

Notes from the Knoll

Fall, 2014

Volume 1, Issue



Upcoming Events:

- ◆ Music of Il Kool Thursday November 26th - 1:30pm
- ◆ An Evening with St. Nick Friday, December 5th, 6:00pm—8:00pm All Are Welcome
- ◆ Adopt a Christmas Tree Contest -- Staff, Volunteers, Family & Friends were given the opportunity to Adopt a Christmas Tree for the Holiday Season. Judging will be held on December 9th.
- ◆ December Birthday Celebration December 18th @ 1:30 with the music of Dan Ognovic.
- ◆ Families are encouraged to reserve rooms for family get-togethers with the Life Enrichment Department. They fill up fast during the coming holiday season. Contact Deb at 449-1240.
- ◆ We are already looking for Bingo donations for 2015! For just \$10 a week your family or business can help!
- ◆ Contact the Life Enrichment Department with any concerns at 449-1240 or email djacoby@rockyknoll.net

Summer Concert Series at the Bistro Big Success



This summer the Life Enrichment department held three evening concerts at the Bistro. Entertainers included The Handymen (polka) in June, The Big Bass Trio (rock, country, variety) in July, and Il Cool (oldies) in August.

Residents and families enjoyed the great weather and a chance to listen to some live music. Food was provided by Jim Fleck of Fleck's Grill, a food truck owned and operated by one of our resident's sons.

A 50/50 raffle was also held, and half of the bucket went to the winner, the other half of proceeds went to benefit programs and supplies for the Life Enrichment Department.

Rocky Knoll Veterans Day Program

Veterans Day is a day to honor all who have so bravely served this country. This year's Veterans Day program was held on Tuesday, November 11th in the Activity Room. Fifteen current and former residents were inducted into the Veteran's Hall of Fame.

American Legion Posts 261, Greenbush, and 243, Plymouth were in attendance to present the colors. Stunning musical medleys were sang by the Plymouth High School chorus. President of the Rocky Knoll Foundation, Charles Conrardy, and Rocky Knoll Administrator addressed the crowd. Rev. Tom Fleishmann gave the invocation and benediction.

Plaques for the wall are created by Custom Craft Trophies with financial support of the RK Foundation.



Safe Trick or Treat Held October 25th

The Life Enrichment Staff at Rocky Knoll has made the Safe Trick or Treat an annual event. This year on Saturday October 25, 2014 ghosts, goblins and superheroes joined the residents at Rocky Knoll to celebrate the holiday. Many of the residents, staff & family members joined together to enjoy the games, treats and holiday event. Costumes included witches, princesses, vampires, superheroes, pirates, and many other characters. Residents were in charge of the event, filling trick or treat buckets, helping at a craft table, running "Halloween Games", giving out spooky prizes, and ending the event by handing out cookies, popcorn, & punch. Several of the residents commented on what a treat it was for them to see all the children in their costumes. One resident commented "It's always nice to be able to do things for others, especially children". The residents had such a wonderful time they are already thinking of how they can improve on this event for next year. HAPPY HALLOWEEN!

Tips for Spending the Holidays with Elders with Dementia



Holiday dinners are a time of togetherness, celebrated with relatives and friends. Those challenged with a dementia such as Alzheimer's just need a special touch.

"Family members may be unsure of how to approach a loved one who experiences memory loss, repeats conversations, forgets members of the family, and is confused," notes Dr. Stephen Moelter, associate professor of psychology at University of the Sciences. "This can cause family members to feel uncomforta-

ble". Dr. Moelter believes that adults and children alike can arm themselves with ways to engage people with memory difficulty to ensure a more meaningful holiday season.

1. **Family members must educate themselves about dementias such as Alzheimer's disease.** Learning more about the disease will help family members understand the importance of keeping their loved one safe and surrounded by supportive people.
2. **Engaging people with a dementia such as Alzheimer's in conversation and keeping them involved in activities is vital to their health.** It's ok to answer repeated questions with repeated answers.
3. **When speaking, family members should try to ask questions that rely on "old knowledge" and encourage reminiscing about holidays past.** In general, people with memory problems have the best memory for distant events with more impairment as the people and events to be recalled become more recent.
4. **Parents should prepare their children for conversations and can help by offering suggestions of things to ask their family member.** Topics may include those that parents know are strong and positive and old memories such as hobbies, jobs, or family events.

Article courtesy of Alzheimer's and Dementia Weekly <http://www.alzheimersweekly.com/2014/11/4-meaningful-thanksgiving-tips.html>

Saving energy at Rocky Knoll

In an effort to save energy both natural gas and electricity, Rocky Knoll teamed up with Focus on Energy and Environmental Services Inc. and have been on a yearlong retro commissioning project that identified many inefficiencies that allowed us to upgrade equipment operations and controls. This project is expected to save thousands of dollars in energy bills each year and better the comfort levels inside the facility. Some of the projects completed with the retro commissioning are all new boiler and air handling unit controls and new programming for both air conditioning and heating. Other energy saving projects being worked on or completed are, two new natural gas clothes dryers, parking lot lighting upgrades and many interior lighting upgrades. Though it has been quit costly, the incentive rebates from Focus on Energy combined with energy savings through the year will offset our cost in a short period of time. I'm looking forward to keeping money in our pockets instead of literally, out the window.

Listen to your elder's advice. Not because they are always right but because they have more experiences of being wrong...

Silent Christmas Tree Auction

Starting in early October, our residents prepared for Christmas by decorating miniature Christmas trees. This is the second year of doing the mini tree auction. First the residents chose a theme and had to decide which ornaments looked best. Life Enrichment staff assisted the residents with decorating and gluing. They worked on the trees weekly and they were put up for silent auction on November 10th near the front entrance. Some staff and volunteers also created trees. Each bid starts at \$5.00. The auction ended on December 2nd at Noon. Winners were contacted by telephone. Money from the auction goes directly to the Life Enrichment department to support programs, supplies and entertainment for the residents.



Miniature Christmas Trees at the Silent Auction