

7 Creek Lane Bristol, RI 02809 401-253-3000 [www.silvercreekmanor.com](http://www.silvercreekmanor.com)

## Facility Staff

Administrator  
Kimberly A. Ciociola

QAPI Director  
Anne M. Cabral

Director of Nurses  
Amanda Nickerson, RN

Nursing Services  
Stephanie Morris, RN

Social Workers  
Cindy Morais

Financial Services  
Mary Sylvia

Environmental  
Services  
John Ciociola

Housekeeping  
Renata Ferreira

Dietary Services  
J Ghazal

Activity Director  
Nancy Lowney

Admissions  
Coordinator  
Claudia Zimmerman



Alzheimer's  
Awareness Month

## A Note from the Administrator ~

*Hello Everyone,*

*As many of you know October was a very difficult month for my family as well as myself with the passing of my Father. I would like to offer my appreciation to you; many of you have sent your thoughts prayers and good wishes to us and this has helped us to heal through this sad time. We are so fortunate to have an amazing staff who commit to caring for our residents as they would care for their own. As a family member of one of those residents my appreciation and gratitude cannot be expressed enough. My thanks to all of you.*

*With the holidays around the corner we find many things to be thankful for and count our blessings. I am very proud to say that the staff here has found many ways to give back to our community for example we will be having Food Truck Wednesday, November 9th with the proceeds going to the East Bay Food Pantry. What a great way to help eating lunch to give someone else the opportunity to eat. We will also be adopting 2 families as we have in the past. Please consider taking a tag from our tree and helping to ensure they have a happy holiday.*

*Regards,  
Kim Ciociola*

## A Note from the Director of Nursing ~

*Dear friends and family,*

*You may have noticed our staff wearing purple over the past few weeks on Fridays in an effort to awareness of Alzheimer's Disease. I would like to thank our dedicated staff and all who joined them in the walk to end Alzheimer's last month. Together we raised nearly \$3200, for research to find a cure!*

*Alzheimer's disease is named after Dr. Alois Alzheimer, who in 1906, noticed changes in the brain tissue of a woman who had died of an unusual mental illness. President Ronald Reagan designated November as National Alzheimer's Disease Awareness Month in 1983. At that time, fewer than 2 million Americans had Alzheimer's. Today, the number of people living with the disease is over 5 million currently ranking it as the sixth leading cause of death in the U.S.*

*It clearly affects a large segment of our population – and those who care for them. Whether you are a direct care giver or know one – please take a moment this month to pause and thank a care giver you know. Let us pray for the scientists working hard to find a cure, that they make a breakthrough very soon!*

*Amanda Nickerson, MPH, MSN, RN  
Director of Nursing*

Person Centered Dementia Program  
At Silver Creek Manor Coming  
Soon

*“The purpose of life is  
a life of purpose.”*

- Robert Byrne



- *Specifically trained staff in the field of dementia care.*
- *Additional Cognitive Assessment (Global Deterioration Scale and Brief Cognitive Rating Scale) for maximizing functional abilities in care and leisure.*
- *Leisure Programs designed to accommodate a natural wake and sleep patterns, promoting spontaneous leisure; utilizing prior life roles and relying on Montessori techniques and concurrent programming. All programs are led by trained staff.*
- *Rehabilitative Services assess, treat and assist with activities of daily living and functional skills.*

*“When your family needs  
help, turn to ours”*

**Welcome!!!**

**New hires joining  
the team**

*Passion, Dietary Aide  
Hilary, RN  
Melissa, CNA*



**Grief and Loss as Alzheimer’s disease  
Progresses ~  
Alzheimer’s Association of Rhode Island**

**Feelings of grief**

It’s normal to feel loss when you care about someone who has Alzheimer’s disease. It’s also normal to feel guilty, abandoned and angry. Alzheimer’s gradually takes away the person you know and love. As this happens, you’ll mourn him or her and may experience the different phases of grieving: denial, anger, guilt, sadness and acceptance. The stages of grief don’t happen neatly in order. You may move in and out of different stages as time goes on. Some common experiences in the grieving process include:

**Denial:** Hoping that the person is not ill; Expecting the person to get better; Convincing yourself that the person hasn’t changed; Attempting to normalize problematic behaviors

**Anger:** Being frustrated with the person; Resenting the demands of caregiving; Resenting family members who cannot or will not help provide care; Feeling abandoned and resenting it.

**Guilt:** Wondering if you did something to cause the illness; Regretting your actions after the diagnosis; Feeling bad when you take a break; Feeling that you’ve failed (For example, when you can’t care for your loved one at home); Having negative thoughts about the person or wishing that he or she would go away or die; Regretting things about your relationship before the diagnosis; Having unrealistic expectations of yourself, with thoughts such as: “I should have done...” “I must do everything for him or her,” or “I must visit him or her every day”

**Sadness:** Feeling despair or depression; Withdrawing from social activities; Withholding your emotions

**Acceptance:** Coming to terms with the diagnosis and with the reality that your day-to-day life will eventually change; Finding personal meaning in caring for someone who is terminally ill; Finding pleasure by being with the person in the moment; Seeing how the grieving process affects your life; Appreciating the personal growth that comes from surviving loss.

**Please feel free to visit your loved one and  
attend these great events in our Center.**

**NOVEMBER EVENTS**

- Nov 1<sup>st</sup> :** 11:00am Episcopal Service
- Nov. 4<sup>th</sup>:** 2:30pm Entertainment: Todd Hargraves
- Nov. 8<sup>th</sup> & 15<sup>th</sup> & 22<sup>nd</sup>:** 2:30pm Happy Hour
- Nov. 12<sup>th</sup> :** 10am-3pm – Harvest Bazaar
- Nov. 18<sup>th</sup>:** 2:30pm Entertainment- Marc D.
- Nov. 21<sup>st</sup>:** 11:00am Catholic Mass
- Nov. 22<sup>nd</sup>:** 2:30pm Entertainment: Don & Dave
- Nov. 23<sup>rd</sup>:** 2:30pm Birthday Bash
- Nov. 24<sup>th</sup>** 12:00pm Thanksgiving Luncheon
- Nov. 28<sup>th</sup>:** 2:30pm Penny Social
- Nov. 30<sup>th</sup>:** Resident Council

**Weekly Program Themes:**

- Week 1** Solar System
- Week 2:** Honor our Veterans
- Week 3:** Native Americans
- Week 4:** We are Thankful
- Week 5:** Songs of the Season

**Therapeutic Cooking:** Baking Cupcakes 11/11; Acorn Cookies 11/16; Cranberry Muffins 11/25

**Therapeutic Arts** What’s your sign 11/2; Poppy Craft 11/9; Making Teepees 11/17; Mando Harp 11/30



**Silver Creek Manor  
Team Spirit!**

*Silver Creek Gets in the  
Spirit of Halloween!*



**Thank you to all for participating!!**

**Silver Creek Manor  
Nationally Recognized in  
Nashville!**

Kim and John Ciociola, Maria Ferreira and Anne Cabral recently attended the AHCA National Quality Conference where Silver Creek Manor was nationally recognized as a Silver Award winner in 2015. Silver Creek Manor was the only winner this year from Rhode Island.

