

## The Village Scoop

Spring Village at Essex \* 6 Freeman Woods; Essex Junction, VT 05452 \* (802)872-1700



### Happy Fall!

I would like to take a moment and introduce myself. I am the Director of Operations for WoodBine Senior Living the management company that oversees Spring Village at Essex. I have been with WoodBine for seven years and prior to that twenty two years in the geriatric field. I have worked as a caregiver, nurse and fifteen of those years as an executive director.

It is an honor to work with this team. We have some very talented employees. My goal while I am the acting executive director is to fully foster our WoodBine culture within the community. Train and empower the team and empowering them to do what is best for the residents as well as the community.

Thank you for entrusting us with your loved one and I look forward to meeting you all. I realize the meet n greet scheduled for Wednesday the 4th at 6pm is a last minute notice. If you are unable to attend please feel free to reach out and I would be more than happy to meet with you individually.

Enjoy these beautiful fall days!



Angela Pelletier  
Director of Operations  
WoodBine Senior Living

### Chef's Corner

Hello Spring Village Community,

As fall arrives, pumpkins and squash start to arrive in the kitchen. The following is a recipe for a pumpkin bread that the residents just enjoyed for breakfast. We served the pumpkin bread with Creme Fraiche, but soft butter is a great accompaniment.

Pumpkin Bread  
3 cups sugar  
1 cup vegetable oil  
3 large eggs  
1 16 oz can pumpkin  
3 cups flour  
1 tsp cloves  
1 tsp cinnamon  
1/2 tsp nutmeg  
1 tsp baking soda  
1/2 tsp salt  
1/2 tsp baking powder  
1 cup walnuts



Preheat oven to 350. Butter and flour two small loaf pans. Beat sugar and oil in a large bowl to blend, mix in eggs and pumpkin. Combine all dry ingredients, and stir into wet ingredients until just blended. Divide batter into two pans and bake around an hour until golden.

Enjoy Your Fall, Chef Paul Krcmar

## Minimizing Risks of Falls

*From the Alzheimer's Association Santa Barbara County*

We take walking for granted. But, we are not born with the ability to walk. Walking takes a lot of practice. Think about it—it takes a long time before a 1-year-old is walking steadily. Walking requires precise coordination of muscles. Walking also requires the brain to coordinate incoming signals with outgoing messages to the appropriate muscles so they can respond. Any breakdown in this process can cause a person to lose balance and fall.

As we get older, our bodies change. These changes increase our risk of falling. For example, as we get older, our eyes do not adjust when going from light to dark—and from dark to light—as readily. It is easy to trip when getting up at night to go to the toilet. Our eyes also become more sensitive to glare. The area we see becomes smaller, and our perception changes. For example, we might think a pattern on the floor is something to step over, which could cause us to trip and fall.

Arthritis or painful joints affect the way we move and walk. This can also make it easier to fall. Our reflexes — or ability to move and respond quickly to a situation — slow down as we age. For example, if you are a younger person walking down the steps and your toe catches, you are likely to react quickly and catch yourself without falling. An older person will not be able to respond as quickly and is more likely to fall.

Our muscle strength also decreases as we age, and this can also make it easier to fall. Many people who fall, even those who are not injured, develop a fear of falling. This fear may cause them to limit their activities, leading to reduced mobility and physical fitness, and increasing their actual risk of falling.

There are many other changes that happen in the body as we get older that make walking difficult. The more difficult it is to walk, the easier it is to fall. Falls also happen because of things in the environment. A few of these include:

- Loose rugs or carpet
- Clutter in hallways
- Exposed cords
- Poor lighting
- Lack of bathroom grab bars (using towel bars instead is unsafe!)
- Floor mats
- Poor-fitting shoes
- Uneven or slippery floors
- Low tables that can be tripped over

Given this information about how we walk and what causes falls, it is not surprising that people with dementia have a greater risk of falling. The brain is having trouble telling the body what to do and how to move. The brain is also having trouble perceiving or understanding things in the environment.

In addition, the body is aging. A person with dementia is dealing with the same physical changes that cause many older people to fall more often. People with dementia are at even greater risk of falling as the disease progresses. Falls tend to occur when a person is getting out of bed, trying to move from a bed to a chair, or simply walking. Falls usually happen due to a combination of the environment, changes in the person's physical abilities and changes in the person's thinking abilities. You can think of it as things you can change (the environment) and things you cannot change (the person's thinking abilities). Sometimes you can help to change a person's physical ability, and sometimes you cannot.

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## Causes of Falls

It is important to understand the things that can increase the risk of falls.

The most common are:

- Recent illness resulting in muscle weakness
- Vision problems
- History of falling
- A new medication
- Clutter

People have a greater chance of falling if they:

- Wander
- Wear poor-fitting clothing or footwear
- Have a drop in blood pressure with change in position (sitting to standing)
- Have poor balance, difficulty getting out of a chair, or difficulty walking
- Use certain medications or take multiple medications

Things in the environment that increase the risk of falling include:

- Bedside rails
- Lack of stable furniture or handrails to steady oneself
- Floors or walkways that are uneven, slippery, or have glare
- Poor lighting
- Weather that causes slippery surfaces, perception difficulties, or heat exhaustion
- Poorly equipped bath and shower areas

Nighttime fall risks include:

- Being sleepy or disoriented (person can't find the bathroom)
- Needing to go to the toilet quickly
- Not wearing glasses, hearing aid, or other assistive devices
- Poor lighting
- Bare feet or stocking feet

There are many things that you can do to promote safety and reduce the risk of falls:

- Keep people with dementia as active as possible; people who are mobile are less likely to be injured due to a fall.
- Keep pathways free of clutter and encourage movement.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep desired items and materials within reach.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Use comfortable chairs that are easy to get in and out.
- Use boosters to adjust furniture height.
- Equip bathrooms with slip-resistant strips and shower grab-bars.
- Towel racks, if used for balance, are dangerous. Consider replacing with grab bars.
- Make sure there is nothing to trip over.
- Pets and pet items can cause falls. Consider obedience training for dogs.
- Provide good lighting. Install handrails and lights on all staircases. Use night lights in your bedroom, bathroom, hallways and stairways.
- Use bathroom signs with words and pictures.
- Don't put electrical cords across pathways.
- Make sure there are "rest stops" in hallways and other areas.
- Use cleaning products that produce non-glare floors.
- Wear shoes both inside and outside the house; avoid going barefoot or wearing slippers.
- Have sidewalks and walkways repaired so that surfaces are smooth and even.

Falls happen as people get older because of physical changes. People with dementia are at increased risk of falls because of the changes that are also happening to their thinking abilities. Doing whatever you can to minimize the chance of falls will help avoid hospitalizations and admission to long-term care facilities.

## Referral Program

Did you know Spring Village at Essex has a referral program?

If you know of an individual who has memory challenges and think it may be time for them to find a more supportive environment, please send them to Carrie Rae Shamel, our Director of Community Relations.

Should your referral move into Spring Village, over the first two months of their stay, we will happily deduct \$250 from your loved one's base fee.

Questions?

Don't hesitate to contact Carrie Rae at 872-1700 or [Carrie.shamel@springvillageessex.com](mailto:Carrie.shamel@springvillageessex.com)

## October Birthdays



Dale - October 19th

Linda - October 23rd

Ann - October 18th

Marie - October 31st



## Upcoming Events

### Community Events

Oct 4th at 6pm

Meet and Greet

### Entertainment

Oct 1st at 2pm

Concert in the Square

Oct 17th at 2pm

Music with Corey

Oct 27th at 2pm

Masquerade Ball

Thursdays at 11am

Music with Stan

### Classes/Therapy

Oct 4th at 10am

Cooking with Paul

Oct 11th at 10am

Mindfulness with Ellen

Oct 16th at 11am

Music Therapy with Maggie

Wednesdays at 1pm

Visit from John the Therapy Dog

### Fleming Fridays

Oct 6th at 1pm

Residents to FES for Egg Drop

Oct 27th at 10am

Students to SVE to Paint Pumpkins

### Spiritual Services

Oct 27th at 3pm

Joe Murphy

### Outings

Oct 17th at 10am

Mazza's Corn Maze

