

Lincoln Hill Manor Newsletter

Spring 2013

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Music at Lincoln Hill Manor

Think about all the times music has had an effect on your life, either passively, by listening, or actively by creating a tune, singing or playing an instrument. Maybe you can remember Frank's "My Way" from dancing at a wedding, or "How Great Thou Art" from an Easter sunrise service, or hanging out in the 70's to the tunes of the Moody Blues or Pink Floyd. Whatever or wherever, I'll bet the songs help you recall those memories with a greater focus. For decades now the experts have been telling us what we really already knew. Music helps relieve stress, anxiety, depression, and is used to promote mental and emotional well-being, and even physical health.

Music is an integral part of daily life here at Lincoln Manor. We have several residents who play piano in the living room, and 99% of the time people gather to listen. A couple of our residents like to strum and play guitar, and many of us sing...with the voice God gave us, no matter how it sounds! It feels good, and again, doctors and Psychologists will verify that the vibrations in our own bodies cause endorphins to boost, etc. No matter why, music choices can energize, calm, relax, elevate or distract...so we choose different sounds for morning exercise, for

evening, and non-vocals such as classical when we are busy making a craft or timing a word-find contest.

Once a month residents have the choice to attend a musical venue while having lunch at the Howe Village meal site. As often as possible small groups attend local concerts at fairs, churches, or "on the common." Musicians are also hired to perform here at home. Sometimes this becomes interactive, and instruments are shared, or there may be a spontaneous duo! Two of our residents play the organ at a local church service. Currently we are awaiting a response for a local organization regarding our financial request for a Karaoke machine. All of this music and tunes – even out of tune tunes- add up to improved moods and enhances the quality of everyone's life.



Holiday Gathering for Friends and Family December 2012

Once again we celebrated the holiday season by welcoming many friends and family of our residents to the Annual "Holiday Gathering". The house was



decorated (by residents and staff) and many guests commented on how warm and cozy it felt to be here. It is nice to see many of the same family and friends returning year after year. This family involvement is truly encouraged not just at the holidays but all year long at Lincoln Hill.

We enjoyed the music from one of our favorite strolling minstrels, Dick Chase. It is truly festive to hear and see him meandering through the house playing his music. We also have our own resident musicians: piano players, Fred Hyder and Peter Sauvageau as well as vocalist Kathy Rhault who joined in and shared their talents with us.

The afternoon is complete with wonderful appetizers, punch and melt-in-your-mouth desserts. Our cook, Patti I. continues to satisfy our appetites with savory home made meals and many staff also joined us in creating this wonderful Holiday memory.



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Did I or Didn't I (Take My Medication)?

Research tells us that after a prescription is written:

- 12 percent of don't fill their prescriptions at all.
- 12 percent of don't take medication at all after they fill the prescription
- 29 percent of stop taking their medication before it runs out
- 22 percent take less of the medication than is prescribed on the label

In today's society, due to several illnesses, patients require multiple medications. It is statistically proven that more elderly people are hospitalized as a result of noncompliance with medications. One of, if not the most, important benefits of having your loved one in an assisted living facility is medication administration by trained staff. Family members may rest assured that medications are taken in an accurate, timely fashion as prescribed. Staff is also able to observe side effects, if any, and report to resident's physician. Because we encourage independent living with our residents, when they are medication compliant all other aspects of daily living are much more easily achieved. You can be confident that this part of your loved one's health has been taken care of.



Back-up Electricity Generator

The new back-up generator is powered by natural gas and is big enough to carry the electrical load of the entire facility. It is configured to switch on automatically if the power from the City goes out. Its tested once a week and if there are any issues they are addressed so that the generator is always ready for back-up power.