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A Monthly Insight into Beaconshire Nursing Center

October Bulletin

Current Events >>>

1. International Coffee Day
October 1st
 2. World Mental Health Day
October 10th
 3. Sweetest Day
October 16th
 4. Halloween
October 31st
- Ice Cream Social Tuesdays
 - Popcorn Fridays

[ALL UPDATES REGARDING VISITATION WILL BE UPLOADED WEEKLY ON THE WEBSITE AT BEACONSHIRENC.COM]

Vaccination Nation!

Stay Safe and Mask Up!

Receiving a COVID-19 vaccine is an important step to reduce a person's chance of becoming sick with the COVID-19 disease. Ensuring long term care residents receive the vaccination will help save the lives of those at highest risk for infection and severe illness from COVID-19. Because long term care residents live in group settings and are often older adults with underlying chronic medical conditions, they are the most at risk of severe disease from diseases like COVID-19.
-Centers of Disease Control and Prevention/Facility policy

If you'd like to get vaccinated, please see the Infection Control Preventionist



HALLOWEEN WORD SEARCH

R F E F P R Y M G H Y O Z A Q B F H O H
 A D C S E A E E O N Y V L K U X X T W I
 A V S O M F C Z J U L W O F R Z E Q I J
 M H C Q U G V E L S Q S P A M Q N Z T U
 I C V R T L E S U O H D E T N U A H C L
 T D H D S A T H X G L A P U F X F M H A
 R T U Z O O C S T D E J S P S A B Y Y I
 V H R S C A R Y N I O O K X W X K A W T
 V E R I P M A V L E W S E W P F Q M A T
 U B B C Y C C Y N D Q P L G U A Y J O R
 H T N A M C A N D Y S R E Y M M U M O I
 R C J X J R R J T A T X T A P U N E T C
 H A L L O W E E N D Z H O Z K S G X M K
 G K Z O N Y T C T L Y H N B I K Q X K O
 U I N Y J N O S K S S E I P N R B Y N R
 M W R G G S R T O H N R X Q M Y Z G M T
 J X X Q N F J W Q H H O R I M P D Q L R
 F D Z U A I W R X Z G J M U H W Y A O E
 T A B K O Y K O O P S O W A B B T U E A
 Z F S H L F U Q Q P I T G J X N M N D T



Bat
 Pumpkin
 Halloween
 Mummy
 Vampire
 Witch
 Spooky
 Trick or Treat

Fun
 Ghost
 Costume
 Skeleton
 Candy
 Scary
 Monster
 Haunted House



RESIDENT SPOTLIGHT

CONGRATULATIONS TO.....

Ms. Hogg

Ms. Hogg has been such a delight to our facility. Thank you for being such a sweet person and a bright light shining through the halls. This month we celebrate you.

-Beaconshire Management

Congrats

success

stories

On March 4th, 2021, Mr. Michael Norman was admitted to Beaconshire Nursing Center from the hospital after being found immersed in water of a flooded basement for 17 hours.

Prior to be admitted to Beaconshire Nursing, Mr. Norman had to undergo bilateral leg amputation due to the damage that the immersion had caused to his body.

During the first few months of his stay, Mr. Norman experienced brief periods of depression, but through it all he remained optimistic. He feels like he was given a second chance and he said it is his duty to make the most of his situation.

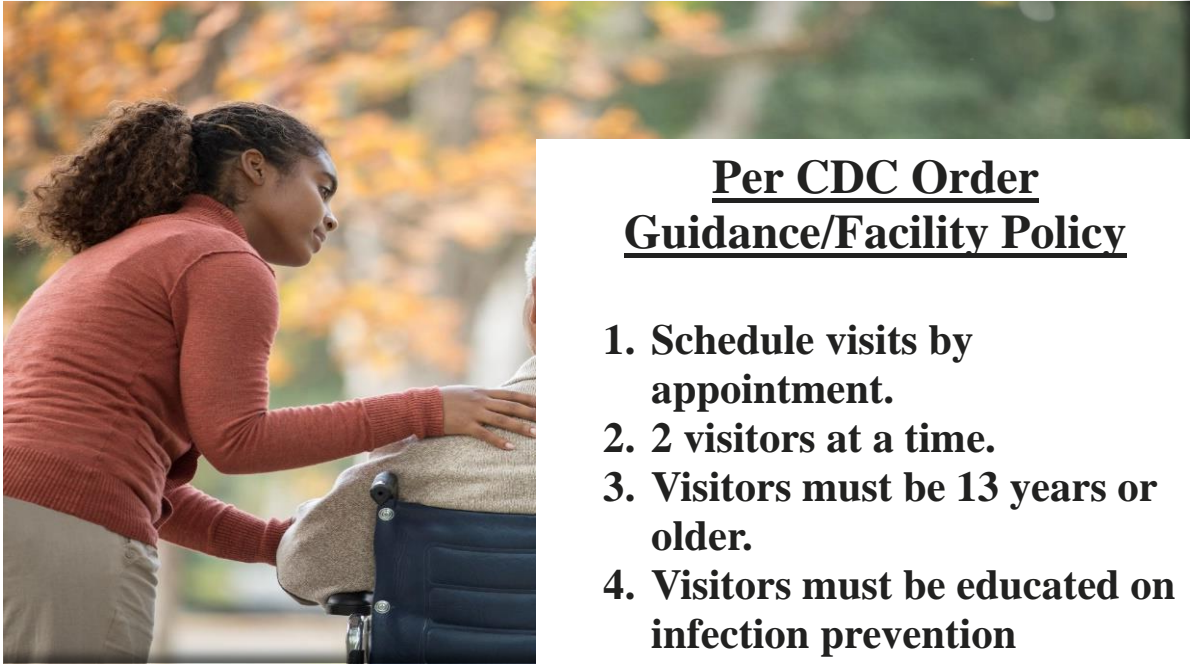
Mr. Norman is very fond of the therapy department. "Erica is a great teacher and very adamant about my progression. She never gave up on me. Therapy made me hopeful, and it's been a great experience."

With the help of the Beaconshire Nursing employees and therapy department, Mr. Norman has made tremendous progress with activities of daily living. It has been a wonderful experience seeing Mr. Norman getting better each day.



Michael Norman

"Erica, is a great teacher and very adamant about my progression. She never gave up on me. Therapy made me hopeful, and it's been a great experience."



Per CDC Order **Guidance/Facility Policy**

- 1. Schedule visits by appointment.**
- 2. 2 visitors at a time.**
- 3. Visitors must be 13 years or older.**
- 4. Visitors must be educated on infection prevention precautions.**
- 5. Proper hand washing protocol must be administrated during visit.**



The Reel Deal Movie/Tv Club

This month a few of the members of the Reel Deal club is getting caught up on the Handmaid's Tale, based on the best-selling novel by Margaret Atwood. This series is set in Gilead, a totalitarian society in what used to be part of the United States. Gilead is ruled by a fundamentalist regime that treats women as property of the state and is faced with environmental disasters and a plummeting birth rate. In a desperate attempt to repopulate a devastated world, the few remaining fertile women are forced into sexual servitude. One of these women, Offred is determined to survive the terrifying world she lives in and find the daughter that was taken from her.

A Word from the Administrator:

"The **FIRST** resident that can guess my birthday, will receive a free item from the snack store. Each resident has 1 guess, so use it wisely.

Hint: It's in October
Good Luck 😊 "



A Word from the Director of Nursing

"I just want to give recognition for October being Breast Cancer Awareness Month. The impact of breast cancer has hit our nation with an unforgiving force. I'd like to encourage everyone to get an early detection screening, and breast health education. Love yourself and take care of your body."

-Deitra Shaw 😊

Celebration >>>



HAPPY BIRTHDAY!

For everyone celebrating a birthday in , we would like to wish you a big HAPPY BIRTHDAY! We hope that your day is special and joyous! We honor you and celebrate you!

-BCN Management

September Resident Birthdays

- | | |
|---------------------|----------------------|
| 1. Michael N. 10/4 | 7. Patricia G. 10/31 |
| 2. Jeffrey T. 10/5 | |
| 3. Lanese B. 10/6 | |
| 4. Brian B. 10/19 | |
| 5. Archer S. 10/20 | |
| 6. William M. 10/22 | |

FUN FACT!

Did you know.....

It's Breast Cancer Awareness Month!

Every October, the nation observes National Breast Cancer Awareness Month. Breast cancer is a disease that affects both men and women and is among the most common cancers. According to the National Breast Cancer Foundation, 1 in 8 women will develop invasive breast cancer in her lifetime. Next year, new breast cancer diagnoses are expected to number more than 200,000 for women and more than 2,000 for men.

With October being Breast Cancer Awareness Month, it is an ideal time to discover more about this deadly disease that devastates the lives of so many. In addition to learning about breast cancer, you should consider what you could do to help spread awareness and fight the disease. With proper education, you can do a lot.

Building awareness is one of the most effective ways to decrease deaths related to breast cancer.

Make your health a priority. Although Covid-19 continues to be a top health concern, routine health care is still important. Studies have shown that diet and lifestyle choices can affect your risk of breast cancer both positively and negatively. Smoking is shown to make patients 24% more likely to be diagnosed than non-smokers, and patients who drink more than three alcoholic beverages a week increase their risk to 15%. Looking for positive dietary changes to help prevent cancer? Some foods that decrease the risk of breast cancer include:

- A variety of fruits and veggies that includes greens.
- Low-fat dairy products and healthy oils, especially extra virgin olive oil.
- Soybean-based foods.
- Foods rich in vitamin D and antioxidants.

Staying active is also key to breast cancer prevention – the American Cancer Society recommends “at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week” to help keep your body healthy



