

NOVEMBER 2018

# River Terrace Healthcare Center

1675 Main Street

Lancaster, MA

978-365-4537



## November Happenings At River Terrace

Thursday, November 1<sup>st</sup>  
10:15 Music with Kevin Farley  
\*Irish Music Guy\*

Friday, November 2<sup>nd</sup>  
10:00 South Lancaster Academy Visits

Wednesday, November 7<sup>th</sup>  
2:00 Music with Heather Marie

Thursday, November 8<sup>th</sup>  
1:30 Caring Concepts  
Clothing Show

Saturday, November 10<sup>th</sup>  
10:30 Music with Larry Dominico

Wednesday, November 14<sup>th</sup>  
10:15 Music with Joe Foster  
2:00 Sweet Ceramics  
\*class has openings\*

Thursday, November 15<sup>th</sup>  
1:45 Traveling Sweets & Treats

Friday November 16<sup>th</sup>  
12:00 Pizza Party

Wednesday, November 21<sup>st</sup>  
10:30 Music with Michael O.

Thursday, November 22<sup>nd</sup>  
~Happy Thanksgiving~  
12:00 Thanksgiving Day Dinner  
RSVP by: November 16<sup>th</sup>  
Limited Seating  
2:00 Dessert Buffet & Family Social

Friday, November 30<sup>th</sup>  
10:00 South Lancaster Academy  
Visits

Every Thursday @ 7a.m.  
Residents Breakfast Club

## Come & See Us

During the month of November, please join Michelle Jones,  
Community Liaison, at the following locations:



### Leominster Senior Center

Free Lottery Bingo  
November 2<sup>nd</sup> & 16<sup>th</sup> from 10:00 A.M.-11:00 A.M.

### Lunenburg Senior Center

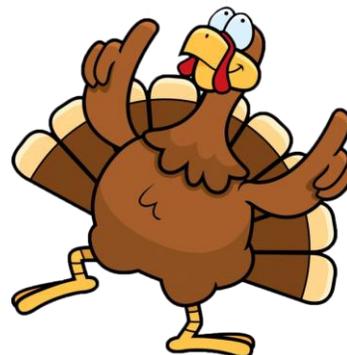
Complimentary Chair Yoga & Relaxation  
November 9<sup>th</sup> & 30<sup>th</sup> from 9:30 A.M.-10:30 A.M.

Tune into **WPKZ 105.3 FM** on November 6<sup>th</sup> at 8:10 a.m. to  
catch a live interview with Miatta Green, Administrator and  
Michelle Jones, Community Liaison on the K-Zone Morning  
Commute show with Travis and Sherman!

## Save the Date!

**River Terrace's Annual Turkey Trout**  
November 15<sup>th</sup>&16<sup>th</sup> from 8:00 a.m. – 7:00 p.m.  
November 17<sup>th</sup> from 8:00 a.m.-11:00 a.m.

Come to River Terrace, take a quick tour, and go home with  
a frozen turkey in an insulated bag, it's as simple as that!  
One turkey per household please. Tell your friends!



## Dementia: Early Warning Signs

By Ava M. Stinnett

As you may know, dementia is not a specific disease. It is an overall term for a complex set of symptoms that are caused by disorders affecting the brain, such as Alzheimer's disease, vascular dementia, and dementia from Parkinson's disease. The causes of dementia can produce similar, overlapping symptoms such as confusion, memory loss, and difficulty performing everyday activities. The early signs of dementia are very subtle and vague and may not be immediately obvious.

Although the signs and progression of dementia vary in each individual, there are some common early symptoms, including the following:

- Memory problems, particularly when remembering recent events
- Increasing confusion
- Reduced concentration
- Loss of ability to do everyday tasks
- Disorientation
- Displaying poor judgment
- Difficulty with language
- Differences in mood, personality, or behavior

Many conditions (e.g., strokes, depression, hormonal disorders, infections) have symptoms similar to dementia. Symptoms might also develop slowly or go unnoticed. This might explain why people often fail to recognize that something is wrong or they assume that these symptoms are a normal part of aging.

While we can't control age or genetics, there are lifestyle factors that researchers believe may help reduce the risk or delay the onset of dementia when we get older. This includes adopting a healthy diet, maintaining blood pressure at a healthy level, exercising regularly, and socializing with others.

Results of medical research studies appear in the headlines every day. In fact, the National Institute on Aging supports more than 30 clinical trials. As of now, implementing preventative measures and paying attention to early warning signs is the best treatment for dementia.

### Sources

Mayo Clinic, "Dementia: Self-Management." Retrieved from [www.mayoclinic.org/diseases-conditions/dementia/manage/ptc-20199100](http://www.mayoclinic.org/diseases-conditions/dementia/manage/ptc-20199100)

Healthline Media, "What Are the Signs of Early Onset Alzheimer's Disease (AD)?" Retrieved from <https://www.healthline.com/health/alzheimers-disease/signs-of-early-onset-alzheimers>

## Alzheimer's Support Group for Caregivers Leominster Library November 6th, 2018 @ 6:00 P.M.

Group meets 1st Tuesday of every month at  
6:00 P.M.

For questions please contact facilitator Bob Cote at  
978-549-1458 or [etcpartsman@yahoo.com](mailto:etcpartsman@yahoo.com)



*New to our Community  
Please Welcome*

### Nursing Department:

Carrie Curry, L.P.N.  
Samuel Gayflor, C.N.A.  
Shandreka Brown, C.N.A.



**October icare winner: Margaret Githengu, L.P.N.**

**Thank you for all you do!**

## The Mac & Cheese

Recipe found on Pinterest



- 1 lb. pasta of your choice
- ½ cup butter
- ½ cups Flour
- 4 cups Milk
- 6 cups freshly shredded sharp or white cheddar cheese
- ½ tbsp. kosher sea salt
- ½ tbsp. pepper
- 2 tbsp. butter
- ½ cup panko bread crumbs

1. Boil pasta in salted water according to package directions.
2. Melt ½ cup butter in large saucepan over medium heat. Sprinkle in flour and whisk and cook 2-3 minutes. Add in salt and pepper.
3. Slowly pour in 4 cups milk whisking until smooth and heating to a low boil until thickened. Do not stop whisking and cooking until thick. Remove from the heat.
4. Grease a 9x13" baking dish and add the hot pasta to the dish. Over the top sprinkle 6 cups of freshly shredded cheese.
5. Pour the thickened cream sauce over the hot pasta and cheese and let it sit until the cheeses melts. Stir everything together.
6. Melt 2 tbsp. butter over medium heat. Add panko bread crumbs, stirring constantly 3-5 minutes or until golden brown.
7. Sprinkle the breadcrumbs over the mac and cheese.
8. Bake in a preheated 325 degree oven for 12-15 minutes.

Enjoy!

## Cinnamon Apple Cobbler

Recipe by Table for Seven/ Pinterest



- Ingredients:
- 5 cups apples, peeled and chopped
  - ¾ cups brown sugar
  - 2 TBSP flour
  - 1 tsp ground cinnamon
  - 2 TBSP butter, softened and cut into pieces

- For topping:
- 2-7 oz. package of cinnamon apple muffin mix
  - ½ cup (1 stick) butter, melted
  - 1 tsp vanilla

### Instructions:

1. Preheat oven to 375 degrees. Grease a 9x9 baking dish.
2. In a bowl, mix together chopped apples, brown sugar flour, ground cinnamon, and butter. Coat apples well.
3. Spread apples on the bottom of prepared dish.
4. In a mixing bowl, mix together dry muffin mix, melted butter and vanilla. Your dough will be thick.
5. Drop dough by the spoonful's on top of the apples.
6. Bake for 30-40 minutes or until top is brown and apples are bubbly.
7. Let the cobbler cool 10-15 minutes before serving.
8. If desired, top with vanilla ice cream and caramel sauce before serving.

Yummy!

**River Terrace Rehab & Healthcare  
Phone Book  
1-978-365-4537**

Miatta Green, Executive Director	X15
Glory Decene, Director of Nursing	x16
Julie Lashua, Director of Social Services	x18
Tara DeWitte, Business Office Mgr. / Admissions Coord.	x29
Aharon Velasquez, Facility Maintenance	x22
-----Food Service Director	x14
Diane Sevigny-Staples, Activity Director	x21
Elainejoy Tonry, Human Resources	x26
----Rehab Department	x31
Michelle Jones, Community Liaison	#978-549-3440



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Follow us on Twitter at  
[www.Twitter.com/RiverTerraceMA](http://www.Twitter.com/RiverTerraceMA)



What's Cooking??

If you have a main dish, appetizer or dessert you would like to share and see in the River Terrace Rehab & Healthcare Center's Newsletter, please email Diane Sevigny, Activity Director at [dsevigny@riverterracerehab.com](mailto:dsevigny@riverterracerehab.com)

~Volunteers~

If you have spare time, or need extra credits for school, stop on by and hear about the great opportunities that are available for you at River Terrace as a volunteer. Please call Diane Sevigny, Activity Director, Volunteer Coordinator at 978-365-4537 or email Diane at [dsevigny@riverterracerehab.com](mailto:dsevigny@riverterracerehab.com)

**October icare winner: Margaret Githengu, L.P.N.**

**Don't forget to nominate your iCare employee.**

