

Refer a friend...
Get \$1500!
Contact us for
details.

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.



Poetry Reading with Poet Andy Weil and
Our Stonebrook Poets
Veterans Coffee Hour





Employee Of The MONTH

Our CNA Kari Ekstrom!

The Peoples Choice, Kari is caring, considerate and attentive to every detail of our residents needs. She is eager to assist the residents in what ever way she can always asking each person how they are, how they are feeling and if there is anything she can do. Kari we appreciate all that you do to keep our family members safe and happy.

Thank you for all you do

Celebrating Our October Birthdays

10/21 Marguerite Evans

10/22 Jeannine Kornbrath

- Veterans Coffee Hour: 4th Tuesday of each month at 2:15 pm (facilitated by Hartford Healthcare at Home's Veterans Liaison)
- Empowering Seniors Support Group: 1st and 3rd Friday of each month at 2:15 pm (facilitated by a Social Worker and 2 Stonebrook Village Residents)
- National Alliance for Mental Illness (NAMI) Support Group: 2nd Sunday of each month at 2 pm (for those with a loved one suffering from mental illness)
- Dementia Caregivers Support Group: Facilitated by a Social Worker and 2 Stonebrook Village Residents): 4th Sunday of each month at 2 - 3:30 pm
- Bereavement Support Group (for those who have lost a loved one): 1st and 3rd Monday of each month at 1 - 2:30 pm.

Save the Date

Dancing Lessons with Alice:
Rose lane @ Mondays : 3:00

"Think Pink TeaTime"
Every Monday in October in Honor of Breast
Cancer Awareness Month @ 2:00

Chi Gong @ Thursdays : 3:00

Yoga & Meditation with
Jeff Cappadora @ Wednesdays,
Fridays : 3:30; Saturdays : 10:30

Dr. Davis from Hartford Hospital :
10/3 @ 6:00

Essex Foliage Train Ride : 10/7 @ 11:00

Mind Aerobics with Roxane Cotton
Parkway Pavilion : 10/12 @ Second
Thursdays, 11:00

Music Therapy with Rafel : 10/12 @ 2:00

Flu Clinic: 10/13
Administered by Rockville Pharmacy
Call for an appointment @ 10-1

Flu Clinic: 10/20
Administered by CVS Pharmacy
Call for an appointment
Windsor CT @ 11-2

Clyde Cider Mill : 10/15
Mystic CT @ 11:30

Jeff the Plant Guy : 10/17
"The Peoples Plant Connection" @ 10-12:30

John Paolillo (Musician/Vocalist Johnny P) :
10/18 @ 10:30

Poetry with Andy Weil : 10/3 and
10/19 @ 3:30

Trip to Healthtrax @ Every Friday at 1:00

Oktoberfest
Accordianist: Dave Goclowski: 10/20 @ 4:30

Join US for Sunday Brunch : 10/22
"Celebrity Chef Show Down"
Invite a Friend for a Tour & Brunch
We look forward to seeing you there @ 11-2

The sounds of Saxophonist
Tom Sansone : 10/23 @ 3:00

Join Us as we Honor Our Veterans With a
Ceremony & Wall of Honor Thursday:
10/26 @ 4:00

Mr. Magic: Magic for all ages : 10/30 @ 2:00

Join Us for our Halloween Costume Party :
10/31 "Night of The Stonebrook Bash"
4:00 : Costume Contest with Prizes
4:30 : Music, Food & Fun



Staff Directory of DEPARTMENT HEADS

Executive Director

Lorraine Doonan

Director of Food Services

Anthony Giraulo

Business Administrator

Sherry Tyler

Nursing Director

Julie Resnik

Nursing Assistant

Papy Bibo

Marketing Director

Siobhan Becker

Life Enrichment Director

Christiana Pitts

Exercise Physiologist

Michael Levandowski

Life Enrichment Assistant

Jackie Evans

Director of Maintenance

Bryan Haley

Concierges

Cindy Goodsell

Ashley Resnik



Find us on
facebook

Stonebrook Village

at WINDSOR LOCKS

A SENIOR LIVING COMMUNITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stonebrook Village at Windsor Locks						
						
October 2017						
1 World Vegetarian Day 10:30 Catholic Communion service w/ Bob 11:45 Movie Matinee 2:00 Chair Volley Ball 2:00 Adult Coloring-Pub 6:00 Movie Night	2 10:00 Ceramic w Jackie Kemp 10:00 Balance Training 1-2:30 Bereavement Group 1:15 Balance Training 2:00 Think Pink TeaTime 2:30 Love Your Back 3:00 Dancing w Alice: Rose lane 3:30 Low Impact Aerobics 3:30 BINGO 4:30 It's Wine:30	3 11:00 Bingo in Rose lane 1:00 Balance Training 2:00 Chair Volley Ball 2:00 Exercise in Rose Lane 3:00 Piglet Visit Oink! Oink! 3:30 Andy Weil 3:30 Happy Hookers 3:30 Set Back Game 3:30 Sit N Fit 4:30 It's Wine:30 6:00 Hartford Hospital: Dr. Davis	4 Wear Pink Day 10:00 Balance Training 11:00 Wheel of Fortune 11:30 Stonebrook Strollers 1:15 Sit N Fit 2:00 The Aging Brain & Fall Risk 2:30 Low Impact Aerobics 3:30 Yoga & Meditation w/ Jeff 3:30 BINGO in Granby Lounge 4:30 It's Wine:30	5 The Lili Plant Shop: TBD 10:00 Sit N Fit 10:00 Rosary/ Tom Mehan-CH 11:00 Bingo in Rose lane 1:00 Engagement for Jen from FOX 1:30 Balance Training 2:00 Resident Round Table Mtg. 3:00 Chi Gong 3:30 Happy Hookers 3:30 Set Back Game	6 10:30 Wadsworth Trip 10:00 Low Impact Aerobics 10:30 Fit N Strong 11:00 Empowering Seniors 1:15 Stonebrook Strollers 1:00 Healthtrax 1:00 Ambassadors Meeting 1:30 Fall Prevention 2:00 Chair Volley Ball 3:30 Yoga & Meditation w/ Jeff 3:30 BINGO in Granby Lounge 4:30 Wine:30	7 \$17 Senior Price Essex Train 10:30 Yoga & Meditation w/ Jeff 11:00 Essex Foliage Train Ride 11:30 Chit Chat Crafters 2:00 Adult Coloring 2:00 Matinee Movie 3:00 Wheel of Fortune 6:00 Movie Night
8 10:30 Catholic Communion service w/ Kevin 11:45 Movie Matinee 2:4 N.A.M.I. support group 2:00 Chair Volley Ball 2:00 Adult Coloring-Pub 6:00 Movie Night	9 Columbus Day 10:00 Balance Training 1:15 Balance Training 2:00 Think Pink TeaTime 2:30 Love Your Back 3:00 Dancing w Alice: Rose lane 3:30 Low Impact Aerobics 3:30 BINGO 4:30 It's Wine:30	10 Pumpkin Picking 11:00 Browns Farm: Windsor 11:00 Bingo in Rose lane 1:00 Balance Training 2:00 Chair Volley Ball 2:00 Exercise in Rose Lane 3:30 Happy Hookers 3:30 Set Back Game 3:30 Sit N Fit 4:30 It's Wine:30	11 Balance Training 11:30 Stonebrook Strollers 11:00 Wheel of Fortune 1:15 Sit N Fit 2:00 Measuring Outcomes 2:30 Low Impact Aerobics 3:30 Yoga & Meditation w/ Jeff 3:30 BINGO in Granby Lounge 4:30 It's Wine:30	12 10:00 Sit N Fit 10:00 Rosary w/ Tom Mehan-CH 11:00 Mind Aerobics w Roxane 11:00 Parkinson Support Group 1:30 Balance Training 2:00 Music Therapy/ Rafael 3:00 Chi Gong 3:30 Happy Hookers 3:30 Set Back Game 4:30 It's Wine :30	13 10-1 Flu Shots Rockville Ph. 10:00 Low Impact Aerobics 10:30 Fit N Sit 11:00 Wheel of Fortune 11:15 Stonebrook Strollers 1:00 Healthtrax 2:00 Chair Volley Ball 3:30 Yoga & Meditation w/ Jeff 3:30 BINGO in Granby Lounge 4:30 Wine :30	14 No Yoga & Meditation 11:30 Chit Chat Crafters 2:00 Adult Coloring 2:00 Pumpkin Carving 2:00 Movie Matinee & Popcorn 3:00 Mystery of Morse Code 6:00 Movie Night
15 10:30 Catholic Communion service w/ Kevin 11:30 Clyde's Cider Mill/ Mystic CT 11:45 Movie Matinee 2:00 Chair Volley Ball 2:00 Adult Coloring-Pub 6:00 Movie Night	16 10:00 Balance Training 1-2:30 Bereavement Group 1:15 Balance Training 2:00 Think Pink TeaTime 2:30 Love Your Back 3:00 Dancing w Alice: Rose lane 3:30 Low Impact Aerobics 3:30 BINGO 4:30 It's Wine:30	17 10:12:30 Jeff the Plant Guy 12:30 Pumpkin Carving Contest 1:00 Balance Training 2:00 Chair Volley Ball 2:00 Exercise in Rose Lane 3:30 Happy Hookers 3:30 Set Back Game 3:30 Sit N Fit 4:30 It's Wine:30	18 Balance Training 10:30 John Paolillo/ Music 11:30 Stonebrook Strollers 11:00 Wheel of Fortune 1:15 Sit N Fit 2:30 Low Impact Aerobics 3:30 Yoga & Meditation w/ Jeff 3:30 BINGO in Granby Lounge 4:30 It's Wine:30	19 10:00 Sit N Fit 10:00 Rosary w/ Tom Mehan-CH 10:30 Pet Therapy w Libby 11:00 Bingo in Rose lane 1:30 Balance Training 3:00 Chi Gong 3:30 Andy Weil 3:30 Happy Hookers 3:30 Set Back Game 4:30 Wine: 30	20 10:00 Low Impact Aerobics 10:30 Fit N Sit 11-2 Flu Shots w CVS 11:00 Empowering Seniors 11:15 Stonebrook Strollers 1:00 Healthtrax 2:00 Chair Volley Ball 3:30 Yoga & Meditation w/ Jeff 3:30 BINGO in Granby Lounge 4:30 Oktoberfest Celebration	21 Yoga & Meditation w/ Jeff 10:30 Chit Chat Crafters 2:00 Adult Coloring 2:00 Matinee Movie 3:00 Wheel of Fortune 6:00 Movie Night
22 10:30 Catholic Communion service w/ Judy 11-2 Sunday Brunch: Celebrity Chef Show Down 11:45 Movie Matinee 2:30 (Families w loved ones who have dementia Group) 2:00 Chair Volley Ball 2:00 Adult Coloring-Pub 6:00 Movie Night	23 10:00 Balance Training 1:15 Balance Training 2:30 Love Your Back 3:00 Tom Sansone/ Saxophone 3:00 Dancing w Alice: Rose lane 3:30 Low Impact Aerobics 3:30 BINGO 4:30 It's Wine:30	24 10:00 Balance Training 1:15 Stonebrook Strollers 2:15 Veteran Coffee Hr./Wayne 3:30 Happy Hookers 3:30 Set Back Game 3:30 Sit N Fit 4:30 It's Wine:30	25 Balance Training 11:00 Wheel of Fortune 11:30 Stonebrook Strollers 1:15 Sit N Fit 2:00 Mass w/ Father O'Grady-CH 2:30 Low Impact Aerobics 3:30 Yoga & Meditation w/ Jeff 3:30 BINGO in Granby Lounge 4:30 It's Wine:30	26 10:00 Sit N Fit 10:00 Rosary w/ Tom Mehan-CH 1:00 Bingo in Rose lane 1:30 Balance Training 3:00 Chi Gong 3:30 Happy Hookers 3:30 Set Back Game 4:00 Veteran Ceremony	27 10:00 Low Impact Aerobics 10:30 Fit N Sit 11:00 Wheel of Fortune 11:15 Stonebrook Strollers 1:00 Healthtrax 2:00 Chair Volley Ball 3:30 Yoga & Meditation w/ Jeff 3:30 BINGO in Granby Lounge 4:30 It's Wine:30	28 No Yoga & Meditation 11:30 Chit Chat Crafters 2:00 Adult Coloring 2:00 Matinee Movie 3:00 Mystery of Morse Code 6:00 Movie Night
29 10:30 Catholic Communion service w/ Bob 11:45 Movie Matinee 2:00 Chair Volley Ball 2:00 Adult Coloring-Pub 6:00 Movie Night	30 10:00 Balance Training 1:15 Think Pink TeaTime 2:00 Love Your Back 2:30 Dancing w Alice: Rose lane 3:00 Low Impact Aerobics 3:30 BINGO 4:30 It's Wine:30 5:00 October Birthday Bash	31 Halloween Costume Party 11:00 Bingo in Rose lane 1:00 Balance Training 2:00 Mr. Magic Show 2:00 Exercise in Rose Lane 3:30 Happy Hookers 3:30 Set Back Game 3:30 Sit N Fit 4:00 Costume Contest 4:30 "Night of The Stonebrook"				
						

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.



Stonebrook Village
at WINDSOR LOCKS
A SENIOR LIVING COMMUNITY

550 Old County Road, Windsor Locks,
CT 06096
www.StonebrookVillage.com
860-690-7660
