



The Village Newsletter

J O H N S O N C R E E K V I L L A G E
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SPECIAL POINTS OF INTEREST:

- Communication & Dementia
- Difference between age – related changes and Dementia
- Millennials and the Coronavirus
- Fall Risks and The Elderly

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COUNTDOWN TO OPEN

When JCV determined to expand occupancy from 16 to 24 beds, structural changes needed to be made to accommodate more residents. An external wall was moved, increasing the size of the dining area by 300ft. Additional adjustments need to be made as well, which require more time to complete causing construction delays. We'll be picking up the pace early in the 2nd quarter so expect to see lots of action when you are driving by!

For the few people who have visited us on-site, we've done quick walk-thru's. Even though it's just a series of drywall corridors and open spaces, you can already feel the love that's

going into making this a home for people who need special care.



A side view of the resident entrance

Sunlight is beaming through the windows where soon there will be a solarium with bright colors and exotic birds singing a tune, providing comfort and serenity to na-

ture lovers.

Pausing between a grouping of rooms is where will be a unique neighborhood for a small number of residents to commune and chat should they prefer to stay closer to their room for visits or just to relax. This will be a warm and calming area, where you can envision cozy chairs, beautiful art and furniture to further enhance the feeling of home.

More pics to follow in the next newsletter – stay tuned!

MILLENNIALS CONVINCING BOOMERS TO TAKE CORONAVIRUS SERIOUSLY

In a recent article by [Buzzfeed](#) news, Millennials (born 1980-1996) reported that their biggest issue is convincing their Baby Boomer parents (born 1944-1964) to take extra precautions in protecting themselves from

the Coronavirus. Based on the statistics coming out of China, some of those at higher risk are "older adults" over 60. They are the parents and grandparents of Millennials, who are convinced that despite their age

or health condition, they're not susceptible to the virus's most severe and life-threatening effects. [Read more about what Millennials are saying!](#)

THERAPY DOGS IN DEMENTIA CARE EVENT WITH ELDERPET

JCV hosted the “Therapy Dogs and Dementia Care” event, co-presented with Jeri Zezula from [Elderpet](#).

A successful event, attendees were introduced to 2 furry “professionals” who displayed their expertise led by certified handlers. Jan-neth outlined how JCV will utilize Animal Assisted Interventions, a structured program working in partnership

with PT, OT, Speech and Mental Health specialists. During the admission process residents will answer a questionnaire determining whether therapy dogs would be a good fit for them. A joint evaluation with a therapist to determine goals and treatment plan. [Elderpet](#) will play an active role in identifying the appropriate pet team with the skills needed to meet these goals. Certified

Therapy dogs need to exhibit tolerance and patience while assisting with attention, and-balance for example. A certified nursing staff member will observe and capture progress notes. Pet visits will still be a part of our general activities program, bringing love and comfort to all residents!



Patty Welch and Bodie

7 THINGS THAT CAUSE FALLS BY MARLO SOLLITO, AGING CARE

What causes people to fall?

Falls are the leading cause of death, injury and hospital admissions among the elderly population. According to the National Council on Aging (NCOA), one out of every four Americans aged 65 and older falls every year.

Not only are seniors more prone to falling, but they are also more susceptible to fall-related injuries such as a

broken hip or head trauma. Understanding why older individuals are at an increased risk can help family caregivers take the proper precautions to keep their loved ones safely on their feet.

Several factors contribute to the fact that seniors fall so much more frequently than younger people.

1. Decline in physical fitness
2. Impaired vision
3. Medications
4. Chronic diseases
5. Surgical procedures
6. Environmental hazards
7. Behavioral hazards

[Read full article](#)

BUILDING THE JCV FAMILY HIRING OUR TEAM

At Johnson Creek Village – it’s all about family. Owner Jan Black and son Aramis Black, lived for many years in Hawaii and use the term “Ohana” (meaning family) to describe what our facility represents for staff, residents, and their loved ones.

JCV will be ramping up hiring in the 2nd quarter for all positions, including LNA’s, Housekeeping, Chefs and Office Mngt.

Skills and Experience make up only part of what qualifies you to be part of our team, as we seek to grow our family.

We are seeking people who love what they do, and bring that spirit with them each and every day. Please refer to our [website](#) for staffing updates and info.



Licensed Nursing Assistants

JAN'S JOURNAL:
COMMUNICATION AND DEMENTIA



Teepa Snow

This article "Communication Techniques for Alzheimer's and Dementia Caregivers" published by **Aging**

Care discusses the difficulties in communicating with someone who has dementia. JCV utilizes **The GEMSTM™**: "Brain Change Model" created by Teepa Snow. Teepa is a leading trainer and consultant providing support and

care that places the person living with dementia in a pivotal role when determining what is needed.

The primary symptoms of confusion and memory loss can make it hard for a senior to convey when they're hungry, tired, in pain or in need of something else. But even more concerning are odd changes in mood, thinking and behavior. Patients may begin to make false accusations or shout lewd or insulting comments at strangers in public.

Each of these dementia type behaviors is troubling in its own way, and family caregivers often struggle with how to handle them. Not only are these situations frustrating, but they can also be embarrassing.

Teepa Snow examines three of the most common communication breakdowns that patients and caregivers experience, as well as techniques for handling them in a way that will diffuse tensions and provide reassurance. [Read full article](#)

KNOW THE DIFFERENCE...

Dementia is a group of symptoms that can include memory loss, confusion, changes in thinking and behavior.

But how do you know the difference between typical aging behaviors and disease progression?

The Alzheimer's Assoc. provides 10 early signs and symptoms. [Read more](#)

Someone with typical age-related changes

Someone with a dementia or Alzheimer's disease

Forgets parts of experience

Forgets **whole** experience

Often remembers later

Rarely remembers later

Usually able to follow written or spoken directions

Gradually **unable** to follow written or spoken directions

Usually can use notes

Gradually **unable** to use notes

Usually can care for self

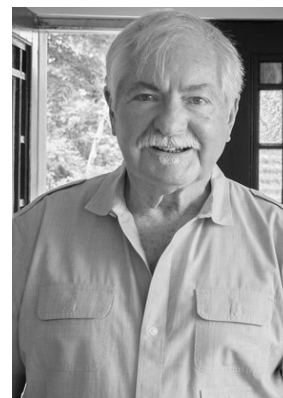
Gradually **unable** to care for self

WHO'S WHO AT JCV?

Johnson Creek Village offers modifiable nutrition plans under the guidance of Internationally acclaimed Chef, Buddy Haller, former founder and owner of the Blue Strawberry restaurant in Portsmouth, NH.

The Blue Strawberry opened in 1970 and in 16 years never repeated a menu. Buddy is also an award-winning author

including several cookbooks, a food/fitness book, "What to Eat When You Don't Feel Like Eating", a book for feeding terminally ill people, sold over 800,000 copies. Check out ["The Blue Strawberry Cookbook: Cooking \(Brilliantly\) Without Recipes"](#) on Amazon along with Buddy's other fun reads.



Jim "Buddy" Haller, Executive Chef, Author, and Presenter

VISIT OUR WEBSITE
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Our Mission

Johnson Creek Village is a state-of-the-art Supportive Residential Assisted Living Facility providing a family oriented-Holistic approach for Dementia and memory care elders. We offer outstanding support and are focused on a loving environment providing dignity, respect, and compassion- enabling our residents to achieve their highest potential of living.

‘It takes a village!’

UPCOMING JOHNSON CREEK VILLAGE EVENTS

Johnson Creek Village is looking forward to hosting several events in the coming months. We will be rescheduling dates due to the current health risks we are all facing. Please stay tuned for the following events coming soon!

Age of Champions Health Fair at UNH - Stop by the JCV booth for some fun, and see what all the buzz is about with "Integrated Holistic Therapies!!" Meet some of the JCV team, sample our infused tea, and take home some goodies!

Music, Munchkins and Memory Care- All-ages fun, with a live band, musical activities for the kids and insights into how Music Therapy can make a difference in the lives of people living with Dementia for adults.

Coming soon! Be sure to get on our mailing list for dates and times!

⇒ Open House and Tours

⇒ Grand Opening!

Aloha