

A GENESIS HEALTH CARE COMPANY 207-781-5775

## Dr. Barbara Steinbrecher joins Sedgewood Commons



Dr. Steinbrecher received her medical degree from the University of New England, College of Osteopathic Medicine. She completed her residency in family medicine at Maine General Hospital and completed her fellowship in geriatrics through the Maine-Dartmouth Family Practice program. Dr. Steinbrecher is board certified in family medicine and is certified in

geriatrics. She has practiced in Maine for over 10 years.

Dr. Steinbrecher will be taking over the Medical Director role at Sedgewood Commons as of January 18<sup>th</sup>, 2012. Sedgewood is pleased to continue dedicated, compassionate physician services overseeing the residents who reside at the center.

Sedgewood Commons will

also be planning a meet and greet for all family members so they can be better acquainted with their loved one's new physician.

Please help us welcome Dr. Steinbrecher, she will be in the center on Tuesday's and Thursdays for resident care and any family inquiries.

## Dr. Laurel Coleman Discussion Series

To start the New Year Dr. Laurel Coleman and Sedgewood Commons will be offering a discussion series featuring trademarked Second Wind Dreams Virtual Dementia Tour. Our first discussion series will take place on January 10<sup>th</sup> from 4:30pm to 6:30pm held at Sedgewood Commons. Our Second part series offering the same material will take place on February 13<sup>th</sup>, from 5:00 to 7:00pm, also being held at Sedgewood Commons.

Currently the January 10<sup>th</sup> series is completely booked up, so please feel free to contact Lea Rust at [Lea.Rust@Genesishcc.com](mailto:Lea.Rust@Genesishcc.com) to reserve your slot for February 13th. The Virtual Dementia Tour will allow all participants to identify and feel what it is like to have dementia. It is going to be a hands on, eye opening experience so please RSVP as soon as you can.





## Sharing is Caring

Sedgewood Commons would like to capture the spirit of the amazing staff, residents and their families in a new Family Recipe Book.

We ask all, if willing, to send in your recipes you would like to have included in 2012 Sharing is Caring Family Book.

In 2012 we will be putting this amazing book of family traditions together

and sell for a small price to continue our fundraising efforts as we do throughout the year. We hope to have this available by May, 2012.

You can email us, Fax us, or drop off the next time you are visiting.

Feel free to email [Lea.Rust@Genesisihcc.com](mailto:Lea.Rust@Genesisihcc.com).  
Or

Fax 207-781-2002

Deadline is April 1, 2012.



## Preparation for Winter Weather

Winter is here once again. During this time of year Sedgewood Commons tackles preparation and maintenance for that four-letter word **SNOW**. Our contractors and plowing organization have been called and are ready for anything that nature can throw at us. The big question is: ARE YOU READY?

Under the supervision of Mike Smith, Sedgewood's Maintenance department is dedicated to make this year a "no hassle" winter. Mike, along with his staff prepare for winters hardships and annoyances on a weekly basis. You will recognize that the sidewalks around Sedgewood are rarely ever icy or covered with snow, and the parking lots are continuously kept and

monitored with snow removal services getting to each lot on the off peak hours. We do urge families and visitors to still be careful. Even if things do look safe and clear we still want everyone to take extra precaution. We welcome suggestions and also to alert us of things we need to know or areas that we may have missed. Our doors are always open to you.



## Direct Deposit and Withdrawal

Did you know that Sedgewood Commons offers a direct transfer agreement? This is something we continuously offer. For residents who wish to pay for services, room and board, and co pays you

have an opportunity to set up a direct withdrawal account. For residents who have a cost of care there is also an opportunity to set up a direct deposit account through the billing office.

For more information, please contact Sarah Livingston, Billing Office Manager at 207-781-5775 x223 or email her at [Sarah.Livingston@Genesisihcc.com](mailto:Sarah.Livingston@Genesisihcc.com).



## Stomping Out Hunger

5,000 households in Cumberland County alone depend on food pantries every month. Many of our own friends and employees struggle with making ends meet. With the coldest time of year approaching us, Sedgewood Commons has dedicated 2012 to a year round food drive, providing donated canned goods to our own employees. When you enter Sedgewood Commons you will see a Food Drive Box asking for donations. We encourage visitors, friends, and families to bring in donations to support the cause. We also ask that they items you bring in are not expired and are still able to use. Thank You!



### Flu Season

Did you know it is not too late to get your flu shot? The flu is a very contagious disease of the respiratory system. Flu Symptoms include sudden fever, cough, muscle aches, and general weakness. The flu also may cause cold like symptoms and sore throat. These symptoms can range from very mild to very severe.

Most people will get better in one weeks time, however the flu can be serious in the elderly population, with chronic medical problems and weakened immune systems. Some folks may develop pneumonia which can be life threatening.

The virus that causes the flu lives in the nose and throat. The germs are sprayed into the air when an infected person sneezes, coughs, or talks. People nearby can then inhale the virus. Flu symptoms usually start in one to three days after the person inhales the virus.

The good news is that there are vaccines to prevent the flu. Flu viruses' change so often that last year's vaccine will not protect you this year. If you want to protect yourself then you must get the flu shot every year. The shot will begin to protect you about two weeks after you get it. It is very important that people who are at risk for dangerous flu complications receive the vaccine.

Most residents have vaccine consents and records in place and will not need a new one. In order for Sedgewood Commons to reach our goal of 100%, all residents and employees must either receive the vaccine or have a signed declination on file.

## New POLST Treatment Directives

UPDATE: Our POLST (Physician Orders for Life Sustaining Treatment) initiative is getting off to a start. In the coming months we will be implementing the POLST form for Residents at Sedgewood. This form is a clear and specific set of medical orders that express resident's wishes for care near the end of life. The form helps ensure that we take only the steps that a resident and/or their

responsible would want for life-sustaining measures. This form is also unique in that it follows a resident from setting to setting; so if someone goes to the hospital this form will accompany them there so that the hospital is also aware of their wishes. As we update these forms please do not be alarmed if Dr. Steinbrecher or one of our Nursing or Social Services staff stops you to ask questions so that

we can have a POLST for your loved one on file.

If you have a question about POLST please see Peter Baker or Lee Pennington for more information



## MUSIC THERAPY --- IPODS

We have likely all seen the power that music can have for those we love who have dementia. We know that a song can help us reminisce about our youth, special events in our lives, love and happy times. Here at Sedgewood Commons we regularly have entertainers and musicians come in to perform and we hold musical events to help people experience the joy of music and create meaningful moments. Through exploration we may find that it is a Frank Sinatra song, a Mozart concerto, a special hymn, or maybe just the calming sound of waves that brings people peace and the ability to relax. Studies have shown that such auditory stimulation can be powerful for everyone

even very late into the dementia disease process.

As we continue to try to improve and individualize our programming we are exploring options available. One new way in addition to those already offered is to start working with iPod's and individualized music playlists for the residents here at Sedgewood.

Whether they are played on the community lobby stereos or through headphones or small speakers for the individual resident we hope to bring joy through music even more frequently. One way you maybe able to help is to give us a list of your loved ones favorite musicians or songs! Also if you have an old iPod or CD's that you would like to donate to us this could be

very helpful. You could also bring in your own iPod when you are visiting with a personalized playlist for your loved one and play and reminisce with them. You can even bring in a laptop and connect to our wireless network (Password: Health101) and listen to music on the internet with Pandora or another music site.

Just like all the other therapies available MUSIC can be one more therapy to help improve the lives of the people with dementia here at Sedgewood.

If you have any questions or want more information please contact Peter Baker, Homestead Program Director @ 207-781-5775 x228 or [Peter.Baker@Genesisihcc.com](mailto:Peter.Baker@Genesisihcc.com).

## SUGGESTED DEMENTIA READING

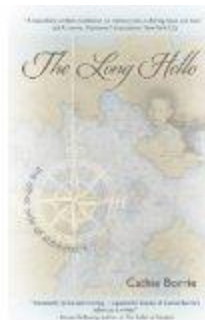
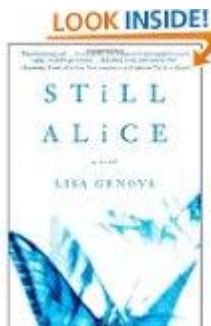
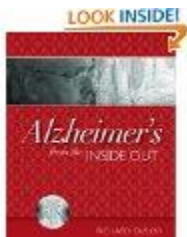
Alzheimer's Inside and Out, By Richard Taylor

Still Alice, By Lisa Genova

Jan's Story – Love Lost to the Long Goodbye of Alzheimer's, By Barry Petersen and Katie Couric

The Notebook, BY Nicholas Sparks

The Long Hello – The other side of Alzheimer's, By Cathie Borrie.



## A Message from the Executive Director

On January 18<sup>th</sup>, 2012 Sedgewood Commons will be welcoming Barbara Steinbrecher, D.O. as our new medical director and attending physician. Dr. Steinbrecher will be taking over the care for all the patients of Dr. Charlotte Paolini. Some of you may already know Dr. Steinbrecher as she has been caring for new residents who have been admitted in the past few months. Dr. Steinbrecher comes to us with many years experience and specializes in working with the elderly and particularly those diagnosed with dementia. Dr. Steinbrecher is

associated with Genesis Health Care and is part of Genesis Physician Services. This continuum of care will help streamline the services provided here at Sedgewood.

During this transition we are making every effort to ensure there is minimal to no disruption for your loved ones care.

We are very excited about this upcoming change and how it will continue to improve the lives of those we serve. If you have any questions regarding this transition please contact me direct.

Gary Currier, Administrator  
Phone 207-781-5775 x226

## New Year Traditions

“Happy New Year!” This greeting will be said and heard for at least the next couple of weeks as a new year gets under way. Traditions of the season include the making of New Year’s resolutions. Many include quitting smoking, losing weight, exercising more and being nicer to in laws! The early Babylonian’s most popular resolution was to return borrowed farm equipment!! My, how times have changed!!

Did you also know, traditional New Year foods

are thought to bring luck? Many cultures believe that anything in the shape of a ring is good luck, because it symbolizes “coming full circle,” “completing a year’s cycle. For that reason, the Dutch believe that eating donuts on New Year’s Day will bring good fortune.

Many parts of the U.S. celebrate the New Year by consuming black eyes peas. These legumes are typically accompanied by either hog jowls or ham. Black-eyes peas and other legumes have been considered good luck in

many cultures. The hog, and thus its meat is considered lucky because it symbolizes prosperity, along with Cabbage.

2012 is definitely here. And with a new year comes new challenges, and change. We wish you all the health, happiness, and good fortune for all that lays ahead for 2012.



PHOTO COURTESY OF THE NEW YEAR

## Sedgewood Commons

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## Maine Snow Days – Wouldn't Trade them for the world



***Laughter is the Best Medicine.....***

We're on the Web!

See us at:

[www.Genesisihcc.com](http://www.Genesisihcc.com)

\* If you have suggestions for the next newsletter please feel free to email Lea Rust with your suggestions. Thank you and Happy New Year to all.