

Newsletter

Volume 1, Issue 9

April 2007

Welcome

Residents and Family Members

Live Life Well

The Haven Assisted Living

This is the Ninth issue of The Haven Assisted Living Newsletter. This letter will provide you with information about The Haven Assisted Living and our Residents, as well as Updates on Industry News and Trends. We welcome your ideas and input as to what topics you would like to see published.

The Haven Assisted Living would like to feature our Residents in the monthly newsletter. Such information as featured biography's, current events and activities participation along with pictures. Please forward your thoughts as to publishing this information. An authorization form is attached for your review. Please sign and return. Thank you,

Bertica Cummins
Administrator

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What's New at The Haven Assisted Living

April 2007

The Haven Assisted Living @ Hebner was licensed on Monday April 16th 2007 and is now open.

The Haven Assisted Living @ Hebner is in the process of upgrading the septic system, which will provide additional bed space. Applications for Residency are now being accepted.

The Haven Assisted Living @ Sandy Valley was licensed on Thursday April 19th and is now open.

The Haven Assisted Living @ Sandy Valley is in the process of upgrading the septic system, which will provide additional bed space. Applications for Residency are now being accepted.

The Haven Assisted Living @ Studley received a circular driveway for better parking convenience.

The Haven Assisted Living @ Studley also received a rear deck and wheelchair ramp for Resident convenience.

The Haven Assisted Living Inc. is in the process of acquiring more homes and will keep you advised of locations and expected operation dates.



The Haven Assisted Living @ Sandy Valley

Industry News

Loneliness Associated with Increased Risk of Alzheimer's Disease

Lonely individuals may be twice as likely to develop the type of dementia linked to Alzheimer's disease in late life as those who are not lonely, according to a study by researchers at the Rush Alzheimer's Disease Center. The study is published in the February issue of Archives of General Psychiatry.

Previous studies have shown that social isolation, or having few interactions with others, is associated with an increased risk of dementia and cognitive decline. However, little was known about the emotional isolation, which refers to feeling alone rather than being alone.

Robert S. Wilson, PhD, and his colleagues, analyzed the association between loneliness and Alzheimer's disease in 823 older adults over a four-year period. Participants underwent evaluations that included questionnaires to assess loneliness, classifications of dementia and Alzheimer's disease, and testing of their thinking, learning and memory abilities. Loneliness was measured on a scale of one to five, with higher scores indicating more loneliness. The data was collected between November 2000 and May 2006.

At the first examination, participants' average loneliness score was 2.3. During the study period, 76 individuals developed dementia that met criteria for Alzheimer's disease. Risk for developing Alzheimer's disease increased approximately 51 percent for each point on the loneliness score, so that a person with a high loneliness score (3.2) had about 2.1 times greater risk of developing Alzheimer's disease than a person with a low score (1.4). The findings did not change significantly when the researchers factored in markers of social isolations, such as a small network and infrequent social activities.

According to Wilson, loneliness is a risk factor for Alzheimer's disease, not an early sign of the disease. Autopsies were performed on 90 individuals who died during the study. Loneliness during life was not related to any of the hallmark brain changes associated with Alzheimer's disease, including nerve plaques and tangles, or tissue damaged by lack of blood flow.

"Humans are very social creatures. We need healthy interactions with others to maintain our health," said Wilson. "The results of our study suggest that people who are persistently lonely may be more vulnerable to the deleterious effects of age-related neuropathology."

The mechanism that does link dementia and loneliness is unclear. Wilson encourages more study to look at how negative emotions cause changes in the brain.

"If loneliness is causing changes in the brain, it is quite possible that medications or changes in behavior could lessen the effects of these negative emotions and reduce the risk of Alzheimer's disease," said Wilson.

The researchers are extremely grateful for the remarkable dedication and altruism of the volunteers participating in the Rush Memory and Aging Project. The research was supported by grants from the Illinois Department of Public Health and the National Institutes on Aging, which leads the Federal effort to support and conduct basic, clinical, and social and behavioral studies on aging and on Alzheimer's disease.

NOTICE

Although each month the Newsletter changes, some information remains the same to allow time for some projects to properly integrate into the system, and for Family Members to have the time to get another look at some of the programs that are developing at The Haven Assisted Living that affect Residents. Thank you for your understanding.

Source: <http://thematagemarket.com>

Activities

Linda Bishop is the Director of Programs for the Haven Assisted Living. Linda has been working with the Caregivers and the Residents to enhance the Activities Program. The Farm Program is also in the works. We will be providing more information as we get closer to opening the Farm to our Residents and Family members.

If you would like to visit the animals, please feel free to call for a visit.

These Activities Schedules are Posted on the Bulletin Board at each Facility at the beginning of each month. As always, your input is welcome. To comment about the Activities Program, please contact Linda Bishop via email at lindabishop@virginiaassistedliving.org

CALENDAR OF EVENTS

SPECIAL EVENT

PLACE

TIME

Beginning Spring 2007

Beginning 2007 The Haven Assisted Living will be posting informative information in this block.

Items such as:

- Visits to the Farm,
- Ice Cream Express (Bus runs for Ice Cream),
- Java Express (Bus Runs for Coffee)
- Mall Cruising (Bus Runs to the Mall)

The Haven Assisted Living Inc.

P.O. Box 1526
Mechanicsville, VA 23116

Phone: 804-779-HUGS (4847)

Fax: 804-779-2925

Web Site: www.virginiaassistedliving.org

Email: info@virginiaassistedliving.org

Facility Concern Form

The Facility Concern Form is another tool to help us improve quality and service to our Residents.

These forms are an anonymous way to present concerns that were noted while visiting our facilities.

Please read the form fully prior to making an entry. You can record two concerns per form. These forms will be anonymous and confidential. You may request a response from the company.

The forms will be available at the facility or can be requested via email. If you have any questions regarding the appropriate use of this form, please Contact:

Chris Cummins at 804-516-3291

Thank you.



There is a new Deputy in Town...His name is Pedro

Facility Concern Form

Fax to 804-779-2925

Facility Name: The Haven Assisted Living @ _____

Caregiver on duty: _____ Date: _____ Time: _____ am/pm

Observation / Concern: _____

Company Use Only

Action Taken: _____

Observation / Concern: _____

Company Use Only

Action Taken: _____

NOTES

1. When making an entry, be specific and factual as to the observation.
2. Do not use this form to offer opinion or suggestions for corrective actions. The investigation will determine each.
3. If you would like to make suggestions please utilize the Suggestion Box located on the Sign-In table at each facility.
4. Utilize the Resident Council for all other issues or concerns

Instructions

This form is for use by any person, agency, or family member visiting The Haven Assisted Living Facilities to provide anonymous information to Corporate Offices of areas of concern that are observed while at the facility. Upon receipt of a completed form, the Administrator will investigate areas of concern and document the results of the findings. Please note the Resident Council is available to all Residents and Family members to provide a collective voice for areas of concern regarding the Policies and Procedures of this Facility. This form will remain on file for 2 years at Corporate Offices located at:

The Haven Assisted Living Inc.
4350 Sandy Valley Road
Mechanicsville, VA 23111

If you would like a follow-up phone call, please include your name and contact number below. A representative will contact you upon completion of the investigation.

Name

Contact Number

This Information is Confidential