

Assisted Living Services, Inc.

74 South Broad Street Meriden CT 06450

203-634-8668

www.assistedlivingct.com

JULY - AUGUST - SEPTEMBER 2016

Quarterly Newsletter



Healthcare at Home Innovation Award

Assisted Living Services, Inc & Assisted Living Technologies, Inc. are proud to announce they received the **Healthcare at Home Innovation Award** from the Connecticut Association for Healthcare at Home. The award is given each year to an agency that *“embraces change and consistently strives to use new methods to optimize home health or hospice delivery.”* The award was presented at the Association’s annual meeting on October 18, 2016.

Assisted Living Services, Inc. has been in business for over 20 years providing home care services throughout Connecticut to the elderly and disabled. In an effort to address some of the key issues impacting our clients most, such as falls, rapid access to emergency care, medication compliance, wandering, social isolation, and home safety – Assisted Living

Technologies, Inc. was formed in 2010. It is through this sister company that a wide variety of wireless, sensor-based technologies are used in new ways to help people. We developed a new program called “CarePlus” in which we combine direct care giving with technology at no extra cost to our clients. In addition, Assisted Living Technologies, Inc. has worked closely with various agencies across Connecticut that serve the developmentally disabled and has been extremely successful at helping improve the quality of life of so many. Assisted Living Technologies, Inc. is the first and only company of its type in Connecticut (perhaps the United States) and helps over 500 clients each day – bringing peace of mind to thousands of family members and caregivers.

Depression in the Elderly

Depression in the elderly is common. About 6 million Americans age 65 and older are affected by late life depression. But only 10% receive treatment. Depression in the elderly can be frequently confused with the effects of multiple illnesses and the medicines used to treat them.

Depression impacts older people differently than younger people. In the elderly, depression often occurs with other medical illnesses and disabilities and lasts longer.

Depression in the elderly often increases their risk of cardiac diseases which increases their risk of death. At the same time, depression reduces an elderly person's ability to rehabilitate. Depression also increases the risk of suicide, especially in elderly white men. The suicide rate in people ages 80-84 is more than twice that of the general population. *(cont. page 2)*

John-Paul Promoted to Supervisor of Technology Services



We are proud to announce that Assisted Living Technologies has promoted John-Paul Mayhew to a new position of Supervisor of Technology Services. John-Paul has been with Assisted Living Technologies since 2013 and has helped the company grow beyond our expectations. Growing the company, upholding great customer service, and promoting teamwork are some of John-Paul’s strengths that we are looking forward to him demonstrating in his new position.

Please join us in congratulating John-Paul on his achievement!

Depression in the Elderly ... continued

In addition, advancing age is often accompanied by loss of social support systems due to the death of a spouse or siblings, retirement, or relocation of residence. Because of changes in an elderly person's circumstances and the fact that elderly people are expected to slow down, doctors and family may miss the signs of depression. As a result, effective treatment often gets delayed, forcing many elderly people to unnecessarily struggle with depression. It is important to make sure that an elderly person you are concerned about is evaluated and treated, even if the depression is mild.

Recognize the symptoms

Depression is an illness that involves the body, mood, and thoughts and affects the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things.

Symptoms of depression also include-

- feelings of worthlessness
- hopelessness
- helplessness
- guilt
- lack of interest in daily activities
- irritability
- loss of energy
- loss of appetite
- sleep problems
- self-loathing
- thoughts of suicide

Depression can also be caused by medications, abuse, associated illness, chronic stress, seasonal effective disorder, and other conditions.

EMPLOYEE OF THE MONTH AWARDS

June

Sadiatu Adbul-Mumuni PCA
Vida Debrah Live-in



CLIENT COMMENTS

- ♦ “Paulina is professional compassionate & caring & excels in every aspect of this & hopefully is paid accordingly...With Paulina at the helm we have no fear in anything & know she is capable honest trustworthy loving & caring...All caregivers have shown Vicky respect caring and loving.....Would highly recommend {this agency} if we know anyone with the need for homecare.” *(Victoria G.)*
- ♦ “Grace came to me when I really needed her and her caring & compassion has helped through some very tough times.” *(Thelma C.)*
- ♦ “Happily she is my ‘dream girl’ {Elizabeth A.} and has become like one of the family. She is a very very hard worker and does everything possible to help me. For certain she is a ‘keeper’ and I love her.” *(Elizabeth O.)*

To All Employees:

Assisted Living Services, Inc. would like to announce that we are looking to fill a PCA Scheduling Manager position as our current manager, Akosua Mensah, will be leaving our agency to complete her education. While we are very happy for Akosua as she embarks on pursuing a new career path, we will be sad to see her go.

Akosua has done a wonderful job for us in her management position and it will be a challenge to find her perfect replacement. However, we know that the right candidate is out there and we prefer to promote from within our own company.

The candidate we are looking for must be extremely reliable, detail oriented, have good communication and people skills, be computer proficient and work well under pressure.

If you are interested in pursuing this management position, please contact our main office in Meriden between the hours of 8:00-4:30pm, Monday through Friday to schedule an application process.

Thank you everyone for supporting us in our WALK TO END ALZHEIMER'S!

It was a very successful day for us. Our goal was \$2000.00 and we beat our own goal contributing **\$2671.00!!!!** Everyone's work or donation made a difference. Kristin was the highest fundraiser, collecting \$740.00.

It was a beautiful day to walk and wonderful to have so many come this year and walk with our team. **Thank you all!**

