

## From the Desk of the Administrator

I WRITE TO YOU ALL to announce the retirement of one of our key staff members. Our Assistant Administrator, Lydia Boileau, has decided after nearly 16 years of service to retire as of January 29, 2016. Mrs. Bush's has been so fortunate over these years to have a professional such as Lydia working with our residents, staff and families. Lydia believed in Mrs. Bush's and her efforts were always focused on supporting our philosophy of care.

She worked to make our Home a better place for the residents who live here. She has served many people and fulfilled so many roles during her time here. Lydia is a great mentor, nurse, teacher, advocate and most of all... friend. She will be missed greatly and we wish her well as she embarks on this new phase in her life!

With every end is also a new beginning... and so we welcome the arrival of Melissa "Missy" Getz, LPN, as our new Assistant Administrator. Melissa has come full circle in that she began her career here at Mrs. Bush's as a nurse's aide. She went on to achieve her nursing license as well as her Personal Care Home administrator license. She has gained valuable experience working in skilled nursing facilities, personal care and home health care settings. We are happy to have Missy return in the role of Assistant Administrator/Director of Nursing! You will find Missy in the Nursing Office at Chestnut Ridge and can reach her by calling (610) 381-1004 or [missy@mrsbushcares.com](mailto:missy@mrsbushcares.com).

*Please enjoy this Spring 2016 Edition of our newsletter!*

Sincerely,  
**Jessica Scheffner, RN, BSN**  
Administrator

## WEST END FOOD PANTRY

The West End Food Pantry opened its door in Kunkletown on November 21, 2015. Market research showed there to be a significant amount of families in our local area struggling to make ends meet. "When you examine the poverty rate and unemployment rate is the West End of Monroe County, then add in a high cost of living which includes very high property taxes in this region; quickly you realize this is an equation that adds up to families needing help," said Karena Thek, Pantry Chair.

Gauging a pantries success is always a hard thing since success means there are far too many families suffering. To date the pantry has 168 families signed up to receive food. Thirty percent of the people we feed are children. We also have been able to bring together 80+ volunteer from all walks of life, all-working together for the common mission of alleviating hunger. "One of the most inspiring things about the pantry is watching my volunteers join together and work hard to feed people but at the same time express compassionate and empathy for those hurting," Thek states.

Mrs. Bush's Personal Care Home has provided significant volunteers and support to the pantry. Curt Bush and Justin Scheffner help unload trucks regularly. Carrie Shafer has committed activity time to prepare snacks for hungry volunteers once a month and coordinated the Christmas wreath fundraiser. Kelly Bush is instrumental in Saturday distribution processes but is also the first to step up and helps accomplish the hardest tasks on stocking day. Mrs. Bush takes time out of her busy schedule to volunteer each distribution and does an amazing job of welcoming our clients and chatting with them while they wait for their turn to "shop." Many from the Mrs. Bush staff have provided monetary donations and food donations week after week. Without such support the pantry simply could not succeed.

It takes a lot of support and food to feed so many families and pantry continues to need monetary donations, food donations and volunteers. For additional information please contact Karena Thek at [karenathek@mac.com](mailto:karenathek@mac.com) or at 570-730-6055.

## Easter is right around the corner!

We are currently collecting donations of small Easter baskets, basket grass, candy and Easter trinkets! The baskets will be given to the 147 children who receive food from the West End Food Pantry.

Please bring in donations labeled *"For Food Pantry."*



## CRAFTS

John V. and activity assistant Cora work on a beaded snowflake on snowy day!

## TECHNOLOGY

"I am just amazed." Marguerite H. responded after learning a little bit about all the great things you can do on an iPad.

Marguerite worked with a student volunteer from the Fire Side Academy to learn how to use the iPad.



## Spring Open House and FREE Hearing Screenings

**March 23rd \* 10am-1pm**

Hearing screenings by Monroe Hearing Aid Center

Call 610-381-1009 to schedule an appointment to see our home and receive a free hearing screening!

# SAVE the DATE!

**February 23rd • 6pm-8pm**

***Pleasant Valley to Host “Night of Unity”***

Mrs. Bush’s will be attending the annual Night of Unity event held at Pleasant Valley High School. Join us for this year’s theme “All The World Is A Stage”

## *FREE Intergenerational Programs*

**February 24th • 10:15am — Rachel’s Music Together**

Children from birth to age 5 are invited to join us for a morning of music, fun and interaction with our residents.

**March 5th • 10:15am — Children’s Easter Egg Hunt!**

Indoors. Open to all children!

**March 16th • 10:15am — Rachel’s Music Together**

Children from birth to age 5 are invited to join us for a morning of music, fun and interaction with our residents.

**March 19th — Resident and Family Bingo**

All family and friends of our residents are invited to join their loved one for a free fun family bingo game. Refreshments will be served!

***Country View Home 1pm, Chestnut Ridge 2:30pm***

Please RSVP to Carrie at 610-381-1009 or [carrie@mrsbushcares.com](mailto:carrie@mrsbushcares.com)

**March 22nd • 2pm — Chalk Talk**

“The Easter Story” Snyder Chalk Talk illustrates a Biblical message before your eyes utilizing God given abilities to draw and sing. We use special chalk, elaborate lighting and Christian music to share the Gospel Truth in a unique and memorable way. The message through this medium captures the hearts of young and old alike.

**March 23rd • 10am-1pm — Spring Open House and FREE Hearing Screenings** by Monroe Hearing Aid Center

Call 610-381-1009 to schedule an appointment to see our home and receive a free hearing screening!

**April 9th • 1pm-3pm — FREE Children’s Spring Fling**  
Games, Joys of Disciples: Clowns, Hot Dogs and Drinks, Crafts

**April 30th • 2pm — Mother’s Day Tea**

Please join us as we celebrate all mothers. Music by Pete Begley. RSVP to Carrie at 610-381-1009



# Music Together

**Intergenerational Class**

**'RACHEL’S MUSIC TOGETHER'**

From babyhood through the age of five, Music Together® nurtures each child’s natural musicality. In family classes, grownups and their children come together to sing, dance and explore child-friendly instruments. ***The Music Together program began in 1987 and is offered all over the world!*** Each semester, families experience a new collection of award-winning music and receive a CD, songbook and access to online resources to support music making at home.

**Early in life, music has tremendous power to support the developing child** in all their growing capacities.

In addition to being enjoyable for its own sake, it forges unique connections in the brain, integrating mind, body, and emotions. It enhances a child’s language, cognitive, emotional, social, physical development as well as their learning habits and dispositions. Music Together is a research-based program and supports all of these areas of development!

**One of the most magical ways to experience the program is through Intergenerational Classes.** Each week, enrolled families meet with seniors, sometimes called “Grandfriends” as an extended musical family. The elders of our communities grew up and raised families at a time with less invasive technology, when informal music making was common. They have rich musical experiences to share. ***And, just as music-learning supports children’s development, it also greatly enhances the well-being of seniors.*** Neuroscience researchers and music therapists have long studied the role that music plays in the health and aging experiences of seniors.

**Another benefit of these special classes are the relationships formed between seniors and families.**

Many young children do not have regular access to their grandparents. Families are more spread out and the distance can make it difficult to spend quality time together.

Rachel DeMicco, Center Director of Rachel’s Music Together will be offering **TWO FREE CLASSES AT MRS. BUSH’S** Personal Care Home for families interested in experiencing this special musical program! One on February 24th at 10:15 and one on March 16th at 10:15. ***Space is limited so families should contact Rachel at 570-778-6128 or go to [www.mtwithrachel.com](http://www.mtwithrachel.com) to sign up for a free class.***

*SENIOR HEALTH FAIR at Mrs. Bush’s  
Coming MAY 6th!  
More information coming soon!*

# Life Stories

**Everyone has a life story. What’s yours?**

Recently at Mrs. Bush’s Personal Care Homes we have partnered up with Northampton Community College to start preserving the life stories of each of our residents. The students are a part of the Public Health class at the college and are honing in on their interviewing skills and learning about the geriatric population.

This is a great opportunity for your loved one to reminisce and share their knowledge. The great part about this project is that you will receive a copy of your loved one’s life story as a digital file so that you can always treasure your loved one’s story and pass it down.

And if you want to dig deeper and expand on this great project we invite you to check our America’s Footprints, which is a local company based out of Monroe County. They are offering all of our residents a free pass to tell their stories! ***Contact Carrie for details at 610-381-1009.***

## **WHAT IS ‘America’s Footprints’?**

If tonight was the last time you closed your eyes, what will your children and grandchildren have to remember you by? What are the stories you have kept inside, or the advice you’re waiting to share until they are older? What are the memories in your journey that you will never forget? What are the moments in life you are the most proud of, and the hard lessons you want your children to learn from?

All of us have a life story. And at America’s Footprints, you now have the very unique opportunity to preserve that story in your family’s history — forever. Your private Footprint will become your final legacy, passing down something of true value to your children, your grandchildren, and even your great grandchildren. Why? ***Because we all have a story that deserves to be remembered in our family’s history.***

## **THE BACK STORY: How did you come up with this idea?**

Joe Fiduccia, our company’s founder, gained a new appreciation for life when he became a father. His son introduced him to a whole new world, and he always jumped at any opportunity to be part of his little boy’s life.

As they both grew older, Joe wanted to continue being by his son’s side forever. But it didn’t take long for reality to sink in: “forever” was not an option.

“If today was my last day here, I wanted my son to have more than just his own memories,” explains Joe. “There are so many things I want to share with him, and so many bits of wisdom I can’t wait to pass down. But he’s too young to understand the hardships of his first breakup, or the joy of earning his degree, or the nerves that will set in before his first job interview.

“So I needed to figure out a way to provide that guidance, to be that parent, and to remain by his side in good times and bad... even if life has other plans. It is the only way I can find comfort in death, because through my Footprint, I can now rest assured that his daddy will never leave his side.”

And that is how America’s Footprints was born.

## **SOUNDS QUITE INTERESTING! How do I begin?**

Everything from our sample footprints, to our member testimonials, to our FAQs, and even a live chat option is ready and waiting for you at America’s Footprints. To start preserving your journey, **visit [AmericasFootprints.com](http://AmericasFootprints.com)** today. ***And the best part — it is 100% FREE to become a lifetime member.***

# No Year is Worth Forgetting

*by Denise Nicholson, BC-HIS, Board-certified  
Hearing Instrument Specialist  
Monroe Hearing Aid Center*

**THIS YEAR,** make it a goal to help a parent or grandparent to prevent any of the causes of Alzheimer’s or dementia. One of these causes, unbeknownst to many, may commonly be **hearing loss**. Recent studies conducted at the University of Washington’s Department of Medicine found that out of 100 patients with Alzheimer’s, 83 patients had a hearing loss. ***Once fit with hearing aids, a third of those patients were classified with a less severe case of dementia.***

## **SO HOW IS HEARING LOSS RELATED TO ALZHEIMER’S?**

Well, hearing loss actually plays a large role in brain function and stimulating brain activity in processing sounds. The term “auditory deprivation” refers to depriving the brain of stimulation from sounds. **For those with untreated hearing losses, the reduced ability to hear every day sounds may lead to reduced sound processing activity by the brain. As the brain receives fewer sounds, it becomes less active in processing a person’s surroundings and recognizing speech.**

## **WHAT CAN BE DONE?**

The first step towards prevention is an easy one: **have a hearing test to identify hearing loss**. In fact, the Michigan chapter of Self-Help for Hard of Hearing advocates for a hearing evaluation required prior to any Alzheimer’s diagnosis to determine impact and overlap with results of hearing loss. **Free hearing screenings will be available for residents and community members at Mrs. Bush’s on March 23 from 10am-1pm. *Please call 610-381-1009 to schedule your appointment.***

**NEW!** Our house physician will now be offering ear exams and cerumen (wax) removal for any interested residents ***starting March 2***. This service will then be provided the first Wednesday of every 3rd month (March, June, Sept, Dec). This is an important part of hearing and can be a cause for a decline. Ear exams and cerumen removal is recommended prior to hearing screenings.