

## Facility Staff

**Administrator**  
Kimberly A. Ciociola

**Director of Nurses**  
Marilyn Alves, RN

**Nursing Services  
Coordinator**  
Stephanie Morris, RN

**QAPI Director**  
Anne M. Cabral

**Social Workers**  
Christen Parker-Jones  
Cindy Morais

**Financial Services**  
Mary Sylvia

**Environmental  
Services &  
Housekeeping**  
John Ciociola

**Dietary Services**  
J Ghazal

**Activity Director**  
Nancy Lowney

**Admissions  
Coordinator**  
Claudia Zimmerman

**Rehab Care**  
Melanie Conway, OT

Dementia  
Awareness Month



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

## From the Administrator.....

*Hello Everyone,*

*What an interesting Fall we have been having. The calendar tells me it's November and I should be getting ready for the holidays, cold weather and snow but the thermometer is looking more like Spring.*

*In 1983 President Ronald Reagan designated November as National Alzheimer's Disease Awareness Month. At the time, fewer than 2 million Americans had Alzheimer's. Today, the number of people with the disease has soared to nearly 5.4 million. Every year people are diagnosed. This doesn't just affect the person with the disease, it affects the whole family. Watching a loved one lose pieces of their life, forgetting family members and precious memories is most painful. While there is still no cure, research has shown that there are ways to slow the progression down. There are also activities and exercises that can help the person cope with this terribly devastating disease.*

*Silver Creek is committed to help each resident by developing a plan of care that meets their individual needs as well as helping their families cope. We will be hosting a family night, later this month, on the topic of "Families dealing with Dementia". Please watch for the announcement.*

*Lastly since Mal retired in September we have been searching for a new Director of Nurses and I am very happy to report that the search is over, Kim Lee, RN will be joining us November 26<sup>th</sup>. I hope everyone will help me welcome her to the Silver Creek Family. Kim comes to us with many years of experience working in all facets of long-term care.*

*Happy Thanksgiving*  
*Kim Ciociola*





## Ways to Help Someone with Alzheimer's Disease

Although there is no cure for Alzheimer's disease, there are things you can do to help a loved one, especially if the disease is still in its early stages.

**Keep a Daily Routine** – This helps to avoid confusion and lets the person know what can be expected. Alzheimer's patients like routines.

**Don't Overstimulate** – Keep things simple. Say one thing at a time. Present only one idea so that the person can understand it the best they can.

**Be Reassuring** – Always try to make the person feel safe and comfortable. Sometimes even saying the words, "You are safe with me" is enough to make that person feel at ease.

**Don't Yell or Argue** – As frustrated as you may get, imagine how the patient feels. They can no longer grasp what is going on inside their own heads. Don't yell or argue out of frustration. Be the calming voice they need.

*Join us in welcoming the following staff to our Team!*

*Brittany, Activity Assistant  
Jacob, Unit Assistant  
Judy, Unit Assistant  
Kelly, Administrative Asst  
Alex, RN  
Syretta, CNA  
Dalayna, CNA*



## *November is Alzheimer Awareness Month* *Anne Cabral*

The month of November is known as Alzheimer's Awareness Month. President Ronald Reagan made that designation in 1983 and it is something that is still recognized today. According to the Alzheimer's Association, at that time there were less than two million people with the disease. Through the years that number has grown to more than five million.

### **What is Alzheimer's Disease?**

Alzheimer's disease is a type of dementia that leads to memory, thinking, and behavior problems. It is the most common form of dementia, accounting for 60 to 80 percent of all cases. It is also the sixth leading cause of death in the United States.

Alzheimer's disease gets worse over time and eventually comes to a point where a person can no longer accomplish daily tasks. In the beginning, memory problems are mild, but as the disease progresses, patients become unaware of their environment and may no longer be able to carry on a conversation. Once their symptoms become noticeable, Alzheimer's patients typically live an average of eight years, but can survive for as many as 20 years depending on other health factors.

At Silver Creek Manor, one of the great experiences I am privileged to have, is training our staff. 90% of our staff have completed a 12 course series on Dementia, with close to 100% of staff having completed the introduction courses! Many of our remaining staff are very close to completion. All new employees receive a review of dementia basics as well. The State of RI recommends some training but we surpass even their standards! If you see a staff member with a purple angel pin, know that they have completed our training course.

## **NOVEMBER EVENTS**

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

- November 4<sup>th</sup> : 3:00pm Baptist Service**
- November 6<sup>th</sup> : 11:00am Episcopal Service**
- November 8<sup>th</sup> : 2:30pm Entertainment with Chuck Dee**
- November 15<sup>th</sup> : Thanksgiving Dinner RSVP due**
- November 19<sup>th</sup> : 11:00am Catholic Mass**
- November 26<sup>th</sup> : 2:30pm Birthday Bash!**
- November 28<sup>th</sup> : 1:30pm Resident Council**
- November 28<sup>th</sup> : 2:30pm Entertainment with Kevin Mclsaac**

### Weekly Program Themes:

- Week 1: Happy Halloween**
- Week 2: We Love our Veterans**
- Week 3: Frost in the Air**
- Week 4: We Are Thankful**
- Week 5: Remember this Month!**

**Therapeutic Cooking: Veteran Delight 11/7; Snowman Donuts 11/14; Turkey Cookies 11/23; Blueberry Turnovers 11/30;**

**Therapeutic Arts: Tennis Ball DressUp 11/2; Veterans Craft 11/9; Snowflake Craft 11/16; Turkey craft 11/21**

**Happy Hour: 2:30pm every Tuesday**

**Ice Cream Cart: 1:30pm Every Thursday**



*Hope Program Themes!*

