



VILLA CREST

NURSING AND RETIREMENT CENTER

1276 Hanover Street • Manchester, NH 03104
(603) 622-3262 • www.villacrestcommunity.com

October 2016

Villa Crest View



Spook-Tacular Halloween Party

The annual Halloween costume party will be held in *CHOICES Restaurant* on October 26, at 6:30 pm. Come and enjoy the singing of Stan Jr.

Costumes are encouraged and enhance the excitement of this fun evening!



Trick-or-Treat

Residents' grandchildren and great-grandchildren are invited to trick-or-treat at Villa Crest Nursing & Retirement Center on October 28, 2016, from 6:30 to 8:00pm. The center welcomes donations of candy, which can be left at the front desk with the receptionist.

Spotlight on Alzheimer's

Last month in the Alzheimer's Spotlight there was an important statistic about the number of people age 65 and older who will develop the disease by the year 2050. That number is projected to be between 13 and 16 million people.

Unless something is done, Alzheimer's will cost an estimated \$1.2 trillion in 2050. We have the power to do something. We can support the Alzheimer's Association's fight to find a cure.

The Walk to End Alzheimer's was held at the end of September and a robust team of partners, residents, and family members represented Villa Crest. Just because the walk is over does not mean the opportunity to

participate has passed. The Villa Crest team will continue to accept donations through the month of October.

One way to make a donation is to purchase a "We Believe in a World without Alzheimer's" T-Shirt. The shirts are \$15.00 and all proceeds go to the Alzheimer's Association. Contact Sarah McEvoy, Administrator, for more information.



Just a Reminder

In today's world of electronic media we all want to catch every moment and share it digitally; emailing, tweeting,



Carrie and Betty at Camp Villa Crest

and posting to Facebook are commonplace in 2016. The world of resident rights and patient confidentiality is just catching up to technology, and new Federal regulations are now in place concerning photographs. The key is never to take photographs or videos of anyone other than immediate family.



Fall Prevention

For many seniors, fall prevention begins with sensible footwear. What type of footwear prevents falls? When looking for shoes, choose styles that

- have low heels and non-slip soles.
- fit well - there should be no marks on your feet when you take off your shoes and socks.
- completely surround the foot - no backless shoes.
- support your feet.

Avoid wearing only socks or floppy, backless slippers. For more advice on proper footwear please contact Nicole Cloutier, LPN, Restorative Nurse at extension 519.



Happy Birthday

Resident Birthdays

10/03	Roger Gosselin
10/04	Nick Hart
10/07	Marjorie Taipale
10/07	Robert Freese
10/10	Teresa Wike
10/11	Germaine Vachon
10/12	Alice Phillips
10/14	Ann Saunders
10/16	Joyce Argue
10/18	Fernand Provencher
10/19	Mary Woulas

10/19	DeLisa Little
10/23	Janet Jenkins
10/26	Luc Chagnon
10/27	Betty Byrd
10/31	James Psarakis

Partner Birthdays

10/01	Elizabeth Smith, RN
10/03	Donna Hannon, DON
10/05	Joyce Thompson, Recpt.
10/06	Indira Karic, LPN
10/17	Annie May Jordan, Hskpr
10/17	Kary Bijeol, Adm. Director
10/20	Quyen Le, LPN
10/24	Karen Dusseault, LPN
10/27	Wendy Miller, Dietary
10/28	Judith Thayer, RN
10/30	Jill McNamara, LNA

Activities

Entertainment

10/05 2pm	Rich Araldi
10/12 2pm	Jackie Lee
10/19 2pm	Ronnie Chase
10/25 2pm	Dave Andrews
10/26 6:30	Halloween Party

Outings

10/03 1pm	Pumpkin Picking
10/10 1pm	Leaf Peeping
10/14 1pm	Walmart Shopping
10/17 11am	Lunch at Alans
10/21 11am	Lunch at Yukis
10/24 1pm	Dollar Store Shopping
10/31 1pm	Reminiscing Trip



October 14th, at 7 pm

Come to CHOICES Restaurant to enjoy a cocktail and the music of Mark Stanzler. Non-alcoholic beverages are always available.

Laugh Out Loud

A recent study found that people who laughed hard for 10 to 15 minutes each day burned an additional 10 to 40 calories a day. Heard any good jokes lately?



A Visit to "The Butterfly Place"

The residents of Villa Crest Nursing & Retirement Center made their annual trek to The Butterfly Place just across the boarder in Westford, Massachusetts. They enjoyed a wonderful afternoon observing butterflies as the sipped from flowers and flew freely throughout their natural garden habitat.



Simplify Life

Representative Payee

The Social Security Administration allows Villa Crest to serve as representative payee for recipients. As representative payee, Villa Crest can receive the Social Security income, pay the monthly liability, and maintain the personal needs funds in a separate trust account.

Appointing Villa Crest as the representative payee is a simple change to make, just stop by the business office and speak to Linda Lezy, Office Manager. The Social Security Administration may take a month or two to complete the process after the application is filed.

Representative payee is even available for residents with supplemental insurance payments. For more information or to start the process contact Linda at extension 518.



Renovation Plan Announced

Villa Crest Nursing and Retirement Center is proud to announce that product and color selections have been made for upcoming interior decor renovations. *CHOICES Restaurant* and the hallways throughout the center will get a new look, which includes flooring, window treatments, and wall coverings. To get the look and feel of these exciting updates, stop by the lobby and look at the project design board.



Laundry Reminder

The laundry team has professional labels that may be applied to each article of clothing at time of admission. These labels should be applied to additional clothing that is brought in too. Labeled clothing is easier to return to the correct room. Remember that health care centers are required to maintain extremely high hot water laundry temperatures so choose clothing material with that in mind.



The Butterfly place is also home to koi fish and quail birds which live among the butterflies. One of the common butterflies found in New England is the Swallowtail, but Glossamer-wing and Brush-foot butterflies are also plentiful. These gentle creatures are a beautiful part of life in New England.



...Get to Know Your Neighbor...



Philip Brien

Philip Brien was born in Lawrence, Massachusetts, on May 21, 1930. He learned farming and carpentry from his father on the family farm. Phil enjoyed singing at the community hall and did so until the Army drafted him.

Phil married his first wife, Catherine, in 1951, and the couple had 5 children. The Brien family settled in the Manchester area. Phil started a construction company called Phil Brien, Inc. He built many homes in southern New Hampshire, and later changed careers to form a well drilling company, Phil Brien Water Wells. Brien Water Wells is currently being managed by Phil's son David.

After marrying his second wife, Patricia, the family grew through the adoption of a little girl.

Phil is a member of the Masons and is a Bektash Shriner clown named "Digga." He would like to meet and talk to anyone who has similar interests as he enjoys reminiscing about his days as a business owner.

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