puzzle Club	20 10:15 Hand Exercises to Help Arthritis 11:00 Manicures & Hand Massages! 1:00 Bible Study 2:30 Scrabble and Snacks 6:00 Movie Night!	21 <b>PUMPKIN CHEESECAKE DAY</b> 10:30 Fitness Fun 11:00 Bingo! 2:30 Pumpkin Cheesecake Day Social 3:15 Left, Right, Center! \$ 6:00 Board Game Group
22 <b>NATIONAL COLOR DAY</b> 10:15 Sit to Be Fit 11:00 Bingo! 2:30 Adult Coloring Club 3:15 Wheel of Fortune 6:00 Music of Faith	23 <b>BOSTON CREAM PIE DAY</b> 10:15 Whoga 11:45 Lunch Bunch Bus Trip-Applebees! 2:30 Boston Cream Pie Day Social 3:15 Puzzle Club 6:00 Evening News Group	24 10:15 Walking Club 11:00 Autumn Crafting Class 2:00 Move/Today Fitness Class 6:00 Murder Mystery Dinner Event- Must RSVP! 7:00 Jeopardy Group	25 9:15 Bus Trip 11:15 Word Games 2:00 Bentley Buck Auction 3:15 Treat Making for Trick or Treat Trail 6:00 Card Game Club	26 9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 3:00 Scarecrow Contest Scenic Drive & Bus Trip Bingo! 6:00 Puzzle Club	27 <b>HAPPY BIRTHDAY MILLIE!</b> 10:15 Hand Exercises to Help Arthritis 11:00 Manicures & Hand Massages! 2:00 Candy Distribution and Set up 3:30 3rd Annual Trick or Treat Trail 6:00 Movie Night!	28 <b>NATIONAL CHOCOLATE DAY</b> 10:30 Fitness Fun 11:00 Bingo! 2:30 Chocolate Day Trivia, History & Treats 3:15 Interactive Name That Tune 6:00 Board Game Group
29 10:15 Sit to Be Fit 11:00 Bingo! 2:30 Sunday Sundae Social 3:15 Word in a Word 6:00 Music of Faith	30 <b>CAT DAY</b> 10:15 Whoga 11:00 Resident Council 2:00 Tee Talk Senior Seminar 3:15 Cat Day Discussion and Reminiscence 6:00 Evening News Group	31 10:15 Walking Club 11:00 Halloween History & Spooky Short Stories 2:30 Pet Parade & Costume Contest 3:15 Halloween Treats & Trivia 7:00 Jeopardy Group				

# 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?

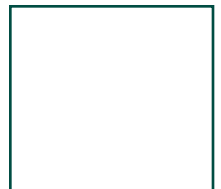
The answer to the first question lies within the latter. Flu vaccines are recommended ahead of whenever flu virus activity and infections are on the rise, which is typically when the weather gets cold. For example, in the U.S., flu season dates can last from October through May, usually peaking between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