

From the Desk of the Administrator

**Greetings to our readers!** There is always much to share in our newsletter and we love for our readers to be informed on our latest news and happenings. This edition we have a retirement announcement to make. **Loraine Schuler, LPN, in our Nursing Office plans to retire at the end of this month.** Loraine joined Mrs. Bush's November 10, 1995. She trained in Paterson, NJ and gained valuable nursing experience at Elsie Kresge's Nursing Home and Pleasant Valley Manor Skilled Nursing Facility prior to joining Mrs. Bush's.

When Loraine began at Mrs. Bush's she worked as a 3pm-11pm medication aide and eventually moved into the Nursing Office as a supervisor. Over the course of 21 years Loraine has seen us through many stages of growth. She has been a hardworking and dedicated support to our Team. She heads the Safety Committee, makes rounds with physicians, oversees the daily health needs of our residents and works with our staff to support their efforts every day. Her duties have also included on-call responsibility for staffing and resident emergencies. She has worked many shifts when staff were unable to fulfill a shift and she has always been a presence during our busy holidays, working as much as she could to allow others to celebrate with their families. Loraine has conducted many tours and fielded hundreds of calls in her time, always representing Mrs. Bush's in the most positive light. You can count on Loraine to say it like it is.

I have had the pleasure to work side by side with Loraine 19 out of her 21 years. She will truly be missed but we are happy for Loraine and her husband, Ronald, to take some much deserved time to themselves. Loraine has 4 sons and several grandchildren and great-grandchildren. Her faith has always been a very important part of her life and she will now have time to dedicate to that as well as time with her family (especially spending some of the cold winter days sipping some wine with her son and his family in Georgia)! We know she is looking forward to that!

FAREWELL, CONGRATULATIONS AND GOOD LUCK TO YOU, LORAINE!!!! YOU WILL ALWAYS HAVE FRIENDS AT MRS. BUSH'S PERSONAL CARE HOMES!!!

Sincerely,  
Jessica Scheffner, RN, BSN  
Administrator

COFFEE & CHAT!

Each month we will be offering a chance for you to come into our home to learn about a topic that might be of interest to you. The topics will range from health related concerns to new programs in our home. We invite family, friends, residents and the community to join us for 1 hour in an informal setting to learn, discuss and enjoy a cup a coffee.

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

JANUARY 21, 2017 • 10:30am  
Dementia: Tips On Caring for Your Loved One

FEBRUARY 11, 2017 • 10:30am  
Understanding Aromatherapy  
and the Benefits To Seniors

MARCH 24, 2017 • 9:30am – 1pm  
Arden Courts presents  
"Dementia: A Virtual Tour"

Mark Your Calendar

Mrs. Bush's PCH is please to invite Senator Mario Scavello to our home on **Wednesday, February 15th at 10:30am** for an informal discussion about topics that are important to you.

As part of the Senator's ongoing effort to engage in discussions with residents of the 40th Senatorial District in addition to address questions and concerns you may have. **The meet and greet and discussion will be held in the West Annex at the Chestnut Ridge building.** Coffee and light refreshments will be served. If you have any questions please contact Carrie at 610-381-1009.



We would like to thank everyone for helping to make our December unforgettable for our residents. We hope you enjoyed all the festivities!

Resident Margie V. with Santa!

Christmas Tea at Mrs. Bush's  
Michelle Mattioli-Kulick,  
Director, Special Projects and  
Archives for Pocono Raceway  
and resident, Diane T., pose  
for a picture during our special  
Christmas Tea sponsored by The  
Pocono Raceway Rose Pedals.





Dear Readers,

Our new Construction Project has been going full steam ahead since the groundbreaking ceremony issued in September.

After just three long months, the shell of the building has been completed. We'll be busy completing interior systems over the next couple months. This includes the main power system, electrical wiring, plumbing, fire pump & sprinklers, fire protection & monitoring system, doors, drywall, communication system, intercom system, television and phone systems, computer networks, elevator installation, flooring, wall coverings, lighting, heating & air-conditioning, emergency power system, sidewalks, egress stairs, and eventually landscaping.

We are so proud and thankful to have worked with a great team of builders and construction experts who have handled the project thus far with speed and safety throughout the rain & cold temperatures.

It's a little too early to announce a grand opening date, but we promise to provide more exciting updates in our next newsletter due out just before Spring!

Curt Bush  
General Manager



## HONOR YOUR LOVED ONE WITH A BENCH INSCRIPTION

Mrs. Bush's is set in a beautiful setting, nestled alongside the Blue Mountain. Most days you can find our residents enjoying the view from our many sun porches at both homes. With the current addition to our Chestnut Ridge Home we now have the opportunity to enhance our beautiful grounds by *adding a walking trail*.

Along the walking trail we would like to add benches to allow for sitting to view the scenery or just to rest. In addition, we would like to replace and add benches around the front of both homes.

We are currently looking for bench sponsors. This is a great way to honor or remember your loved one. Each bench is 6 feet long and will say "In Honor Of..." or "In Memory Of..." with your loved one's name. The cost is \$460.00.

If you are interested in sponsoring a bench or for more information, please contact Carrie at 610-381-1009 or [carrie@mrsbushcares.com](mailto:carrie@mrsbushcares.com)



## New Aromatherapy Program Coming to Mrs. Bush's

### What is Aromatherapy?

Aromatherapy uses essential oils for healing purposes. Scientists believe that by inhaling these oils, they are absorbed directly into the amygdala and the hippocampus areas of the brain. They stimulate the brain to communicate with the body much in the same way some medications do. For example, lavender is believed to stimulate activity in the cells in the amygdala in the same way that certain sedative medications do. Aromatherapy can be used with a room diffuser or topically as a lotion.

### How will Aromatherapy be used at Mrs. Bush's PCH?

With the help of Vanessa Sabatine, Certified Aromatherapist and Herbalist from Herbs To Your Success, and Karen Burke, CRNP from Blue Mountain Behavioral Health we have developed an Aromatherapy program that is top notch in the Healthcare Field.

At Mrs. Bush's PCH we will start our program by focusing on 3 areas of concern: *relieve pain from arthritis, restore peace from anxiety, dementia and restlessness, and promote alertness from depression or sleepiness.*

When a resident is experiencing any of the above, an evaluation and assessment will be performed in consultation with Karen Burke along with a phone call to the resident's POA for approval to start the program.

Once this is completed and approved, Carrie Shafer, Mrs. Bush's Community Life Director will roll out the appropriate course of action to benefit the resident. All staff will be on board and educated on proper uses.

We are pleased to offer this program as a FREE service, with a small fee for a room diffuser if this is deemed appropriate.

Please join us on  
February 11 at 10:30am  
for an introduction to  
Aromatherapy and the  
benefits to our population  
presented by Vanessa  
Sabatine, Karen Burke and  
Carrie Shafer.



## You've Got Mail!

Do we have your email? We are currently looking to have email addresses on file for residents. If we do not have your email, please email Carrie at [carrie@mrsbushcares.com](mailto:carrie@mrsbushcares.com)

Emails are a great way for us to send information about events happening at the home and to send pictures and updates of your loved ones.

## COMMUNITY LIFE AT MRS. BUSH'S

There is always something going on at Mrs. Bush's. The calendar is always full of planned group activities, but our activities department is so much more than what is on the calendar. The department is in charge of one-on-one sessions, small spontaneous programming, getting to know your loved one's likes and dislikes far beyond activities, and so much more.

As the Community Life Director here at Mrs. Bush's, I have a responsibility to provide quality programming, but my goals go far beyond that. I strive to provide a quality life with planned and unplanned programs that touch on the whole well-being of your loved one. And with that there was a need for additional support in the activity department. *I am pleased to announce that the activity department now consists of myself and 3 activity aides (Cora, Jillian and Emily).* We are excited for this addition which will allow us to continue to provide more quality programs.

When visiting the home please stop by the activity department in the West Annex. We would love to chat with you about your loved one's activity pursuits and much more!

Carrie Shafer  
Community Life Director

## SOCIAL MEDIA: A New Medicine?

By Emily Mongan, McKights LongTerm Care Journal

Using social media applications like Facebook or Skype may help lessen depression, loneliness and other chronic illnesses in seniors, a recent study found.

Seniors who used the apps rated their health better and had fewer depressive symptoms, and also had fewer symptoms of chronic illnesses such as diabetes and high blood pressure.

Use of social technology also predicted lower levels of loneliness in seniors, and better overall mental and physical health, according to researchers from Michigan State University.

Like Us On FACEBOOK – Mrs. Bush's Personal Care Home

Schedule a time to Face Time or Skype your loved one by contacting Carrie at 610-381-1009 or [carrie@mrsbushcares.com](mailto:carrie@mrsbushcares.com)



## The Virtual Dementia Tour!®

Understanding How Dementia Impacts Daily Living  
A Free Dementia Workshop

Join us for this eye-opening sensory event where you will experience first-hand the overwhelming effects of the aging process when combined with Alzheimer's disease and other memory impairments. You will become aware of the challenges from performing ordinary tasks persons living with memory loss face everyday.

Friday, March 24, 2017  
Scheduling 15-minute appointments from 9:30 1:00 pm  
Call Carrie Shafer at (610) 381-1009 make your reservation.  
Space is limited, so make your reservation early.



Event to be held at:  
Mrs. Bush's  
Personal Care Homes  
302 Kunkletown Road  
Kunkletown, PA 18058

Presented by:  
**Arden Courts**  
Memory Care Community