

In The Spotlight



Jean Lund

Jean lived in Quincy, MA all her life. She was raised by James and Marie Lund. Jean was their youngest of three. She had an older brother, James, and an older sister, Caroline. According to Jean, her mother told her she was a surprise to her parents, but a welcomed one. Jean met her husband Charles at an event at the fire station in Quincy. Charles was a Quincy firefighter. They were married and had one daughter, Margaret.

Jean attended elementary, junior high and high school in Quincy. She graduated from Quincy High School and decided to further her education by attending Quincy City Hospital School of Nursing. During her time at nursing school, Jean went to New York to study at Bellevue Hospital. While at Bellevue, she completed multiple placements within the hospital. These placements helped Jean learn about the outpatient care unit and the medical unit.

When Jean finished her education at Bellevue Hospital in New York and graduated Quincy City Hospital School of Nursing, she began her career as a visiting nurse in Quincy and later transferred to Stoughton, MA. Jean loved her work, especially when she got to spend one on one quality time with her patients. She wanted to get to know them on a
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A Message from Louise Loguidice, RN, Resident Care Director



GETTING READY FOR THE UPCOMING FLU SEASON

According to the CDC: "While seasonal influenza (flu) viruses are detected year-round in the United States, flu viruses are most common during the fall and winter. The exact timing and duration of flu seasons can vary, but influenza activity often begins to increase in October. Most of the time flu activity peaks between December and February, although activity can last as late as May." **Therefore, our annual flu clinic will be scheduled for October 9th from 9 to 11 AM.**

WHY SHOULD PEOPLE GET VACCINATED AGAINST THE FLU?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Millions of people get the flu every year, hundreds of thousands of people are hospitalized, and thousands or tens of thousands of people die from flu-related causes every year. Anyone can get the flu, and serious problems related to the flu can happen at any age, but those people 65 years and older are at high risk for developing serious flu-related complications. Complications of flu can include bacterial pneumonia, ear infections, sinus infections, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

CAN A FLU SHOT GIVE YOU THE FLU?

NO! A flu shot cannot cause flu illness. The vaccine is made either with (a) flu vaccine viruses that have been 'inactivated' and are therefore not infectious, or (b)
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Blaire House of Tewksbury Assisted Living

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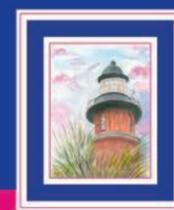
DIRECTORY

Executive Director: Richard Williams
Resident Care Director: Louise Loguidice, RN
Director of Sales & Marketing: Sarah Coletti
Activities Director: Jean Payne
Wellness Nurse: Stacy Palm, LPN
Administrative Assistant: Tracy Powers
Plant Maintenance: Rafael Torres
Food Service Director: Otty Ortiz

EXTENSION

3210
3611
8674
3209
8674
3207
3203
3202

Blaire House of Tewksbury Assisted Living Residence is family owned and operated within an integrated care community, including adult day health, short-stay rehabilitation, 24-hour nursing care services, and senior transportation. As your needs change over time, we can provide the service necessary.



HIGHLIGHTS

Blaire House of Tewksbury Assisted Living

SENIOR CARE NEWSLETTER



SEPTEMBER 2018

CAPTURE THE MOMENT

NATIONAL ASSISTED LIVING WEEK®
 SEPTEMBER 9-15, 2018



Here's How We'll Celebrate:

- September 9: Grandparents' Day & Lobster Bake
- September 10: Big Money Bingo
- September 11: Photo Booth & National Pet Rock Day
- September 12: Lunch at Marky's Lobster Pool
- September 13: Carnival Day
- September 14: Happy Hour with Joey Canzano

"Capture the Moment" is this year's theme for National Assisted Living Week, which hopes to inspire residents to realize their dreams and seize the day. Simultaneously, the theme also supports reflection, as residents may look back on the pivotal moments in their lives. With the theme's word play referencing photography, residents may refer to pictures or videos from their past.

The theme also aims to remind assisted living staff that often the little, everyday interactions with residents can deliver high quality, person-centered care. Assisted living communities across the country are encouraged to organize activities and events during NALW that help residents celebrate their past while also enjoying the present.

In the announcement of the theme, NCAL Executive Director Scott Tittle said, "We want this year's National Assisted Living Week to help overcome the stigma that older adults in assisted living communities, and other settings for that matter, don't have a purpose in life anymore. No matter your age, we should all be living life to its fullest. Assisted living caregivers help seniors realize this by supporting them with everyday tasks, while maximizing their independence and honoring their individuality."

"Autumn is a second spring where every leaf is a flower."

— Albert Camus

