

In The Spotlight



Leo Sheridan

Congratulations to Leo Sheridan, October Resident of the Month.

Leo was born to Thomas and Alice Sheridan of Lowell, Massachusetts, in October of 1926. He is a lifelong resident of Lowell. Leo grew up in the

Sacred Heart Parish and was an altar boy. He graduated from Lowell High School in 1944 and joined the Navy upon graduation. He worked as a radioman on a destroyer.

After discharge from the Navy, Leo met his wife Rita at the Commodore Ball Room and they had four children: Linda, Leo, Lisa, and Debbie. Leo also has nine grandchildren and one great grandchild with another on the way.

Leo worked as an Electrolux salesman, with the Lowell Police Department, and with the Lowell Fire Department. He retired after 45 years of working for the city. Leo was awarded Firefighter of the Year!

Congratulations to Leo. We wish you continued good health and happiness.



A Message from Louise Loguidice, RN, Resident Care Director

DAYLIGHT SAVINGS TIME AND SUNDOWNING

November 4 is the official end to Daylight Savings Time, the time when we turn our clocks back and lose an hour of sunlight each day. For many people, this translates to a much-needed extra hour in their daily routine. But for seniors, particularly those with Alzheimer's dementia, time change can be particularly stressful. Studies have shown that time changes result in a disruption in sleep patterns for many seniors. Maintaining a structured daily routine may help prevent confusion. Even the smallest changes can be stressful, causing disorientation and increased confusion, affecting those seniors who exhibit symptoms of "sundowning." Some strategies we will be using to assist our residents with this transition include keeping the community well lit and the atmosphere upbeat. Natural light is important, but dusk and twilight can cause distorting shadows and colors that are overwhelming to the residents. In the late afternoon or early evening, we will draw the curtains, close the blinds and switch on plenty of lights. Playing their favorite music can also help keep them calm and content.



Blaire House of Tewksbury Assisted Living

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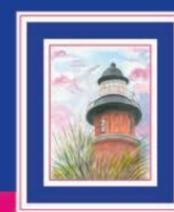
DIRECTORY

Executive Director: Richard Williams
Resident Care Director: Louise Loguidice, RN
Director of Sales & Marketing:
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

OCTOBER 2018



All Aboard FOR CRUISE WEEK

S.S. BLAIRE HOUSE

The residents and staff of Blaire House Assisted Living celebrated Cruise Week, August 13th - 17th, with a trip to Africa. There are 54 countries in Africa, and each country is divided into tribes. Each tribe has its own language and currency.

Several employees helped in the presentation of some of the different countries in Africa. First we traveled to East Africa to Kenya with Mary Iregi and Elizabeth Nyerere, who wore traditional clothing from Kenya and explained some of their traditions and culture. Kenya has 42 tribes and each tribe has their own language. Swahili is the national language of Kenya. 1 U.S. Dollar is equal to 100 Kenyan Shillings (KSh.) There are four colors in the Kenyan flag: green for the environment, red for the bloodshed of colonization, white for peace and black for the people.

Barriet Kyomuhendo took us west to Uganda. Barriet made meat pies for the participants to try and enjoy. There are 56 tribes and languages in Uganda.

Our final destination was to the west coast of Africa to Liberia with Siatta Johnson-Dahn. The flag of Liberia is red, white and blue, resembling the American flag. Liberia's flag has 6 red stripes and 5 white, with 1 star in the field of blue. Liberia is a coastal country on the North Atlantic Ocean. There are 16 tribes and languages. Liberian English is their primary language. Liberia is also known for rubber production.

Thank you to Elizabeth, Mary, Barriet, and Siatta for making our cruise to Africa a success.

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

— Albert Camus

