

Perry Phillips
Executive Director

Fall is Here!

October promises to be a busy month. The Saybrook at Haddam will be celebrating its **10th Anniversary** on **Oct. 16, 2019 from 4 to 7 pm.**

Residents and their families, staff, local business associates and officials will be attending the gala event. Alex and her culinary team will be preparing delicious food and drink for everyone to enjoy!

As we enter the fall season, we are encouraging residents and staff to get flu shots on **October 29th**. Getting a seasonal flu shot and effective hand washing are the best way to prevent contracting the flu.

One of the highlights in October is the **Pumpkin Decorating Contest** in which residents will be the judges! Residents and staff are encouraged to participate. Pumpkins will be displayed beginning **October 21st** in the lobby.



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Celebrate Our Success on Oct. 16th!

We've been busy with the car show in August and our Cruise for National Assisted Living Week in September. Up next is our Anniversary Party on October 16th from 4 to 7 PM. We've sent email invitations to all family members whose addresses have been shared with us, but there are many who do not have email or whose email is unknown to us. Please tell your friends and family about this party. They are all invited. We do, however, need a head count; so please ask them to contact Jen Armenia in Marketing to let her know if they plan to attend. Friends, family, potential residents, business partners, and more will be coming.

There will be **no formal dinner service** in the dining room on the evening of the party (this does not apply to Safe Harbor).

Instead, we will have turkey and beef carving stations, a pasta station, and heavy hors d'oeuvres in the lobby.

Entertainment will feature a piano player, and remarks will be made by Joe Irving, our Senior Director. Recognition for staff service will also occur. If you have any questions about this special evening, please feel free to ask Perry or Jen.

Wednesday, October 16th
4 to 7 pm

The Saybrook at Haddam's
10th Anniversary
Cocktail Party!

On another note, the Guest Apartment has been gaining popularity. It will not be available for the month of October; but will be back in-service beginning in November.



Jen Armenia
Marketing Director

As a reminder, we have "gone digital," meaning newsletters are not being mailed out via USPS. This is an effort to be more "GREEN" by conserving paper. Copies of the newsletter are printed for each resident and are also available at the front desk. The newsletter can be viewed any time by going to our website, www.thesaybrookathaddam.com and clicking on "News & Events."

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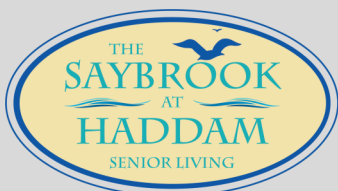
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Cont. Marketing News!

Current and past newsletters and activity calendars are available there. Lastly, if we have your email address, we will send you the newsletter at the beginning of each month. Please let your family members know how they can receive this valuable information.

We welcome your suggestions and input please feel free to share them with us. Thank you for allowing us to be a part of your lives; we truly appreciate spending time with you.

Maintenance News

Thermostat Fan Settings

The fan switch should be on the **Auto** position.

When the thermostat calls for heat or air conditioning, the system will run until the setting is reached.

Having the fan in the on position will force the fan to run continuously, thus taxing the motor.

However, if air filtration is desired due to dust or cooking odors, the **Fan On** option can be used for short increments to filter affected air. 30 minutes or so should do the trick.

Thank you,

Barry Osalza, Maintenance Director



A **Flu Shot Clinic** will be held at **9 am on Oct. 29th** in the Salon.

Please sign up at the front desk. There is no charge to residents.

The Flu Shot Clinic will be held in Safe Harbor on the same day.

We encourage all residents to participate.

Thank you,

**Lucille Bowen
Wellness Director**

Welcome New Residents!

Please help us in welcoming our new residents that moved in this summer. In June, we had **Irmentraud Rehm-Laraia** join us. During July, we had **Peter and Molly Farnsworth, Gary and Jan Lehrman**, and **Caroline Armstrong** make their homes here! **Mimi and Bill Benner** arrived in August! And in September, **Betty Byrne, Al and Cathy Abelhauser, Iris Klar** and **Mark Jefferson** were welcomed aboard!

Residents In The News



To get to know one another better, we are asking a question of the month. This month we asked residents:

What makes you happy?

Ronnie Andrews what makes her happy is a sunny day; a good political discussion; any music other than rock and roll; a friendly hello from friends and staff at the Saybrook at Haddam; a cup of coffee at breakfast; an unexpected flower delivery; jewelry; and when it's chilly - turning up the heat to get warm!

Tom Cockerill says when the New York Yankees win the pennant, he's especially happy!

To **Lucille Lefebvre**, happiness is when her family visits, especially her grandchildren!

Kay Dorn says happiness is spending time with her family and her dog Skippy!

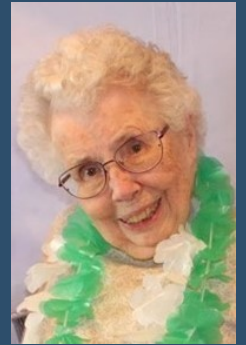
Seeing her children and grandchildren happy and healthy brings **Barbara Gill** happiness!

Pat Van Kirk says happiness is doing what she loves like spending time with her family and friends, reading, exercising and traveling.

Anna Henriksen says her happiness comes from spending time with her family, playing cards, games and jigsaw puzzles. Her mother always had a jigsaw puzzle on the table when she was growing up!

Resident Spotlight: Joanne Kneeland

Joanne Giles Kneeland was born in Glen Ridge, NJ to Esther (Hawthorne) Giles and Wallace Giles on June 25, 1931. Joanne and her older brother, Bob, grew up in nearby Caldwell, NJ, close by New York City. Her father was an electrical engineer. Her mother stayed home to raise her children until WW II when she worked as a bank teller. The family enjoyed summers in Haddam, CT where her grandfather was a minister at Camp Bethel, a historic Christian camp that opened in 1878.



After high school, Joanne joined a five-year nursing program at Aurora University in Aurora, IL and graduated as an RN and received a Bachelor of Science. Along the way, she lettered in archery and met her future husband, David.

After graduation, she stayed in Aurora and worked as an RN at a hospital in the maternity department. She and David traveled to Connecticut and were married at Joanne's aunt's home. They honeymooned in Maine, then returned to Aurora and lived in student housing while David finished his studies and worked full time. They moved to Hartford, CT, where Joanne stayed at home, raising their three children Kate, Patrick, and Paul. In 1961, they moved to Cobalt, CT. When her youngest was 11, she returned to work as an RN in the medical department of the Hartford National Bank.

Later, Joanne's parents moved to Cobalt, where she took a job at the local post office and worked there for 17 years. She also worked for 12 years part-time at the Middle Haddam Library. Since childhood she and her family spent summers at Camp Bethel, where she continues to visit to cherish her lifelong friendships.

Joanne and David traveled extensively after retirement to Europe, Australia, Alaska, the Panama Canal, and the Caribbean, to name a few. One of their travel highlights occurred during a trip to Israel when Joanne tried to swim in the Dead Sea but failed because of the high-salt content. Joanne said she "sat on the water" and itched like crazy later!

Joanne moved to The Saybrook at Haddam 2 1/2 years ago, and we are so glad she's here! Thank you, Joanne, for sharing your life with us.

Special Events

Tuesday, October 1st

3 pm — Cooking Demo By Executive Sous Chef
Caitlin Greenbaum

Sunday, October 6th

1:15 pm — Ivoryton Playhouse
"Shear Madness"

Wednesday, October 9th

Pink-Shirt Day
Breast Cancer Awareness
Month

Thursday, October 10th

2 pm — Writing Detective

Wednesday, October 16th

Happy 10th Anniversary!
4—7 pm
The Saybrook at Haddam
Celebration

Friday, October 18th

Out to Lunch — Moravela's

Sunday, October 20th

1 pm — Fall Foliage
River Quest Cruise

Friday, October 25th

Pumpkin Judging Contest

Sunday, October 27th

Ivoryton Playhouse
"Woody Sez"

Thursday, October 31st

Fabulous 60's Themed
Halloween Costume Party

MerriAnne Larensen
Recreation Director

October Recreation News



HALLOWEEN AT THE SAYBROOK AT HADDAM

ON OCT. 25TH, RESIDENTS WILL BE JUDGING THE PUMPKIN DECORATING CONTEST! THEN IT'S A 60'S HALLOWEEN HERE AT THE SAYBROOK AT HADDAM ON OCT. 31ST. SO, GET OUT YOUR HIPPIE/DISCO CLOTHES AND HAVE SOME FUN! 1ST AND 2ND PRIZES WILL BE AWARDED FOR "MOST UNUSUAL" & "BEST DRESSED" FOR THE '60S!

LAST MONTH AT THE SAYBROOK AT HADDAM



Residents and their children & grandchildren having fun on Grandparents Day!



Residents enjoying the Captain's Dinner that was the culmination of Cruise Week!

Safe Harbor Events & Happenings for October

Memory Boosting Superfoods!

The foods we eat play a role in keeping our brain healthy and can improve specific mental tasks, such as memory and concentration.

Everyday at mid-morning and mid-afternoon the recreation staff serve beverages and snacks to our residents.

Frequent hydration is also encouraged. There is a water cooler in the living room, so residents and guests may get a glass of water anytime during the day.

Some residents forget to eat regular meals, so nutritious snacks are very carefully planned, based on memory boosting recommendations.

The most effective memory support foods include bean dips, hummus, almond butter, peanut butter, along with blueberries, strawberries, cherries, dark chocolate, salmon, salad, lean meats, curry, fruits, and coffee! In the morning, we serve diced fruits (pears, peaches, mandarin oranges) with no sugar or fructose added, fresh blueberries and strawberries, and fresh fruit salad.

In the afternoon, the savory flavors, such as peanut or almond butter, hummus on crackers; chicken or egg salad mini sandwiches; turkey and cheese rollups and nutrition bars satiates light breakfast/lunch eaters. Eating at regular intervals fuels the brain and satisfies nutritional requirements.

Kathy Hallett, Safe Harbor Director, spearheads many food preparation programs in which the residents prepare and create mini croissants, stuffed mushrooms, cookies, or chocolate mousse. On Saturday mornings, the residents make fresh bread in our bread baking oven and enjoy it in the afternoon while still warm out of the oven with fresh butter and fruit jams. It's a wonderful sensory experience.

Our talented chefs regularly include memory boosting superfoods on the menu, such as broccoli, coleslaw, fish, beans, chocolate, cinnamon, turmeric (curry), eggs, coffee, and lots of fresh fruits for the entire community to enjoy.

Susan Judge

Safe Harbor Program Director

SH - Special Dates

10/2 — 11 am Catholic Mass

10/3 — 11 am Music Therapy with Maggie

**10/10 — 11 am
*Dancercise with Jeff and Erin (4X per month – 10/10, 10/17, 10/24 & 10/31)**

10/15 — 2:30 pm

Piers Stonehart Sing-Along & Dance Community Party

10/17 — 8:30 am

Kathy's Special Breakfast

10/18 — 10 am Tai Chi & Caregiver Support Group

10/22 — 2 pm

Perry Philips, Executive Director, World Series Opening Celebration Talk

10/22 — 3 pm Nancy Meyers Violin and Sing-Along & Safe Harbor Monthly Birthday Party!

10/27 — 11 am All Faith Service

10/29 — 2 pm

Pumpkin Themed Creations/Contest

10/31 — 2:30 pm

Halloween Costume Parade

**10/31 — 5 pm
Family Dinner Night

*** Dancercise Class led by Jeff and Erin with Lifelong Therapeutics**

****Please reserve your place at Family Dinner with Kathy Hallett.**

SPECIAL EVENT—HORSES VISIT ON OCT. 24TH!

On **October 24th**, Peggy Metcalf will transport her two beautiful horses to the rear parking lot at **10:30 am**.

These gentle animals love to nuzzle the residents' hands and these close encounters create a soft touching experience for all the residents to enjoy.

Beverages will be served during this one-hour experience. The entire community is invited! Bring your cameras for photo ops.



Stacia Baily, LPN

In December of 2016, Stacia Baily, LPN, joined The Saybrook At Haddam team after leaving Atria Greenridge place where she was an LPN and CNA for over ten years.

"I truly enjoy working at The Saybrook At Haddam," said Stacia. "The residents here are so full of life. I know even if I'm not feeling my best there's always at least one resident who will put a smile on my face."

Stacia began her nursing career after graduating high school working as a CNA. She later went back to school and attended Stone Academy to get her LPN license. Upon graduation, she gained valuable skilled nursing experience while working at Maple View Manor in Rocky Hill, CT, which she uses on her daily rounds at The Saybrook at Haddam.

"Stacia is keenly aware of the needs of our residents and is often complimented by families for her professional, caring and attentive manner," said Lucille Bowen, Wellness Director. "She remains calm in the most trying of circumstances and is highly respected by the team. Stacia is an excellent nurse and a valuable part of the nursing team here at The Saybrook at Haddam."

Stacia knew as a teenager what her career pursuits would be. At age 14, while interning in Portland, OR under an Advanced Practice Registered Nurse (APRN), her interest in the nursing field was sparked. Her internship was part of a program that provided healthcare to migrant workers and their families.

"In most cases, the workers and their families did not have access to healthcare with many women and children were seen for minor health issues," said Stacia. "I realized then how much I enjoyed caring for others."

Stacia was born in Bristol, CT and grew up in Hartford, CT. She is a mother to a beautiful energetic 9-year-old-girl, who she says motivates her daily to be the best person she can be. In her spare time, she enjoys spending time with her friends and her boyfriend.



The Saybrook at Haddam — Flu Shots — Oct. 29th

A Flu Shot Clinic will be held in the Salon at 9 am.

Tis the Season: For The Flu

What is the Flu: A respiratory illness caused by a virus that is especially common in the fall and winter months. It usually peaks between December and February but may last as late as May. Generally, the flu, if uncomplicated, can last for 3 to 7 days but feelings of illness, such as malaise and weakness may last much longer.

How is it transmitted: If a person with the flu sneezes or coughs, microscopic droplets are sprayed onto any nearby surface or person. When another person touches that surface and then touches an area on their body with susceptible mucous membranes such as their eyes or nose, they may infect themselves.

Signs and Symptoms of the Flu: Usually a person may first experience fatigue and body ache. Other symptoms are cold-like in nature but may

include fever, cough, chills, head congestion, sore throat, runny or stuffy nose, shortness of breath, and loss of appetite. If untreated, symptoms of the flu can become severe and a person may develop complications such as pneumonia, bronchitis, sinus infections and in the worst case scenario, hospitalizations and sometimes death.

Who is at risk: People with certain chronic diseases such as Diabetes, heart disease, kidney, liver or blood diseases, who may have a history of organ transplant, use of chemotherapy, and/or are obese are susceptible. Another significant risk factor is your presence in a care facility such as hospitals, nursing homes and/or Assisted Living facilities where multiple people with different medical needs may be present.

Prevention

"The single best way to prevent seasonal flu is to get vaccinated each year," says the CDC.

The Center for Disease Control (CDC) recommends an annual influenza vaccination for everyone 6 months and older with an influenza vaccine that is appropriate for the recipient's age and health status.

Other preventive actions:

- Avoid close contact with people who are sick.
- If you are sick, stay away from large groups in order to prevent spreading the virus.
- Cover your mouth and nose. Cough or sneeze into your arm as this limits droplets spread.
- Clean your hands. Washing your hands often will help protect you from germs.

Treatment: Flu treatment is dependent upon symptoms. The first step to determining what treatment is appropriate is to make your nurse or doctor aware of your symptoms. The CDC reports that Antiviral medications such as Tamiflu with activity against influenza viruses are an important adjunct to the flu vaccine in the control of influenza.



Fall has arrived!

October welcomes crisp nights and skies ablaze with color. Here in Safe Harbor we will be celebrating the season by doing lots of

home cooking. Applesauce, pies, stews, cookies...lots of yummy and enticing smells to take us back to our younger days and happier times.

We will be increasing the sensory component of our programming to help in evoking memories of the season as a way to cope with **Seasonal Affect Disorder**.

Our friends with dementia are sensitive to the days getting shorter, daylight fading sooner and diminishing sunshine. Just as daily Sundowning time is real with moments of agitation, confusion and disorientation - the onset of Fall also impacts moods and behaviors.

Factors that may contribute to Sundowning and the change of Seasons include:

- End-of-day exhaustion (both mental and physical).
- An upset in the "internal body clock," causing a biological mix-up between day and night.
- Reduced lighting and increased shadows causes people with Alzheimer's to misinterpret what they see, and become confused and afraid.
- Reactions to nonverbal cues of frustration from caregivers who are exhausted from their day.
- Disorientation due to the inability to separate dreams from reality when sleeping.

Sundowning Coping Strategies

- ◆ Approach the person in a calm manner.
- ◆ Find out if there is something he or she needs.
- ◆ Gently remind him or her of the time.
- ◆ Avoid arguing, offer reassurance that everything is all right.
- ◆ If the person needs to pace, allow it to continue under your supervision.
- ◆ Keep the home well-lit in the evening. Adequate lighting may reduce the agitation that occurs when surroundings are dark or unfamiliar.
- ◆ Make a comfortable and safe sleep environment.
- ◆ The sleeping area should be a comfortable temperature. Provide nightlights and other ways to keep the person safe, such as appropriate door and window locks.
- ◆ Maintain a schedule.
- ◆ As much as possible, encourage the person with dementia to adhere to a regular routine of meals, waking up and going to bed. This will allow for more restful sleep at night.
- ◆ Avoid stimulants and big dinners.
- ◆ Avoid nicotine and alcohol, and restrict sweets and caffeine consumption to the morning hours.
- ◆ Plan more active days.

- ◆ A person who rests most of the day is likely to be awake at night. Discourage afternoon napping and plan more challenging activities such as doctor appointments, trips and bathing in the morning or early afternoon.
- ◆ Encourage regular daily exercise.
- ◆ Try to identify triggers.
- ◆ Limit environmental distractions particularly during the evening hours (TV, children, chores, loud music, etc.).

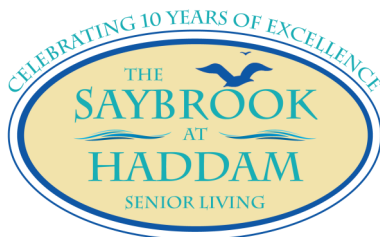
Stress and the Care Partner Don't Ignore the Warning Signs

1. **Denial:** Are you having a difficult time acknowledging their diagnosis and the effect it has on you?
2. **Anger/frustration:** Are you frequently angry with others because they don't understand what you are going through?
3. **Social Withdrawal:** Are you pulling back from friends and family and the things that once brought you pleasure?
4. **Anxiety:** Do you find yourself feeling anxious about the future?
5. **Depression:** Are there feelings of sadness, fear and hopelessness?
6. **Exhaustion:** Are you so tired that it often is difficult to complete necessary tasks of daily living?
7. **Sleeplessness:** Do your concerns and worries keep you up at night?
8. **Irritability:** Do you feel moodier than usual or frequently lose your temper?
9. **Lack of Concentration:** Is it hard to stay focused and on task with projects or conversations?
10. **Health Problems:** Are physical symptoms developing that may be the result of the mental toll you are experiencing?



October Birthdays

- 2 - Lucille Lefebvre
- 3 - Mary Alice Flint
- 4 - Earle Coleman
- 7 - Mark Jefferson
- 10 - Chet Hooker
- 11 - George Doerr
- 12 - Hans Sienel
- 17 - John Schultz
- 28 - Iris Klar



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