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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

In August, Sarah and the ladies of the Crochet / Knitting Club made a special trip to the Ronald McDonald House in Long Branch. Baskets packed with carefully placed blankets were loaded onto the Brookside bus and hand delivered. Needless to say the staff, family members as well as the children who call the Ronald McDonald House their home away from home, were so happy and thankful for the kind gesture. Sarah, Activity Assistant, started the club almost a year ago. Stay tuned for their next project! The Brookside is very proud of Sarah and her ladies! Outstanding job!





Resident Of The MONTH



Claire

Meet Claire. Originally from Brooklyn, Claire has called The Brookside her home since December of 2012. Actually, husband Joe of 67 years, also resided here until his passing just this past April. Most intellectual, Claire won a \$25 War Bond in High School for outstanding grades. Before becoming a wife, mother, Grandmother & Great Grandmother, Claire's occupation was secretary for many years. Fluid in both Spanish & Yiddish, Claire now holds a monthly Yiddish Club at the Brookside. Claire can sing an awesome tune while her fingers pass along the ivory keys. Today Claire's pride & joy are her two Great Grandchildren, Tomo & Jacob. Claire, you are an amazing person and the Brookside is proud that you have chosen us to call home!

COMING IN NOVEMBER:

Tuesday, November 7th
Election Day

Brookside is your local polling place.

Wednesday, November 22nd
Brookside Annual
Thanksgiving Feast.

Resident Birthday :

Harriet G	Oct. 3 rd
Gertrude H.....	Oct. 3 rd
Irving K.....	Oct. 3 rd
Jean P	Oct. 5 th
Roslyn K.....	Oct. 8 th
Sondra C.....	Oct. 9 th
Dove R.....	Oct. 10 th
Gladys G.....	Oct. 11 th
Shirley S.....	Oct. 12 th
Richard S.....	Oct. 13 th
Iris N.....	Oct. 13 th
Laura C.....	Oct. 17 th
Rose B.....	Oct. 22 nd
Enid M.....	Oct. 25 th
Mickey M.....	Oct. 29 th
Stanley L.....	Oct. 29 th
Joseph B.....	Oct. 31 st
Sylvia G.....	Oct. 31 st

EMPLOYEE OF THE MONTH!



Loretha 'Lo' Eggleston

Congratulations to Loretha 'Lo' Eggleston, Brookside's October "Employee of the Month". Lo has been with the Brookside since April of 2016. Working with the Dietary Team, Lo holds the position of 'Cook Supervisor'. Lo has a busy schedule, as she works two jobs, as well as taking special care of her Mom. Always with a smile upon her, you will see Lo taking care of Residents needs. Great job Lo!



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

October 2017

BROOKSIDE ASSISTED LIVING

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>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</p>	<p>2 10:00 Facebook 10:00 Fox Led Exercise 11:00 Spelling Bee 11:00 Monday Masterpieces 7:00 Moondance Band Performs 7:30 Monday Night Football</p>	<p>3 9:30 Morning News with Clifford 10:00 Facebook 10:00 Daily Exercise 11:00 Imagine Art 2:30 Trip / Shop Rite 3:00 Men's Cafe Chat 7:30 Live Entertainment with Tonia 7:30 Tuesday Night Movie</p>	<p>4 EREV SUKKOT 9:30 Morning News with Clifford 10:00 AM Exercise 10:30 Creating with Clay 10:30 Atlantic City Poker 11:00 Yoga with Sheri 11:00 Chess with Nolan 6:16 Candle Lighting 7:00 Maariv Services</p>	<p>5 SUKKOT 1st DAY 9:30 Shacharis Services 10:00 Exercise 10:30 Catholic Services 11:30 Lunch Trip / Outback Steak House 3:00 Soothing Hand Massages 4:45 Mincha Services 7:13 Candle Lighting 7:15 Maariv Services</p>	<p>6 SUKKOT 2nd DAY 9:30 Shacharis Services 10:00 Poker with Alan & Linda 10:00 Daily Exercise 10:30 Blessing Over Lulav & Esrog 4:00 Discussion with Rabbi 4:45 Mincha Services 6:00 Kabbalat / Shabbat 6:13 Candle Lighting</p>	<p>7 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</p>
<p>8 10:00 Exercise 10:30 Documentary Day 10:30 Fall Foliage Drive 3:00 Board Games 4:15 Town Square Chat 7:20 Sunday Night Movie 7:30 Independent Chat</p>	<p>9 COLUMBUS DAY 10:00 Facebook 11:00 Spelling Bee 11:00 Monday Masterpieces 2:30 Shopping / Shop Rite / 2nd Trip 3:00 Monday Social 7:20 Evening Bingo 7:30 Monday Night Football</p>	<p>10 9:30 Morning News with Clifford 10:00 Facebook 10:00 Daily Exercise 10:30 Menu Committee Meets 11:00 Imagine Art 11:00 Harvest Program with Fred 2:30 Shopping / Walmart 3:00 Men's Cafe Chat 7:20 Tuesday Night Movie</p>	<p>11 9:30 Morning News with Clifford 10:00 AM Exercise 11:00 Yoga with Sheri 11:00 Chess with Nolan 2:30 BINGO HOSTED BY WEDGWOOD GARDENS 6:05 Candle Lighting 7:00 Maariv Services 7:20 Evening Bingo</p>	<p>12 SHEMINI ATZERET 9:30 Shacharis Services 10:00 Exercise 10:30 Catholic Services 11:15 Yizkor followed by Musaf 3:00 Soothing Hand Massages 4:45 Mincha Services 7:03 Candle Lighting 7:05 Maariv Services w/ Hakafof</p>	<p>13 SIMCHAT TORAH 9:30 Shacharis Services 10:00 Poker with Alan & Linda 10:00 Manicures 10:00 Daily Exercise 10:30 Dancing with the Torah 4:45 Mincha Services 6:00 Kabbalat / Shabbat 6:02 Candle Lighting</p>	<p>14 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</p>
<p>15 10:00 Exercise 11:00 AM Bingo 2:00 BROOKSIDE HARVEST FESTIVAL 7:20 Sunday Night Movie 7:30 Independent Chat</p>	<p>16 10:00 Facebook 10:00 Fox Led Exercise 11:00 Spelling Bee 11:00 Monday Masterpieces 11:00 Clothes by Michael 2:30 Catholic Mass 3:00 October Birthday Party 7:20 Evening Bingo 7:30 Monday Night Football</p>	<p>17 9:30 Morning News with Clifford 10:00 Facebook 10:00 Daily Exercise 10:15 Resident Council 11:00 Imagine Art 2:30 Shopping / Dollar Store 7:20 Tuesday Night Movie</p>	<p>18 9:00 FLU CLINIC 9:30 Morning News with Clifford 10:00 AM Exercise 11:00 Yoga with Sheri 11:00 Chess with Nolan 3:00 Crafty Crafting 7:20 Evening Bingo</p>	<p>19 9:30 Morning News with Clifford 10:00 Exercise 10:00 Ladies Club Trip / Duke Gardens 10:45 Creative Notions Art 3:00 Soothing Hand Massages 3:00 Music Appreciation with Marry 3:00 Chair Massage with Aleta 7:20 Evening Bingo</p>	<p>20 10:00 Manicures 10:00 Daily Exercise 11:00 Friday Bingo 3:00 Happy Hour 5:51 Candle Lighting</p>	<p>21 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</p>
<p>22 10:00 Exercise 10:30 Documentary Day 10:30 Fall Foliage Drive 3:00 Board Games 3:00 FAMILY MOVIE AFTERNOON 4:15 Town Square Chat 7:20 Sunday Night Movie 7:30 Independent Chat</p>	<p>23 10:00 Facebook 10:00 Exercise with Shani 11:00 Spelling Bee 11:00 Monday Masterpieces 11:00 Crazy Kooky Hair Day Social 2:30 Shopping / Walmart 7:20 Evening Bingo 7:30 Monday Night Football</p>	<p>24 9:30 Morning News with Clifford 10:00 Facebook 10:00 Daily Exercise 11:00 Imagine Art 2:30 Shopping / Dollar Store 4:00 Rabbi Fredrich Visits 7:20 Tuesday Night Movie</p>	<p>25 9:30 Morning News with Clifford 10:00 AM Exercise 11:00 Yoga with Sheri 11:00 FOOD DEMO WITH CHEF BOBBY 3:00 Crafty Crafting 3:00 Stress Mgt. with Gina 7:20 Evening Bingo</p>	<p>26 9:30 Morning News with Clifford 10:00 Casino Trip 10:00 Exercise 10:30 Catholic Services 11:00 Frisbee Fling 2:30 Tai Chi with Stobhan 3:00 Soothing Hand Massages 3:00 Ladies Club with Ester 3:00 Music Appreciation with Marry 7:30 Evening Cabaret with Julian</p>	<p>27 10:00 Poker with Alan & Linda 10:00 Manicures 10:00 Daily Exercise 11:00 Friday Bingo 3:00 Pumpkin Pie Social 5:42 Candle Lighting</p>	<p>28 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</p>
<p>29 10:00 Exercise 11:00 Autumn Stroll 3:00 Left Right Center 3:00 Bingo Matinee 7:20 Sunday Night Movie 7:30 Independent Chat</p>	<p>30 HALLOWEEN 10:00 Facebook 10:00 Daily Exercise 11:00 Imagine Art 11:00 Haunting Halloween Social 2:30 Trip / Delicious Orchards 7:20 Tuesday Night Movie</p>	<p>31 HALLOWEEN 9:30 Morning News with Clifford 10:00 Facebook 10:00 Daily Exercise 11:00 Imagine Art 11:00 Haunting Halloween Social 2:30 Trip / Delicious Orchards 7:20 Tuesday Night Movie</p>				

ACTIVITIES SUBJECT TO CHANGE.

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.



THE BROOKSIDE
A Kosher Assisted Living and Memory Care Community

93 Manalapan Avenue, Freehold, NJ 07728

www.TheBrookSide.com

732-303-8800
