

Everyone Deserves
a Great Life

April 2017



THE TERRACE AT CHESTNUT HILL

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WWW.MERIDIANSSENIOR.COM/THE-TERRACE-AT-CHESTNUT-HILL
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April Resident Birthdays

- 4/1 Marian B.
- 4/6 Thomas B.
- 4/6 Dorothy S.
- 4/7 Francenia B.
- 4/17 Zelma F.
- 4/18 Beatrice M.
- 4/20 Thelma A.
- 4/23 Mozell B.



April Staff Birthdays

- 4/1 Vladee B.
- 4/14 Gerry T.
- 4/20 Bethlehem R.
- 4/21 Lisa M.
- 4/25 Edeline L.
- 4/30 Detra S.



Life Enrichment Corner

Hello All Friends and Families,
Wow!!! What a way to end winter! I hope you all stayed safe through the latest and hopefully the last snow storm of this winter season.

April brings **SPRING** and with spring comes flowers. April is Garden Month. We will be starting to plan and pot some plants for our garden. Look for dates and times on the calendar.

This is also the month for Card Creating and letter writing. We will be getting together once a week to create some beautiful cards and write letters.

Please join us on Fridays for the Danni and Stephanie variety show. This month we will be adding Karaoke to our program

since April is Karaoke month. April is also Jellybean month. And in honor of that we will be having a Jellybean tasting and a guess how many jellybeans are in a jar contest. The jar will be at the front desk.

We will be having a "Bake Off." Look for the date on the calendar.

Lastly, Happy Easter and Passover to every one! I hope you all come out to join us for our events.

Thank you,
Stephanie King
Life Enrichment



Jelly Bean Day

Jelly beans first surfaced in Boston in 1861. In the 1960s, California Gov. Ronald Reagan declared they were his favorite treat. Celebrate this small sweet on National Jelly Bean Day, April 22.



We Welcome...

Welcome WELCOME TO OUR COMMUNITY!

Dennis Butler
Patricia Reiselt
Mozell Bland
Julia Brooks
Norma Ormsby
Juanita Campbell

We'd like to offer a sincere welcome to all of our new residents. We're sure you'll find this is the nicest, friendliest and most fun community in the area. If there is anything we can do to make you more comfortable in your new home, please let us know. Everyone Deserves a Great Life!



Write Away

From composing thank-you notes to keeping a journal, the physical act of writing by hand is a great boost to the brain. Take notes on these advantages of putting pen to paper.

Activates the brain. Visual input, motor skills and memory are all in action when we form letters and words. One of the main reasons handwriting benefits the brain is because we're using so much of it. These linked regions are not activated when typing or texting.

Improves memory. Studies show that jotting down words, such as taking notes when learning a new skill or listening to instructions, strengthens memory and helps retain information.

Promotes creativity. Composing sentences on paper is a slower process than typing and tends to inspire more creative thinking. Even in this age of technology, many professional writers still create first drafts in longhand.



Life Enrichment Coordinator Danni entertaining our residents!



Provides a workout. Just like our bodies need exercise, our brains need regular workouts, too. Some physicians believe that the act of writing is good cognitive exercise for people who want to keep their minds sharp as they age.

Helps concentration. Writing in longhand, without the distractions of the internet just a click away, enables us to focus better.



Students from the Trafalgar Castle High school ensemble in Canada came to the Terrace to perform for our residents. We were their last stop before going home. They were great!

Keeping Family Members on the Same Page

As our loved ones enter their senior years, a new set of challenges often arises. Some concerns involve financial security; loneliness due to a changing social environment and the passing of friends; conditions such as arthritis, cataracts, and heart disease; and physical aging with the loss of mobility and independence. It is important to learn about coping with these types of issues before they happen.

When the diagnosis is Alzheimer's or other dementias that threaten a senior's cognitive and physical abilities, however, there isn't always time to prepare. And as the disease progresses family conflicts about care decisions can bring out strong feelings.

According to writer Jeff Anderson (2014), family disputes generally revolve around the following:

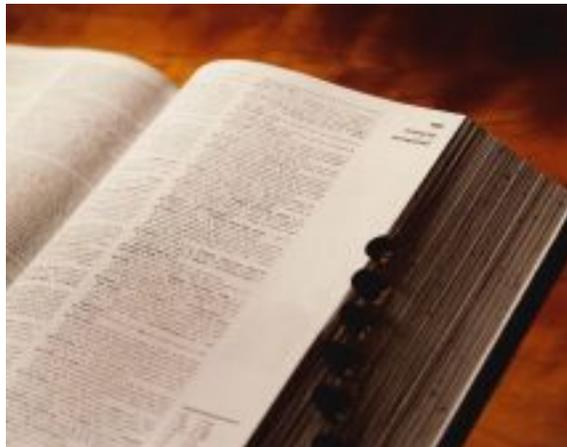
- Differing views on a parent's condition and, therefore, their needs
- Parents who value their independence and resist any change in their care
- When caring for an aging parent falls to one particular family member (e.g., the oldest sibling, the child that lives the closest), which can cause resentment if others are unable or unwilling to help

- When family members feel left out—whether it involves getting regular updates on an elder person's condition or feeling that they don't have a voice in the decision-making
- Determining how to pay for care if a loved one does not have the necessary resources

There are a numerous organizations and educational resources- both online and at your local library or a health care providers office- that can provide assistance for families with aging parents. Some provide support services and guidance to help families develop a particular plan for when the need arises. Others offer family conflict programs to help improve communication, clarify roles, and develop a feasible team approach to making decisions when a parent can no longer live independently. Arranging for a visiting nurse with a background in elder care assessments or getting information from the senior's primary physician can also clarify what the level of care is needed when family members disagree.

Dealing with dementia- related diseases can intensify emotions. Developing strategies to keep the focus on a loved one's needs is the key.

By: Ava M. Stinnett



Wit & Wisdom

"Baseball was, is and always will be to me the best game in the world."
—Babe Ruth

"There are only two seasons—winter and baseball."
—Bill Veeck

"Love is the most important thing in the world, but baseball is pretty good, too."
—Yogi Berra

"People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring."
—Rogers Hornsby

"Now, there's three things you can do in a baseball game. You can win, or you can lose, or it can rain."
—Casey Stengel

"Baseball, it is said, is only a game. True. And the Grand Canyon is only a hole in Arizona."
—George Will

Preparing for Your Visit with Your Doctor

Most older adults are OK with going to a medical doctor for an annual routine visit or for a follow up appointment. But for many seniors there is a dread in having to visit a physician because of fear and uncertainty relating to having a medical condition or symptoms causing problems.

Since physicians and medical specialists are so busy there can be minimal time spent in direct contact with our doctors. Here are some suggestions to get the most out of your next medical appointment:

- Make 2 lists of questions, one for you and one for your doctor, of things you want to address regarding symptoms, problems, questions about medications.
- Bring a friend or family member with you during an appointment for support.
- Be forthright about your problems and avoid minimizing symptoms or problems.
- When medication is prescribed make sure you ask why the medication is being prescribed, when do you take it, and whether you can take the medication with or without food. Be sure to ask whether grapefruit juice is safe to drink in combination with your medications as grapefruit juice can be potentially harmful.
- Bring a list of your medications including over-the-counter medications, vitamins and dietary supplements. Ask about side-effects or what happens if you miss taking a medication?
- Explain what you can afford regarding cost of medications, care, and procedures.
- Ask what happens should you choose not to follow your doctor's recommendation or refuse medical treatment/ procedure?
- Request that lab tests or medical test results be mailed to you, and for your doctor to contact you regarding any abnormal findings. Sometimes simple follow up is overlooked.
- Find out the best time to contact your doctor if you have any more questions following your appointment.

Being prepared, and asking questions can help build trust between you and your doctor, and better ensure appropriate care.

Gary Kozick, LCSW

The Terrace at Chestnut Hill
Personal Care and Memory Care
495 E. Abington Ave.
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Our Management Team

Executive Director.....Bill Kofron
Associate Executive Director.....Carrie Hehn
Community Relations Manager.....Jennifer Mitchell
Community Relations Manager.....Nicki Beekman
Business Office Manager.....Jennifer Dardas
Facilities Manager.....Kevin Shippen
Dining Services Manager.....Recardo Palmer
Life Enrichment Manager.....Stephanie King
Resident Care ManagerChantia Rose
Resident Council President.....Mrs. Marian Bell
