

OCTOBER 2024 NEWSLETTER

EXECUTIVE DIRECTOR
Mary Ellen Ierardi

You've Been Spotted! As I have shared in past newsletters, we have a program here that is used to highlight our employees. You've been spotted allows visitors, residents or staff members the opportunity to shout out an employee who goes over and above for the residents or community. Kayla, Michelle and Aina were recognized at our September Staff meeting. Think of the ole saying, "if you see something, say something". The forms and the box are located at the front desk for your convenience. Any questions, please see me.

Happy Fall!



UPCOMING EVENTS

Octoberfest Party

10/5

Halloween Party

10/31

Live Music: October 10th,

11th, 15th,

22nd and 25th

Congratulations!

*Look Who Has
Been Spotted!*





Nursing Department

WORLD HOSPICE AND PALLIATIVE CARE DAY



SATURDAY 12 OCTOBER, 2024

Every year we mark, celebrate, and take the opportunity to advocate for People Living with Palliative Care Needs (PLWPCNs) on every second Saturday of October. This year, World Hospice and Palliative Care Day (WHPCD) will be on Saturday 12 October 2024.

The year 2024 marks 10 years since the World Health Assembly (WHO’s Governing Body) passed the only stand-alone resolution on palliative care, calling for all countries to “strengthen palliative care as a component of comprehensive care throughout the life course.” This is what inspired the theme for 2024.

The theme is, “Ten Years Since the Resolution: How are we doing?”



October is Breast Cancer

healthline

Awareness Month

How to Reduce Your Risk of Breast Cancer: 10 Lifestyle Recommendations

1. Stay physically active
2. Maintain a healthy weight
3. Follow a nutritious diet
4. Quit smoking
5. Limit alcohol
6. Breastfeed if possible
7. Use caution when taking birth control and post-menopausal hormonal replacement therapy
8. Know your family history
9. Know your personal risk
10. Get screened regularly for breast cancer

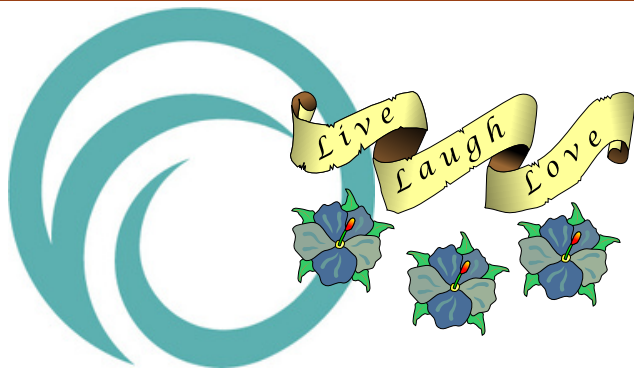




**Director of Marketing and Admissions, Service
Coordinator**

Erin Soucy

I hope you all are happy and healthy as we enter the Fall season! I wanted to take a moment to remind you all about a possible Veteran benefit available to your families. The Aid & Attendance benefit is a monthly pension amount paid directly to Veterans or their surviving spouses that meet certain medical criteria. Patients in nursing homes (or high-level Assisted Livings like ourselves), or elderly folks needing support with 2+ activities of daily living are typically qualified for this financial assistance. The Veteran must have served for 90 days during a time of war, but it is not required that they were active duty. There are some financial parameters to be qualified, so it is possible to be unqualified due to asset limits. However, it is not as strict as you might think. If any of you are interested in some preliminary information on the program, please feel free to email me at erin@oceanmeadowSL.com. Stay well!

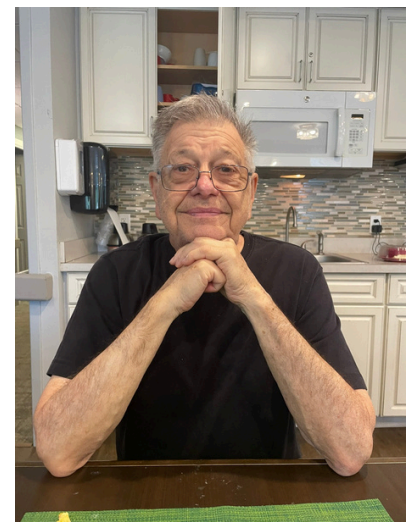


Happy Birthday to the
following Residents!



Mary Jane M 10/4
Marilyn J 10/5th
Elaine Z 10/12th

Welcome to our
New Residents!
Chris S and Rick R!



Activity Director

Debbie Williams

Fall is a lovely time of year; the weather is becoming cool and brisk, the leaves turn beautiful colors and the scents of the season are everywhere! We will be experiencing all of that in the Activity Department in October. Crafting, baking and much more to keep your loved ones engaged. As a reminder, you can still take advantage of the Yale University "Looking Glass Project," in which you can sign up and have a Yale student write a narrative of your loved one. It is volunteer and you will end up with a fascinating story to have forever.

Debbie

BOO!

Director of Dining Services

Cheryl Douglas

Eat This, Not That!

13. Nutmeg can cause hallucinations



EVERYDAY HEALTH

8 Outstanding Health Benefits of Apples

1. Apples May Lower High Cholesterol and Blood Pressure
2. Eating Foods With Fiber, Including Apples, Can Aid Digestion
3. Apples Can Support a Healthy Immune System
4. Apples Are a Diabetes-Friendly Fruit
5. The Antioxidants in Apples May Play a Role in Cancer Prevention
6. Eating Apples Can Support Healthy Weight Loss
7. Apples May Help Prevent Alzheimer's Disease
8. Apples Might Help Keep Your Gut Healthy



14. Cucumbers are mostly water

Next time you're feeling dehydrated and don't feel like drinking water, try snacking on a cucumber; it's 96 percent water.

