

Clothing

Find and Circle off the Good Group items that are hidden in the grid.

E O D S T R I H S A T G S
 S O E E W E H A T I A V S
 S E V O L G U N U S E S K
 T A R D R S E S S R D W D
 S F U N D E R W E A R E S
 E O R U O P N E D S E A W
 V E S A A V S K B E S T R
 E T S N C A E E S O S E I
 B S T T N S S R E H O R A
 V S N D R K T T A S S T E
 N A A O C O E I E L S L S
 O L A O F S H S E H L T S
 S V S K I R T S S R H S H

BOOTS	OVERALLS	SHIRT	SOCKS	UNDERWEAR
DRESS	PANTS	SHOES	SUIT	VEST
GLOVES	SANDALS	SHORTS	SWEATER	
HAT	SCARF	SKIRT	TIE	

Happy Birthday



Francoise C. 9/23
 Doris D. 10/1
 Stella L. 10/15
 Doris M. 10/26
 Marie M. 11/15



Autumn

The Bel-Air Banner *Fall 2018*



Bel-Air Nursing & Rehab Center - "Because Love Makes a Difference"

From the Administrator



There have been several changes that have occurred since the last newsletter, let me bring you up to date. . .

You may have noticed "new faces" in the therapy department lately. As of July 1st, Healthpro Rehab has been hired to manage and run the therapy department. Annmarie Proksa is the program manager and as a facility we look forward to working with her and her team. I made the change because I felt our resident's deserved better services and I felt there was a lack of consistency with the former therapy company. We hoped to resolve issues we had with Arete, however our concerns were not addressed.

You may have noticed that Kerry Sullivan, the social worker, has not been seen lately. After three years at Bel-Air, she has decided to move back to her hometown in New York. We wish her the best in her future endeavors.

On a different note

I was asked recently why families need to write two checks when paying the monthly bills and putting money into the resident trust accounts. The reason for this is that at no time can any money that belongs in the resident trust account be deposited into the operations account. So when a single check is received, that check must be deposited into the resident trust account. It then, has to clear the bank and a check has to be written from the trust account so the monthly liability can be paid. This causes a delay of several days and creates additional accounting work as all transactions have to be tracked.

Medicare open enrolment begins in mid-November and ends the middle of December. If you are looking to make changes to your Medicare benefits, this is the time to do it. During the year, we have noticed that several families have what is called *Managed Medicare*

benefits. While there may be some cost savings in the short term, there may be hidden expenses in the long run. You may also find the *Managed Medicare* benefits are not as available as you think they are. As an example, we have come across a scenario where *Managed Medicare* only pays for 15 minutes of therapy per day.

It does not matter that the person might need multiple discipline's and their managed care benefit would only pay for 15 minutes of one therapy per day. Also, the managed care program can limit the number of therapy that a person can receive in a year.

I strongly encourage you to consider reviewing your Medicare benefits and calling Peggy Ann or myself if you are enrolled in a Managed Medicare program and you have any questions.

Robert Lenox—Administrator

Nursing

The 2017-2018 flu season was the third overall high-severity season since 2003 -2004 and the first classified as high severity for all age groups. Last year's severe flu season affected so many people across the U.S. that when we thought the worst was over, the flu morphed and came back around again. The peak percentage of outpatient visits for the flu was the third highest recorded since 1997-1998, when the U.S. Outpatient Influenza-like Illness Surveillance Network was implemented. But we were lucky here at Bel-Air Nursing & Rehab, it was the first time we

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Housekeeping/Laundry

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Peggy Rollins
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had purchased the quadrivalent influenza vaccines which helped protect against all flu strains, even the morphed ones that came back around in March.

The CDC defines the latest flu season as beginning October 1st and ending May 19th and they continue to recommend that everyone 6 months old and older receive an annual flu shot. Here at Bel-Air we would like to create a “herd” immunity for the residents who are too ill to receive the flu vaccine. With a higher number of vaccinated residents, staff, and family members the better the safety shield we can provide to the residents we all love!!

Of course, vaccinating yourself vastly increases the odds that you won't get sick with the flu this season, but it also protects everyone you come into contact with: your parents, your granddaughter's new baby, the stranger at the store who cannot get vaccinated because of an egg allergy, and everyone who isn't able to weather an infection as well as all of us who are not medically compromised.

The idea of “herd immunity” is like a moat around a castle or the natural behavior of herd animals when threatened by a predator. The strong surround the weak to protect them from attack; in this case the vaccinated protect those who can't be vaccinated or those with low immunity from contact with the flu by halting the spread of the virus.

Per the CDC, the groups of people for which vaccination is especially important are people with chronic health conditions such as asthma, COPD, congestive heart disease, and diabetes, as well as residents of senior living communities and nursing homes, and those who visit and care for them. The agency recommends that people get vaccinated by the end of October to ensure that the vaccine takes effect as early in the season as possible.

We have already placed our order for the quadrivalent influenza vaccine for residents and staff here at Bel-Air Nursing & Rehab Center and the nurses will be asking for the families to sign the consent for the flu vaccine, but we also strongly encourage families and friends to also get their flu vaccine this year. Many people think the flu vaccine gives them the flu, it does not, but what it does is causes an automatic inflammatory and immunization response which you want. This means your body is preparing the defenses it needs to fight the real flu. Between 71-85% of seasonal flu-related deaths have occurred

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flu-related hospitalizations have occurred among that age group. Influenza is quite serious for people 65 and older and our people are at an even greater risk because our population is in their late 80's – late 90's. Their reserves to fight the flu are minimal and if their immune system is compromised putting them at greater risk of fighting off flu symptoms. Annual flu vaccinations remain the most effective way to prevent influenza illness., and I hope everyone will commit to protecting out “Herd” by getting their flu vaccines in October. If you have any concerns or questions, please feel free to stop in and see me.

Toni Hanson—Director of Nurses



Housekeeping & Laundry

Laundry

Cooler weather is coming. Please make space in the closets for fall clothing and bring home the summer wear. When a resident's clothing becomes worn, we will notify the family through Social Services. Please do not store boxes on the top shelf or on the floor of the closet and remember the ceiling clearance in the closets is 18 inches.

Housekeeping

We will be deep-cleaning the dining room floor in September. We strive to keep a clean environment for our residents and disinfect facility surfaces to help keep everyone healthy. As a reminder, please report spills as soon as possible to avoid accidents.

Heather Bollett—Housekeeping & Laundry

Mark your Calendars! Our Annual Penny Sale, Bake Sale & 50/50 Raffle - is coming in November -It is always a fun time – We hope to make this one our best yet!



Gratuities

No employee is permitted to accept gifts, tips, kickbacks, loans or gratuities of any kind from residents or visitors without the permission of the Administrator.

Dietary

As the summer winds down, the barbeques will end soon. We enjoyed Friday barbeques. The kitchen will be working on the fall menu and trying new dishes. Any feedback on the meals is appreciated and will be taken into consideration.

As we head into Fall and get closer to the holiday season, I would like to remind resident families they can join their loved one for Thanksgiving dinner. Check for postings in November.

Holly Martin—Dietary Manager

Activities

We have started a program named Music and Memory for the residents. We are asking family members to bring in their loved one's favorite music. We copy the music onto a MP3 player and the resident can enjoy listening with a headset.

Tuesday is outing day in the “good weather” months. The residents have been enjoying trips to the beach, mountains, out for ice cream and lunch. We look forward to trips though the fall or until the snow flies.

We have introduced new activity games this summer that the residents enjoy: noodle hockey, movie time two times a week, table hockey, exercise three times a week and a monthly Veteran's Social. We are always looking for new ideas for our activities. We look forward to our Halloween Party as well as other fall activities.

The Activity department is starting to plan the annual **Penny Sale** in November. All proceeds from the Penny Sale go directly to fund activities for the residents and purchase gifts at Christmas. If you (resident's families & staff) would like to donate an item for the sale, please see Peggy Rollins in Activities.

Peggy Rollins—Activities



Rehab Department

I want to introduce myself, my name is Annmarie Proksa, the new Director of Rehab at Bel-Air Nursing & Rehab Center. I am recognized by my peers as an expert in treating neuro rehabilitation, Alzheimer's and dementia diagnosis, and innovative geriatric approaches.

I have 18 year's experience with various clinical settings, and I have focused my career on many treatment approaches within the geriatric population. These programs emphasize cultural literacy and evolution of the long-term care industry.

I have a Master of Science in Healthcare Administration and Management from New England College and a Bachelor of Science in Sports Medicine from Keene State College. I look forward to working with the staff and residents at Bel-Air.

Annmarie Proksa—Healthpro-Heritage

Social Services

Some you may already be aware, but the mailing of the new Medicare cards is now underway! The Medicare cards should be arriving in your mailbox soon, so when you receive the new card in the mail, stop by either my office or stop in with Joyce so we can make a copy for our files at Bel-Air.

The new card will have a new Medicare number that is unique to each person with Medicare. No longer will it be your Social Security number – so it is important we have a copy on file at the facility. Thank you in advance!

Brian O'Hare

Halloween Fun Facts

Ireland is typically believed to be the birthplace of Halloween.

Black and orange are typically associated with Halloween. Orange is a symbol of strength and endurance and, along with brown and gold, stands for the harvest and autumn. Black is typically a symbol of death and darkness and acts as a reminder that Halloween once was a festival that marked the boundaries between life and death

In many countries, such as France and Australia, Halloween is seen as an unwanted and overly commercial American influence.

Halloween is the second highest grossing commercial holiday after Christmas.

