

The Village Scoop

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



Greetings Spring Village Families!

As I sit here at my desk putting together the first newsletter of 2018, my heart is overwhelmed with gratitude for each of our residents and their families.

When I walked through the doors 1 year ago, Spring Village felt like home. Today that sentiment could not be more true. Each day I am humbled by being able to serve our incredible residents.

As I look forward to 2018, I can not wait for the many adventures that await us!

Thank you for making me feel like such a part of the Spring Village Family. My life has been forever changed.

Bekah Gwozdz
Director of Community Life
Spring Village at Essex



Happy Anniversary

1 Year
David Fuqua
Rebecca Gwozdz
Tracey Fischer



Happy Birthday

Bobbi - Jan 10
Debbi - Jan 20
Dora - Jan 21
Sheindie - Jan 24
Marge - Jan 29



Serving Heart of the Month Leanne Vaughan - Care Provider



Leanne has been a care provider for Spring Village since October and has shined since the day she was hired. In 2010, Leanne moved here with her family from England! But she has always done care providing work and loved it.

When Leanne is not here taking amazing care of the residents she loves to bake- her specialty being Pumpkin Chocolate Chip Bread and walking her 2 dogs.

Her 2 sons (ages 9 & 13) also keep her pretty busy!

Thank you Leanne for all that you do!

Serving Heart Awards

Help us select next month's serving heart recipient!



There is a box with ballots at concierge for you to nominate one of our staff members you feel have gone above and beyond to make sure that your loved one feels safe, respected, and loved.

New Faces



Fabrice Matata
Food Services



Welcome to Our
New Faces!



Devon Fay
Licensed Nursing Assistant



Lovell Rogers
Care Provider



Dadhi Subedi
Care Provider

Stop the spread of germs that can make you and others sick!

Influenza (flu) and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.

To help stop the spread of germs:

- ◆ Avoid close contact with people who are sick.
- ◆ Stay home when you are sick.
- ◆ Cover your mouth and nose with a tissue when you cough or sneeze.
- ◆ Wash your hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- ◆ Avoid touching your eyes, nose or mouth.
- ◆ Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



Please help us keep our residents safe and healthy during this cold/flu season.

Winter Safety Tips from the Alzheimer's Association

(Excerpt from alz.org)

As the temperature finally dips into seasonal ranges for winter, those caring for someone with Alzheimer's and other forms of dementia should all be on notice that snow, extreme temperatures and early darkness present special problems.

General Safety Tips

A loved one with Alzheimer's won't necessarily dress appropriately for colder weather. Cover as much exposed skin as possible and provide several layers of lightweight clothing for easy movement, especially if plans include time outside. A hat is important since so much body heat escapes from an uncovered head and don't forget to add a scarf to cover up an exposed neck. Mittens keep hands warmer than gloves and may be easier to help get on and off. Clips designed for skiers can help keep track of gloves or mittens that are otherwise easily misplaced or lost.

Sundowning is a term that refers to increased anxiety, confusion and even increased sleepiness due to the decreased sunlight in the winter months. Visual perception is already an issue for many people with Alzheimer's and can cause increased confusion or disorientation in dark or shadowy environments both inside and out. Turn lights on earlier, open curtains during daylight hours and add bulbs that simulate sunlight. Install motion detector lights to help illuminate walkways around the home as darkness may fall before arriving home from an outing. Dressing in light or bright colors or adding reflective material to clothing will help a loved one be more easily seen.

To avoid slips and falls, make sure boots are non-skid. There are many boot styles on the market that use Velcro instead of laces to allow the person with dementia some success with dressing themselves. Try separate "tracks" that attach to the soles for added traction on icy surfaces. You can also add a sharp tip to canes for that extra grip on winter days. This device is available at home health care stores. Assume ALL surfaces are slick and by taking smaller steps and slowing down, the person with Alzheimer's can match gait and speed to a safer level. Perception problems can make it difficult for the person with Alzheimer's to see ice on the sidewalk or realize that ice is slippery or that snow is not a solid surface. Keep sidewalks and driveways clear of ice and snow to make walking outside safe for everyone, but do not overuse ice melt products which can reduce traction.

Use indoor or garage parking whenever possible.

Especially **on stairs or slick spots**, insist on handrail use and walk arm in arm when possible.

Acquire and use a State issued Handicapped placard enabling closer access to the door of buildings.

