Senior Bullying

It is estimated that 10-20% of seniors have experienced some type of senior-to-senior aggression in an institutional setting, much of it verbal abuse. The word bullying usually conjures images of mean-spirited adolescents cornering another child in the school corridor, but bullying is not limited to children. It can be a concern for seniors as well, especially those living in senior communities.

According to a researcher who studies issues related to aging, senior-to-senior bullying tends to take place in senior centers, nursing homes or assisted living facilities. These are places where seniors spend a lot of time together and need to share resources, whether it's chairs, tables, TV stations or the staff's attention. It is estimated that 10-20% of seniors have experienced some type of senior-to-senior aggression in an institutional setting, much of it verbal abuse. Men and women are equally likely to be the victim and the aggressor. Women tend towards passive-aggressive behavior like gossiping and whispering about people when they enter a room, while men are more direct and “in your face”.

Bullying behavior can range from verbal intimidation all the way to physical violence. Features to be alert to include the following:
- Repetitive, negative behavior towards another person which violates standards of appropriate conduct
- Negative behavior occurring over a period of time, typically becoming more extreme
- Behavior which may be consciously or unconsciously committed by the bully
- Behavior which is unsolicited by the victim
- The effects on the victim are lasting and harmful

The causes of bullying vary. Dementia can sometimes be the cause of violence since someone with dementia may wrongly perceive things as threatening so they resort to a more primitive response. Alternatively, a person with dementia can be the victim who is picked on. Bullying can also be a result of the human phenomenon of the strong picking on the weak, and not a function of aging at all. Alternatively, some people don’t adjust well to aging and can become disruptive and abusive, pushing others away from group activities, social gatherings or meal time.

Bullying impacts both the victim and the bystanders. The impact for the victim can be cognitive, physical, psychological and physical. Take the case of Mary, who had never experienced bullying until she moved in to a building for seniors. Since moving in, a number of residents who make up a “controlling group” have conspired to isolate her. They’ve spread false rumors, including one that she’d been evicted from her previous home. As a result, she curtails her activity in the building, avoids the laundry room if others are present and stays out of the recreation room. She’s been having a hard time sleeping and is often fatigued. She says, “It’s hard because I’ve never had to deal with it before. It would be easier to take if there was any truth to it.” For bystanders, bullying creates a toxic environment of fear and mistrust.

“Intervention is the key to halting bullying. Third party bystanders should report any abuse”. If you feel that you are the victim of bullying please confide in your, John Riina, the Case Manager, Jocelyn Moglia, Director of Clinical Services or any employee you feel comfortable with.

When you are kind it not only changes you, but the world around you...
I moved here September 1, 2015 and I was in the hospital on September 8. I came back October 23rd. I had a lot to get used to. It was a complete change for me. The people are the same but everything else is completely different. It’s as simple as grass and sand. Beautiful beaches and sunsets to lovely mountains, green trees and green grass. I truly enjoy it all.

The first person I met was Jeanette Kissenegger. She is friendly and caring. I met a lot of great people as I went along. I won’t mention your names because I would leave someone out and I would not want to hurt anyone’s feelings. You are all just a pleasure to know. I hope to become a true friend of all.

The employees are just as caring as everyone living here. You are all just like family. Thank you all for your caring nature. You have made my stay very easy.

I hope to be an asset here. I will start gathering around moor. I am available to help where needed. I can listen, talk (ha! ha!) and walk slowly (ha! ha!) with anyone who needs company. I love to laugh and enjoy other people. I am here to stay!

God Bless,
Catherine Tennyson
607-739-8711

P.S. Call me!
Summer Concert Series 2016!

Only two concerts left! Summer is flying by! Come out and enjoy John Manfredi on August 3rd and the Purple Valley on August 10th! Wednesday nights at 6:30 behind the Colonial House!

Movie Roadshow at WSKG! Enjoy short clips of classic films, movie snacks and lively conversations with the Memory Maker Project!

Happy August Birthdays!

Bill Shepard 4
Doris Cary 5
Ed Eames 7
Marian Smith 18
Ernst Edleman 20
Irene Hanley 21
Carl Isley 24
Grace Gunderman 25

Fran P. enjoying painting at the Manor Ladies Club's rendition of wine and design! Great job!!

Barb K. and Activities Aide Rachel Noonan at Skill 2 Picnic at the Manor!
Room Trays

Residents in our setting are required to go to lunch and supper in our dining room. Only under specific circumstances are room trays approved by the New York State Department of Health.

An occasional sick tray is allowed.

In our setting we are not equipped to deliver meal trays on a regular basis.

If you are requesting meal trays on a regular basis we will be meeting with you to determine how we can assist you to meals.

If you have any questions please feel free to contact Jocelyn Moglia, RN, DCS or John Riina, RN, CM

Joke Corner

In Memoriam

Seeing her friend Sally wearing a new locket, Meg asks if there is a memento of some sort inside.

“Yes,” says Sally, “a lock of my husband’s hair.”

“But Larry’s still alive.”

“I know, but his hair is gone.”

Zucchini Patties

Ingredients

- 2 cups grated zucchini
- 2 eggs, beaten
- 1/4 cup chopped onion
- 1/2 cup all-purpose flour
- 1/2 cup grated Parmesan cheese
- 1/2 cup shredded mozzarella cheese
- salt to taste
- 2 tablespoons vegetable oil

Directions

In a medium bowl, combine the zucchini, eggs, onion, flour, Parmesan cheese, mozzarella cheese, and salt. Stir well enough to distribute ingredients evenly.

Heat a small amount of oil in a skillet over medium-high heat. Drop zucchini mixture by heaping tablespoonful's, and cook for a few minutes on each side until golden.

Top with sour cream or tomato sauce as desired!

Enjoy!
Bethany Village supports the Summer Olympics this August, and especially our own local Olympian Molly Huddle who will compete in the 10k track & field event!

Bethany Village has purchased a ‘RUN MOLLY RUN’ Banner which we will proudly display in the front lawn all month.

We are offering even greater support with a RUN MOLLY RUN support commercial with our residents and staff right here at Bethany Village! WETM will shoot our commercial with our residents (The Courtyards, The Manor, Knoll Apartments, and Orchard Homes)

Joining staff to run... walk... even wheel behind the “RUN MOLLY RUN” banner on August 2nd at 10am. We will air this commercial all month long in Olympic coverage on NBC and cable networks during the Olympics!

Shirts purchased for the “RUN MOLLY RUN” Event help support the Girls on the Run organization!

The Day Club is Celebrating the Olympics by Making Ribbons and Torches!!

The Day Club is Celebrating the Olympics by Making Ribbons and Torches!!

Free Manicures!!
One day only!
Refreshments will be served…

Free Manicures
for all residents of Orchard Homes & Knoll Apartments compliments of the Bethany at Home nail program.

Join us August 15th from 9am-3pm in the OK Room….Bring a Friend and their manicure is just $5.00

call Terri to schedule your appointment at 378-6613
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.

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.

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
tel 378-6701 or bernardm@bethany-village.org

Contact Us:
The Courtyard: Sales/Marketing
Sharon Casler 607-378-6664
sharon.casler@bethany-village.org

Admission 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
McLaughlin x6536 to have “Skype” set up for you and your family to video chat. Try it! It is fun!
Like us on Facebook to keep updated on the latest news and events!
**The newsletter is now available on our website!