

Therapy Success Story - Carl Tkalec

October 2017

Volume 8, Issue 10

Carl Tkalec was recently admitted to Avon Oaks Rehabilitation for a neck and hip fracture. At first, he had to wear a rigid plastic neck brace and was non-weight bearing on his right leg. This made it very difficult for Carl to get out of bed. Once he was able to put all of his weight on his right leg he started walking. Carl says the walking was the best part of his recovery in therapy. He said that "At first, I didn't think I was ever going to be able to walk again." But now Carl is walking all the way from his room to and from the therapy department and working on stairs so he can return home soon.



Team Avon Oaks Alzheimer's Walk 2017

The Avon Oaks Singing Folks

Present

A Fall Choir Concert

Saturday, October 28, 2017

2:30 p.m.

Large Activity Room

Refreshments will be served afterwards

6 Ways to Fend Off Alzheimer's Disease (and Find Your Keys!)

By Linda B. White, MD

6 Natural Brain Health Boosters

1. Exercise regularly. Exercise can shield you against cognitive decline and dementia. It also bolsters the cardiovascular system, helps maintain healthy weight, and reduces the risk of diabetes.

2. Center yourself. Stressing out jams clear thinking. Chronically high levels of the stress hormone cortisol can damage an area of the brain key to memory. Mindfulness meditation is one method for taming stress. And paying attention to the present moment is a good way to keep track of your car keys. (It also helps if you always store the keys – glasses, check-books, cell phones, etc. – in the same place.)

3. Sleep more. Poor sleep temporarily impairs cognitive function. Lab studies suggest that chronic sleep deprivation increases the accumulation in the brain of beta-amyloid, a protein fragment that concentrates in the brains of people with Alzheimer's disease.

4. Follow a diet rich in vegetables, fruits, fish and nuts. That dietary pattern describes the Mediterranean diet, which has been shown to protect against cognitive decline. When selecting nuts, consider walnuts, which are packed with healthy oils and antioxidant compounds called polyphenols that show promise in maintaining brain health.

By the way, when we refer to the Mediterranean diet, we're not talking about cheesy lasagna and meatballs. Meat and dairy are loaded

with saturated fats, which studies link to dementia. And pasta is typically made from refined carbohydrates (white flour), which raises blood sugar levels more quickly than do complex carbs. A 2013 study found that high blood sugar levels—even among people without diabetes—correlated with dementia risk.

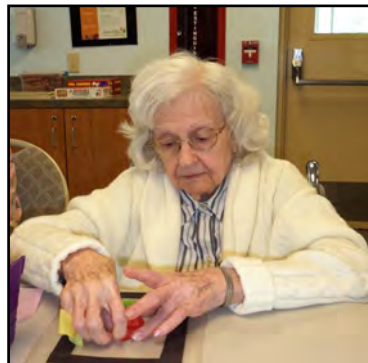
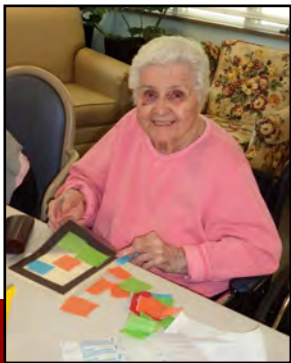
5. Try some herbs. Studies show that concentrated leaf extracts of Ginkgo biloba improve cognitive performance and behavior in elders with dementia. A 2014 study found that ginkgo boosted the benefit of medications commonly used to treat Alzheimer's. Other studies have not shown ginkgo prevents Alzheimer's. A 2014 analysis of nine studies judged that the Indian herb Bacopa monnieri can improve cognitive performance in healthy older adults. A 2006 study showed improvement in age-related memory impairment with bacopa. Research hasn't yet shown whether this herb can prevent or treat dementia.

6. Stimulate your brain. In general, mentally stimulating activities – reading, writing, following current events, learning languages, playing music, solving puzzles – build cognitive reserve, which delays memory loss. While preliminary studies suggest that brain training games hold promise, scientific reviews ask for further research. Studies show that some brain training games can improve cognitive function in healthy young adults and healthy older adults.

HALLOWEEN HAPPENINGS

Halloween Candy Drive

The Activities Department is accepting donations of bags of individually wrapped candy for two Trick-or-Treat events planned to celebrate Halloween. Last year's events were a huge hit and we hope this year will be the same!



Margaret Bernhard and Maebelle Fill working on a fun craft followed by story time. "Senior Reading Buddies" program sponsored by the Avon Public Library

Halloween Trick-or-Treat

Bring the kids or grandkids in their costumes on **Monday, October 30th** at **6:30 p.m.** for **Trick-or-Treating** throughout Avon Oaks, followed by a **Magic Show** by "Bill The Magic Guy" at **7:00 p.m.** Don't forget to bring a Trick-or-Treat bag for the little ones to collect the candy!!

Bill has traveled the world working as a U.S.O. entertainer along with many stints at amusement parks around the country. Bill travels the area with his many school assembly programs and offers a great traditional magic show. You will be amazed at his illusions, menagerie of animals and his fun interactive show.

Do You Know Your Rights?

1. To be fully informed, prior to or at the time of admission and during the resident's stay, in writing, of basic rate charges, services available in the home, and of any additional charges related to such services, including charges for services not covered under the Medicare or Medicaid program. The basic rate shall not be changed unless thirty days notice is given to the resident or, if the resident is unable to understand this information, to the resident's sponsor.
2. The right of the resident and person paying for the care to examine and receive a bill at least monthly for the resident's care from the home that itemizes charges not included in the basic rates.
3. To be free from financial exploitation and manage their own personal financial affairs, or, if the resident has delegated this responsibility in writing to the home, to receive upon written request at least a quarterly accounting statement of financial transactions made on the resident's behalf. The statement shall include: a complete record of all funds, personal property, or possessions of a resident from any source whatsoever, that have been deposited for safekeeping with the home for use by the resident or the resident's sponsor and a listing of all deposits and withdrawals transacted, which shall be substantiated by receipts which shall be available for inspection and copying by the resident or sponsor.

Acorn Childcare

What's falling from the Acorn Tree??



October Birthday's

Emmy Dunder	10-11-13
Jaime Camp	10-22-12
Wyatt McDavid	10-24-12

Transitions

Congrats to Evelyn Horvatin and Leah Ashofteh for transitioning to the Toddler Room!

Important Dates

10/6 Music Class
10/13 Bake Sale
10/20 Music Class
10/30 Avon Oaks Community Trick-or-Treat
10/31 Acorn Childcare Trick-or-Treat

Fun Fall Activities

- Visit a pumpkin patch
- Go for a walk
- Jump in a leaf pile
- Collect leaves
- Make a scarecrow
- Fall crafts
- Go apple picking
- Carve a pumpkin
- Go on a hayride

Halloween Party

We will be having a Halloween Party/Pizza Party on Tuesday **October 31, 2017 at 10:00**. Please send in your child's costume that day! The children will be parading around the nursing home and collecting candy!



Avon Oaks Trick-or-Treat

Avon Oaks will be hosting a Trick-or-Treat for the community! Trick or Treat will take place throughout the



nursing home on October 30, 2017 from 6:30pm-7:00pm. Following Trick-or-Treat there will be a Magician putting on a show from 7:00pm-7:45pm.

Candy Collection

We will be collecting candy for the Halloween Walk!
If you can donate a bag please drop off at the childcare center! Thank you for all the support!

Don't forget to Like Acorn Childcare Center on Facebook!

BAKE SALE

We will be having a Bake Sale on **October 13, 2017 from 6:30-3:30**.
All proceeds raised will go towards the centers
Christmas party!

Fundraiser

We will be starting a fundraiser **October 2nd through October 20th**. All money earned will go towards our
Christmas party, gifts and a surprise visitor!

Teacher Movement

Over the past month teachers have been moving to different age groups and training and will now be fully situated in their new areas! We are also in the process of adding a floater teacher that will be working part-time in all the rooms.

Infant Teachers: Miss Carmen, Miss Isabelle, Miss Jade
Toddler Teachers: Miss Mary Jo, Miss Hayley, Miss Crystal
Preschool Teachers: Miss Dee-Dee, Miss Becky, Miss Mandi

October 2017 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Church Service 10:00</p> <p>The Price is Right</p> <p>Guessing Game 2:30</p>	<p>2</p> <p>Movin' to Music 10:30</p> <p>Choir Practice 2:30</p> <p>Hospitality &</p> <p>Room to Room Visits 3:45</p>	<p>3</p> <p>Rosary &</p> <p>Holy Communion</p> <p>Music Therapy: Glen Campbell</p> <p>Live Anthology 2:30</p> <p>Bingo 7:00 - 8:00</p>	<p>4</p> <p>Kids' Color Parade (Orange) 10:30</p> <p>Shopping Trip TBA</p> <p>Get Fit with Mo 2:30</p> <p>"Name the..." Game 3:00</p> <p>Hospitality/Room Visits 4:00</p>	<p>5</p> <p>Morning Matinee 10:00</p> <p>Pinochle Club 10:15</p> <p>Bingo 2:15 - 3:15</p> <p>Evening Chat in the Courtyard 7:00</p>	<p>6</p> <p>Music Class with the kids inside the Day Care 10:15</p> <p>Catholic Mass by Fr. C 2:30</p> <p>Fall Sentimental</p> <p>Reflections Video 3:15</p>	<p>7</p> <p>Sweet Treat</p> <p>Room to Room 10:30</p> <p>Fall Crafting 2:30</p>
<p>8</p> <p>Church Service 10:00</p> <p>Musical Guest: Dan Elish Sings 2:30</p>	<p>9</p> <p>Movin' to Music 10:30</p> <p>Bingo 2:15 - 3:15</p> <p>Hospitality &</p> <p>Room to Room Visits 3:45</p> <p>Men's Club 5:30</p>	<p>10</p> <p>Pinochle Club 10:00</p> <p>Morning Courtyard Chat 10:30</p> <p>The Price is Right 2:30</p> <p>Hospitality/Room Visits 3:45</p> <p>Bingo 7:00 - 8:00</p>	<p>11</p> <p>"Pumpkin Coin Toss" Game with the kids 10:30</p> <p>Get Fit with Mo 2:30</p> <p>Spelling Bee 3:00</p> <p>Hospitality/Room Visits 4:00</p>	<p>12</p> <p>Horseshoes Game 10:30</p> <p>Bingo 2:15 - 3:15</p> <p>Hospitality/Room Visits 4:00</p> <p>Bible Study 7:00</p>	<p>13</p> <p>"Musical Pumpkins" Game with the kids 10:30</p> <p>Bingo 2:15 - 3:15</p> <p>Hospitality &</p> <p>Room to Room Visits 4:00</p>	<p>14</p> <p>Sweet Treat</p> <p>Room to Room 10:30</p> <p>Fabulous</p> <p>Fall Painting 2:30</p>
<p>15</p> <p>Church Service 10:00</p> <p>Happy Hour & Video</p> <p>Special: Dolly Parton 2:30</p>	<p>16</p> <p>Movin' to Music 10:30</p> <p>Choir Practice 2:30</p> <p>Resident Council 3:30</p> <p>Hospitality &</p> <p>Room to Room Visits 4:00</p>	<p>17</p> <p>Rosary/Communion 10:00</p> <p>Pinochle Club 10:00</p> <p>"OktoberFest" with Polka's by Wally Maxima 2:30</p> <p>Bingo 7:00 - 8:00</p>	<p>18</p> <p>Movie with the kids 10:30</p> <p>Out to Lunch TBA</p> <p>Get Fit with Mo 2:30</p> <p>"Travel" w/Trivia: Germany 3:00</p> <p>Hospitality/Room Visits 4:00</p>	<p>19</p> <p>Mass Choir Practice 10:30</p> <p>Catholic Mass by Fr. D 11:00</p> <p>Bingo 2:15 - 3:45</p> <p>Evening Chat in the Courtyard 7:00</p>	<p>20</p> <p>Music Class with the kids Inside Day Care 10:15</p> <p>Bingo 2:15 - 3:15</p> <p>Hospitality &</p> <p>Room to Room Visits 4:00</p>	<p>21</p> <p>Sweet Treat</p> <p>Room to Room 10:30</p> <p>"Soup's On" Game 2:30</p>
<p>22</p> <p>Church Service 10:00</p> <p>The Price is Right</p> <p>Guessing Game 2:30</p>	<p>23</p> <p>Movin' to Music 10:30</p> <p>Choir Practice 2:30</p> <p>Hospitality &</p> <p>Room to Room Visits 4:00</p> <p>Bingo 7:00 - 8:00</p>	<p>24</p> <p>Rosary &</p> <p>Holy Communion 10:00</p> <p>Music Therapy: Glen Campbell - "I'll Be Me, The Last Concert" 2:30</p> <p>Bingo 7:00 - 8:00</p>	<p>25</p> <p>Baking in AL w/the kids 10:15</p> <p>Out to the Casino TBA</p> <p>"Pet -A- Pet" Dogs & Cats from the APL Visit 2:30</p> <p>Hospitality &</p> <p>Room to Room Visits 4:00</p>	<p>26</p> <p>Morning Matinee 10:00</p> <p>Pinochle Club 10:15</p> <p>Get Fit with Mo 2:30</p> <p>Halloween Hx. & Trivia 3:00</p> <p>Hospitality/Room Visits 4:00</p> <p>Bible Study 7:00</p>	<p>27</p> <p>"Monster" Bowling with the kids 10:30</p> <p>Bingo 2:15 - 3:15</p> <p>Hospitality &</p> <p>Room to Room Visits 4:00</p>	<p>28</p> <p>Sweet Treat</p> <p>Room to Room 10:30</p> <p>Avon Oaks Singin' Folks</p> <p>Fall Choir Concert 2:30</p>
<p>29</p> <p>Church Service 10:00</p> <p>Halloween Theme</p> <p>Price is Right Game 2:30</p>	<p>30</p> <p>Helping Hands - Bagging Halloween Candy 10:15</p> <p>Choir Celebration 2:30</p> <p>Hospitality/Room Visits 3:45</p> <p>Trick-or-Treat 6:30</p>	<p>31</p> <p>Happy Halloween!</p> <p>Trick - or Treat by the kids from Day Care 10:00</p> <p>"Spooky" Movie &</p> <p>Popcorn 2:30</p> <p>Bingo 7:00 - 8:00</p>				

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