January 2016

National Glaucoma Awareness Month

January is National Glaucoma Awareness Month. Glaucoma is an eye disease that affects mainly adults over the age of 50, especially African Americans, person's with diabetes, those who are very nearsighted or have had damage to the eye. Simply put, the fluid that circulates through the eye and normally drains off through a mesh of tissues starts to build up in the eye and does not drain off as would normally happen.

This increased fluid pressure damages the optic nerve leading to vision loss and blindness if not treated. Glaucoma can be chronic - happening gradually over time or acute with symptoms occurring suddenly.

Symptoms
With chronic glaucoma, vision loss is gradual and may not be noticed until the loss is substantial.

Peripheral vision is lost first and can progress to tunnel vision, and if not treated to complete vision loss. Acute glaucoma occurs suddenly, with very significant changes in vision. Vision will be blurred, there will be rings or halos around lights especially at night. Acute glaucoma can also cause pain in the eye along with headache, and sometimes nausea and vomiting.

Diagnosis and Prevention
There is no way to prevent glaucoma before it happens, but with early detection vision loss can be minimized. Regular eye exams are recommended for all adults over the age of forty. The eye exam should include tonometry (the exam where a puff of air hits your open eye), dilation of the pupil for visual examination of the optic nerve, and checking for vision loss with and eye chart.

Treatment
Chronic glaucoma is usually treated with eye drops that help to reduce the fluid pressure in the eye. If the eye drops are not effective a new laser surgery can be done which helps to open the drainage system for the fluid and help reduce the pressure. Acute Glaucoma is treated with laser surgery also, the outcome being drainage of the fluid.

With both types of glaucoma eye drops may be needed for the rest of one's life.
January Birthdays!

Philip Addabbo        4th
Ruth Mitchell          14th
Beverly Wales         14th
Linn Brotzman         23rd
Sonja DePalma         27th

A VISIT WITH SANTA

2015 CELTIC DANCERS

Southern Tier Orchestra

Horseheads Youth Game Night
Music Can Be So Healing:

A Mother's Journey

The other day, Suzanne Godfrey was playing music for her 19-year-old daughter when Brown Eyed Girl came on. Suzanne began singing the lyrics. “Hey, Abigail,” she said, “you’re my brown-eyed girl!” Abigail smiled and looked at her mother. It was a good day.

Abigail has Heller’s Syndrome, also known as Childhood Disintegrative Disorder, a rare condition on the autism spectrum with no known cure that causes severe loss of social, communication and other skills, mimicking Alzheimer’s.

Across the continuum, care professionals and volunteers are collaborating to enable individuals to benefit from personalized music. Whether an individual needs hospitalization, nursing home support, adult day care, hospice, or some combination, his or her music goes along.

Medication Regulations for the Courtyards:

Medications include over the counter medications and vitamins and supplements, creams, etc., not only prescription medications:

Residents doing their own medications (all or some) must follow the following NYS DOH regulations:

- The doctor must indicate the resident is capable of self-administration of their medications. The ability to self-medicate is evaluated every month and anytime a concern is brought to our attention.
- Residents must keep the facility notified of all medications in their room.
- Each time you bring a medication into the facility it must first be logged in by facility staff before you are to place it in your room.
- We cannot accept medications that are not in properly labeled medication packaging or bottles.
- Medications that are discontinued cannot be returned to resident or family they must be disposed of.
January 2016

O.K. Association luncheon

Ernest Edelmann for his contribution to the community.
DAY CLUB CRAFTS

MANOR CHRISTMAS PARTY

VISIT FROM HOMESCHOOLERS
Adult Social Day Club
10am-2pm
Monday - Friday
The Day Club is a program of structured activities designed for adults in the community who may require supportive care. The program offers a pleasant home-like atmosphere with stimulating recreational activities; baking, games, crafts, music, movies, day trips. A morning snack and lunch in the dining room are also included.

The program offers caregivers an opportunity to pursue employment or enjoy some needed respite, while offering the reassurance that a loved one is being cared for during the day by caring and professional staff.

For more information, please call the Bethany at Home Coordinator, Terri Russell at 607-378-6613.

Bethany At Home Nail Service
We are offering manicure and pedicure services to the residents of the Courtyards, Knoll and Orchard Homes.
Alicia Frost, licensed Nail Specialist, will schedule appointments weekly in the Courtyards for your convenience.
To schedule an appointment please contact Terri 378-6613.

Companionship Services
Bethany at Home would like to extend our companionship services to the residents of the Courtyards. We have professional and caring aides that are available to visit on a scheduled basis. Typical activities might be to play a game, put a puzzle together, go for a walk, or quiet time talking, just to mention a few. If you are interested and for more information, please contact Terri at 378-6613.

Pastoral Care
Catholic Rosary every Wed. 10:30 at Courtyards in Auditorium
Church Services: Sundays Courtyards @10:30 Manor @ 2:00
Bible Study: Tues & Thurs.
Tues: @ 10:30 Courtyards Thurs: @2:00 Manor
Sensory church (every other week)
For more info contact:
Rev. Mary Ann Bernard
(607) 378-6701 or bernardm@bethany-village.org

Alzheimer’s Association Caregivers Support Group
Bethany Village offers a Caregivers Support Group session monthly for the Alzheimer’s Association. The group meets every third Thursday from 12:15-1:15 in the Courtyards Day Club Room. There is no charge for the meeting and we supply lunch. If you would like more information, please call the Home Care office at 607-378-6613.

Our Mission
Bethany Village is a Sustainable, Vibrant Oasis Offering a Choice of Quality Living and Care Options for Aging Adults

Contact Us:
The Courtyard: Admissions Counselor
Lynne Gaylord 607-378-6519
gaylordl@bethany-village.org

The Manor: Admissions Case Manager
Carrie Hill 607-378-6549
hille@bethany-village.org

You can also call our main phone number at (607) 739-8711, 24-hours a day for additional help.

Contact Maureen McLaughlin x6536 to have “Skype” set up for you and your family to video chat. Try it! It is fun!

**The newsletter is now available on our website! www.bethany-village.org**

Like us on Facebook to keep updated on the latest news and events!