



October, 2020

## Message from Ellen

Happy fall everyone! I hope you have an opportunity to enjoy the remaining nice days and take walks around our property and enjoy visits with your neighbors on our patio. Soon we will be preparing our community for the colder weather which will include storing our patio furniture, and, for those of you with individual a/c units, putting the covers on. A separate notice will be sent out when the a/c cover project will start.

I was in my office the other day and paused as I noticed something different; I had to think a moment to determine what seemed new, or not quite the norm. You know what it was? Laughter and noise! Yes, after months of silence in our lobby and dining areas, the sounds of conversations and laughter have returned, and I couldn't be happier! It is like music to my ears.

Due to everyone's cooperation and diligence, we have been able to gradually resume activities, including dining, salon services, worship, and bingo! Thank you for following the guidelines established to ensure a safe environment in which to resume these things. And pass along thanks to your family members who are following our visiting guidelines – reserving times for family to visit has been extremely important to you all and for the most part it has been working well. As long as we remain COVID-free we can continue visits, so

please continue to follow all the CDC guidelines:

- Wear a mask, correctly, all times outside of your apartment
- Maintain social distancing
- Practice regular handwashing
- Monitor yourself for symptoms
- Avoid large gatherings

We have entered the time for seasonal flu and many of you have already received your seasonal flu vaccine; if you have not yet done so, please contact your doctor, or check-out the numerous places, including our local Walgreens and Pick and Save, who offer the vaccine and will bill your insurance for you. Let's continue to work together to keep all communicable illnesses at bay so our activities can continue and expand!

I'm very grateful for residents who give their time to volunteer in our Country Store – we couldn't maintain the store hours without your help! Along with this, we also have residents who lead activities, such as Wii Bowling, Table-top Discussions, Writer's Club, and coordination of worship services. Your commitment of time and talent enriches the lives of your neighbors – thank you! Please review the article providing all the resident lead activities and contact information.

## Taking Care of Yourself

We have entered the seasonal flu time period, and now more than ever it is important for you to monitor your wellness and do what you can to ensure your immune system is in fighting form! Please take some time to read the information attached to this newsletter about differences and similarities between the flu and COVID-19. Please also be mindful of your neighbors and our staff; **if you are experiencing flu, cold or any symptoms of illness, avoid others and remain in your apartment as much as practical. Do not participate in any activities.**

## Activity Highlights

Check out the October calendar for new activities added during the month, as well as continued favorites:

- Free Farmers Market bag – *curtesy of Kindred at Home*
- Ice Cream Social
- Wine Down Wednesday & Thirsty Thursday
- Wii Team Bowling
- Movies
- Trivia
- Crafts
- Inflatable Bowling
- Fresh Popcorn
- Ted Talks
- Coloring
- Grocery Shopping
- Bingo
- Worship Services
- Book Club

## Resident-Lead Activities

The following activities are coordinated and/or lead by your fellow residents; please contact them if you have questions:

- ❖ Wii Team Bowling/Table-Top Discussion: Jerry & Delores Kallenberger, 414-235-8522 (*please leave a message on voicemail*)
- ❖ Catholic Worship: Dolores Gill. 262-957-5362, apt. #207S (Founders)
- ❖ Protestant Worship: Carrol Flaum, 414-940-1519
- ❖ Forest Ridge Choir (new!): Robert Kotlowski, 414-367-2972, or [kotbob@yahoo.com](mailto:kotbob@yahoo.com)
- ❖ Writer's Club: Donna Gorrell, 414-377-9484, W221 (Epoch)
- ❖ Cribbage: Maxine Eddy, 414-425-4093
- ❖ Sheepshead/Poker: Harry Ruminski, 414-427-3051

If we have missed anyone, please let Shay know.

## Grocery & Package Delivery

With the resumption of visitation, please plan to have your visitor bring groceries to you on their scheduled visit day. Our ability to deliver groceries to residents is dependent on staff availability and is very limited. If you are able, sign-up for a shopping trip to Pick and Save or Aldi.

Packages delivered from Amazon, FedEx, UPS, etc. will continue to be delivered to resident's apartments by staff as time allows. You are free to pick up your packages from our vestibule.

## Visitors

Please remind your visitors they must have a reservation and enter our main lobby to check-in for their visit. This requirement applies to ALL resident's visitors and is necessary so we can screen visitors and have contact information should there be a confirmed case of COVID within our community.

Allowing visitors to bypass our check-in and screening process is a violation of your lease and, if confirmed, you will receive a lease violation notice. Multiple lease violations can result in a formal notice to vacate. These steps should impress upon everyone the importance of following the simple guidelines in place to ensure a safe environment for all.

## Reminders

Many activities require sign-up in advance. Please be sure to sign-up for those activities you would like to join so you don't miss out!

Scooter drivers; remember to use turtle speed in our hallways – save the rabbit speed for elsewhere. Thank you

## From the Suggestion Box

*Please change the color of the printed menus from week to week. We have to pick up the menu to see the date for each week. Difficult for those with vision problems.*

Done! We selected green and gold as our colors, appropriate wouldn't you say?

(Edited for space) *I live in Epoch and do not go downstairs to the front desk area unless absolutely necessary. I do not hear or know of activities that are now opening. You need to send a notice more often to keep everyone aware. I'm tired of staying in my apartment doing nothing.*

We have installed a safety shield at the front desk along with stanchions to direct access and distancing. In addition, we routinely wipe down the desk area. Both staff and residents are required to wear masks. These steps contribute to maintaining cleanliness when conducting business at the desk for those who must have direct contact.

We provide information on activities in a variety of ways: monthly calendar, weekly reminder, special flyers as needed. You should be receiving all these and if so, you are receiving the same information as everyone else; there isn't anything in addition to this that is only available at the front desk. Sign-up is required for all activities, which does require you come to the dining room area where the sign-up sheets are displayed; there is ample opportunity to do so as this is accessible 24/7. With the variety of activities offered, there really is no reason to feel you must remain in your apartment. We hope you will join in activities of interest to you!

Questions about activities can be directed to Shay by calling 425-1148 and asking for her. If she is not available (likely leading an activity!) leave a message and she will get

back to you. Also, we welcome suggestions for activities! Please write them down and place in one of the suggestion boxes; located at the front desk and the Legacy mail room.

**Welcome Home!**

Please join us in welcoming our new residents!

- Sam & Theresa Ricco Founders 101N
- Betty Hartmann Founders 105E
- Tom & Roberta, and son Jerry, Wojtowicz Founders 304S
- Sandy Trinastic Legacy 316
- Steve & Nancy West Millennium 130

We hope you find your new life at Forest Ridge filled with new friends, fun, and contentment. Welcome Home!

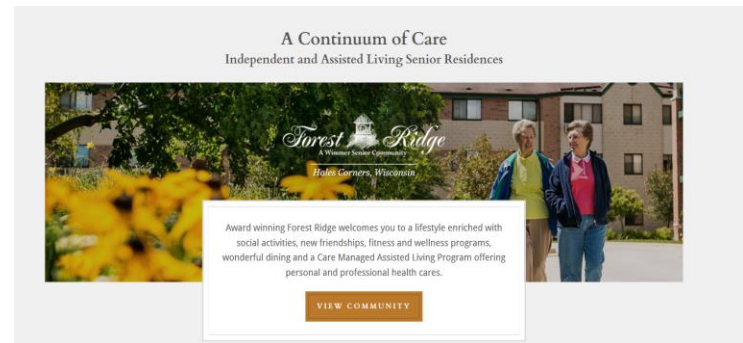


**Lucille Stanislawski**, wife of James Stanislawski (Founders 204W) 327), passed away September 14. Our condolences go out to Jim and his family



It is fun to see residents post photos of activities they are involved in our their Facebook pages. Please also check out the Forest Ridge Facebook page, and ask friends and family to as well, and “like” what they see!

Also check out the Wimmer Communities Website and the Forest Ridge page! [wimmercommunities.com](http://wimmercommunities.com)



**Returning Service – Manicures!**

Denise is excited to reconnect with her Forest Ridge clients and will be returning October 12. Please call the front desk to schedule your service between the hours of 9am – 12noon. Your safety is our concern and the service table will include a shield and appropriate sanitation. Welcome back Denise!

**Happy Anniversary! We celebrate the following Forest Ridge team members on their service anniversaries in August and September :**



Tammy Burns, RN, our Director of Health Services, is recognized for **10 YEARS** at Forest Ridge in this role! Most everyone knows Tammy – she is our leader of our assisted living services with a staff of 5 as well as wellness coordinator providing your blood pressure checks and organizing our annual flu clinic. Tammy’s smile in this photo shows her genuine joy in providing care services to our residents! Tammy takes time to talk with families about all their concerns and is highly regarded for her compassion. When not working, Tammy and her husband Dave enjoy Harley rides, Packer games, and most importantly, spending time with their 2-year-old grandson Caden. Thanks for your commitment to Forest Ridge these past 10 years Tammy!

Wow, what a busy 4 years at Forest Ridge Myong has had! During her time, Myong has provided leadership to the dining team in revamping our menus, meal service, dining environment, and menu processing procedure – whew! Myong and her husband Charles also enjoy Harley rides, and she is very supportive of her two (young) adult children in their schooling and careers. Thanks for your tireless work to ensure great service!



Kadejah (Dee Dee) Hardwick celebrates 3 years with Forest Ridge as our receptionist, primarily working 2<sup>nd</sup> shift. Dee Dee works full-time at Froedtert Hospital in their patient assistance department and part-time for Forest Ridge. She is particularly skilled with Excel Workbooks and has “owned” a tracking project for ambulance usage – not an easy task but much appreciated. When not working, Dee Dee enjoys travel with her sister Kaylin (a fellow Forest Ridge receptionist) and spending time with her nieces and nephews. Dee Dee is the epitome of kindness and her smile lights up the front desk! Thanks for all you do for Forest Ridge Dee Dee! (no photo available)



Another three-year celebrant is Bruce Oelke, Forest Ridge bus driver and so much more! These past 5 months you have seen Bruce performing a large variety of duties to support our community! From delivering packages and mail to collecting trash (including from our “Fido” stations) to inspecting our dryers – Bruce has been jumping in wherever he sees a need and wow do we appreciate him! Congratulations on three years with Forest Ridge Bruce, thank you for ALL you do for us!



Becky Lisowski, RN, joined the Forest Ridge team one year ago, filling our care supervisor role. Becky immediately won the confidence and affection of our residents receiving assisted services. When not supervising and providing care at Forest Ridge, Becky and her husband keep busy with 2-year-old daughter Maddie, and are preparing for their family to expand next year, with the arrival of a little sister for her!



Mary Radtke joined our health services team in August of 2018 and we have benefited from her experience, no-nonsense approach to resident care, and compassion. Mary has used her background as a hair stylist to treat some of our ladies to a wash & set while our salon was closed. When not working at Forest Ridge, Mary finds reading and baking relaxing, and although not relaxing! spending time with her grandson!



Kaya Lee joined the dining services team last August, working on the weekends. Kaya is keeping busy as a high school student, as well as spending time with friends. We are glad you chose Forest Ridge for your first job Kaya, congratulations on your one-year anniversary.

## **Coronavirus vs. flu: Similarities and differences**

**COVID-19 (coronavirus) and the flu have many similarities and differences. Find out what to know and how to protect yourself from these diseases.**

By Mayo Clinic Staff

During the COVID-19 pandemic, you may have heard that coronavirus disease 2019 (COVID-19) is similar to the flu (influenza). COVID-19 and the flu are both contagious respiratory diseases caused by viruses. They have some common symptoms. But through closer comparison, they can affect people differently. Also, since the flu has been around much longer, doctors know more about how to treat and prevent it, while they continue to learn more about COVID-19.

### **How are COVID-19 and the flu similar?**

The viruses that cause COVID-19 and the flu spread in similar ways. They can both spread between people who are in close contact (within 6 feet, or 2 meters). The viruses spread through respiratory droplets or aerosols released through talking, sneezing or coughing. These droplets can land in the mouth or nose of someone nearby or be inhaled. These viruses can also spread if a person touches a surface with one of the viruses on it and then touches his or her mouth, nose or eyes.

COVID-19 and the flu have many signs and symptoms in common, including:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Tiredness
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Headache
- Nausea or vomiting, but this is more common in children than in adults

The signs and symptoms of both diseases can range from no symptoms to mild or severe symptoms. Because COVID-19 and the flu have similar symptoms, it can be hard to diagnose which condition you have based on your symptoms alone. Testing may be done to see if you have COVID-19 or the flu. You can also have both diseases at the same time.

Both COVID-19 and the flu can lead to serious complications, such as pneumonia, acute respiratory distress syndrome, organ failure, heart attacks, heart or brain inflammation, stroke, and death.

Many people with the flu or mild symptoms of COVID-19 can recover at home with rest and fluids. But some people become seriously ill from the flu or COVID-19 and need to stay in the hospital.

### **What's the difference between COVID-19 and the flu?**

COVID-19 and the flu have several differences. COVID-19 and the flu are caused by different viruses. COVID-19 is caused by a new coronavirus called SARS-CoV-2, while influenza is caused by influenza A and B viruses.

Symptoms of COVID-19 and the flu appear at different times and have some differences. With COVID-19, you may experience loss of taste or smell. COVID-19 symptoms generally appear two to 14 days after exposure. Flu symptoms usually appear about one to four days after exposure. COVID-19 appears to be more contagious and to spread more quickly than the flu. Severe illness such as lung injury may be more frequent with COVID-19 than with influenza. The mortality rate also appears to be higher with COVID-19 than the flu.

COVID-19 can cause different complications from the flu, such as blood clots and multisystem inflammatory syndrome in children.

Another difference is that the flu can be treated with antiviral drugs. No antiviral drugs are currently approved to treat COVID-19. Researchers are evaluating many drugs and treatments for COVID-19. Some drugs may help reduce the severity of COVID-19.

You can get an annual flu vaccine to help reduce your risk of the flu. The flu vaccine can also reduce the severity of the flu and the risk of serious complications. Each year's flu vaccine provides protection from the three or four influenza viruses that are expected to be the most common during that year's flu season. The vaccine can be given as a shot (injection) or as a nasal spray.

The flu vaccine doesn't protect you from getting COVID-19. Research also shows that getting the flu vaccine does not make you more likely to get COVID-19 or other respiratory infections.

No vaccine is currently available for the virus that causes COVID-19. But researchers are working to develop vaccines to prevent COVID-19.

### **How may COVID-19 affect this year's flu season?**

Flu season in North America typically occurs between October and May. It's possible that the viruses that cause COVID-19 and the flu may spread in your community at the same time during the flu season. If this happens, people could become ill with one or both diseases at the same time. Testing can determine which virus you may have and help guide doctors to the appropriate treatment. People who become seriously ill from either disease may need to stay in the hospital at the same time, which could cause the hospitals to become full.



## How can you avoid getting COVID-19 and the flu?

The good news is you can take the same steps to reduce your risk of infection from the viruses that cause COVID-19, the flu and other respiratory infections by following several standard precautions. In fact, some research has found that following these measures, such as social distancing and wearing a face mask, may have helped shorten the length of the flu season and lessened the number of people affected in the 2019-2020 flu season.

Standard precautions to reduce your risk of COVID-19, the flu and other respiratory infections include:

- Avoiding large events and mass gatherings
- Avoiding close contact (within 6 feet, or 2 meters) with anyone outside your household, especially if you have a higher risk of serious illness
- Washing your hands often with soap and water for at least 20 seconds, or using an alcohol-based hand sanitizer that contains at least 60% alcohol
- Wearing a cloth face mask when you're in public spaces, such as the grocery store, where it's difficult to avoid close contact with others
- Covering your mouth and nose with your elbow or a tissue when you cough or sneeze
- Avoiding touching your eyes, nose and mouth
- Cleaning and disinfecting high-touch surfaces, such as doorknobs, light switches, electronics and counters, daily

Taking these prevention measures can help you stay healthy and reduce your risk of becoming ill with COVID-19 or the flu.

Accessed 9/24/20 <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-vs-flu/art-20490339>

---

## 10 Immune System Boosters for Seniors



By Merritt Whitley March 25, 2020

As you age, your immune system starts to weaken and becomes less efficient when responding to infections. This is why the risk of severe complications from the coronavirus outbreak is higher for older adults, according to the Centers for Disease Control and Prevention (CDC). The good news is there are strategies the elderly can employ to give their immune systems a boost.

## Healthy living strategies to strengthen the immune system

By incorporating a healthy, active lifestyle with healthy-living strategies, your aging loved ones can potentially strengthen their immune system health to better prevent and fight disease. Here are 10 of the key healthy-living strategies to achieve a potential immune system boost:

### 1. Wash hands

Washing your hands thoroughly and often can help prevent the spread of disease-causing germs from one person to another. Be sure to lather hands with soap and scrub for at least 20 seconds before rinsing with water. The [CDC](#) recommends hand-washing:

- Before, during and after preparing food
- Before eating
- After using the toilet
- Before and after caring for someone who is ill
- After blowing your nose, coughing or sneezing

### 2. Get the flu shot

The single best way to prevent the seasonal flu is to **get vaccinated**. Complications of the flu can be especially severe in older adults, but the flu vaccine may reduce their risk of flu-related illness by up to 60%, according to the CDC.

### 3. Eat well-balanced meals

A healthy diet is essential to a strong immune system. As you age, **nutritional needs** and eating habits may change for a variety of reasons. But in addition to a weakened immune system, poor nutrition and/or malnutrition can also affect heart health, lead to type 2 diabetes and some forms of cancer, and weaken bones and muscles.

A well-balanced diet includes a variety of vegetables, whole fruits, whole grains, fat-free or low-fat dairy and a variety of protein foods. The **American Academy of Nutrition and Dietetics** recommends including foods rich in the following nutrients to strengthen immune system health:

- **Protein** – seafood, lean meats, poultry, eggs, beans, peas
- **Vitamin A** – sweet potatoes, carrots, broccoli, spinach
- **Vitamin C** – citrus foods, strawberries, certain cereals
- **Vitamin E** – almonds, hazelnuts, peanut butter
- **Zinc** – lean meats, poultry, milk, whole grain products, beans

#### **4. Stay active**

Regular physical activity can help older adults stay strong, independent and healthy. But did you know that exercise can also support immune health?

The **U.S. Department of Health and Human Services** recommends at least 150 minutes of moderate-intensity exercise each week. Encourage your aging loved ones to find enjoyable activities that match their fitness level. For example, a short 10-minute walk around the block may be a good way to start, or try **yoga and Tai Chi** for improved flexibility and a boost to mental and emotional health. The National Institute on Aging also has many sample workout videos to help older adults strengthen muscles, improve balance and get active right at home.

#### **5. Reduce stress levels**

Managing stress is an important aspect of immune health. Studies show that chronic stress takes a toll on immune health and hinders your immune system's ability to fight inflammation and infections.

Participating in enjoyable activities that promote relaxation, such as meditation, yoga, Tai Chi and deep breathing exercises can have positive effects on health. If your aging loved one needs additional help managing stress, cognitive behavioral therapy can be a good tool to replace negative thoughts with a more positive outlook.

#### **6. Connect with others**

Senior isolation may lead to feelings of loneliness and depression, which can compromise immune health. So find creative ways to stay connected: Call, text, or use video technology, such as FaceTime, Skype or Zoom to stay in touch while keeping your loved one safe.

#### **7. Get plenty of sleep**

Insufficient sleep may hinder your immune system's ability to respond to infection and inflammation. Additionally, sleep disorders are linked to many chronic diseases and conditions, such as type 2 diabetes, heart disease, obesity and depression.

**Insomnia** is a common sleep disorder among older adults. If lifestyle changes, such as staying physically active, keeping a regular sleep schedule, and limiting caffeine don't help, your loved one may need to seek medical help.

## 8. Stay hydrated

As you age, you may lose some of your **sense of thirst**, but adequate hydration is also key in boosting immune function. Water helps your body absorb nutrients and minerals, and flush body waste.

Drinking at least eight to nine glasses of fluid a day can help you avoid dehydration. Try offering these tips to help your aging loved one stay hydrated:

- Drink a glass of water before and after every meal, and in between snacks
  - Try mixing it up with some low-fat soup, fat-free or low-fat milk, and caffeine-free tea or coffee
- Keep a water bottle nearby for sipping throughout the day

## 9. Minimize your alcohol intake

Excessive alcohol consumption can weaken your immune system, making you more vulnerable to infections. Healthy older adults should limit alcoholic beverages to no more than one drink per day for women and two drinks per day for men.

## 10. Quit smoking

Smoking harms the immune system, making it more difficult for your body to fight colds, the flu and other viruses. It also increases your risk for many other health problems, including heart disease, respiratory problems, osteoporosis and type 2 diabetes.

Encourage your aging loved one to quit as soon as possible. If you need extra support, enlist the help of your doctor.

---

Author **Merritt Whitley**

Merritt Whitley is an editor at A Place for Mom. She developed health content for seniors at Hearing Charities of America and the National Hearing Aid Project. She's also managed multiple print publications, blogs, and social media channels for seniors as the marketing manager

Access date 9/25/20 <https://www.aplaceformom.com/caregiver-resources/articles/immune-system-boosters>

