

Charlestown Continuing Care Monthly Newsletter
July 2024 Issue

Personalized Service, National Size and Strength



Erickson Advantage®, your 5-out-of-5 star Medicare Advantage plans

For the fourth year in a row, our Medicare Advantage plans have earned a 5-out-of-5 star rating from the Centers for Medicare and Medicaid Services!

The 5-star rating is not only a testament to our ongoing commitment to member satisfaction, quality, and customer service—but it also opens up a special election period for our residents who want to take advantage of a health plan that offers in-person, on-site support, plus opportunities to save on services right here in the community!

Learn how the size and strength of Erickson Advantage can benefit you.
Call Jessica Simons at 443-297-3110, Monday–Friday, 8:30 a.m. to 5:00 p.m. local time.

Helping Your Loved One Stay Socially Active



Social activity can become increasingly difficult for your loved one with dementia. Social situations may make them anxious, uncomfortable, or embarrassed about their memory loss. They might even start to avoid seeing friends and family.

However, social time can be incredibly beneficial. Socialization engages the mind and may help slow cognitive decline. Connecting with others improves their quality of life, mood, and overall well-being.

Here are a few ways you can help your loved one stay socially active:

- Regularly call them by their name.
- Make eye contact to keep them engaged.
- Don't say, "Don't you remember?" or point out when they forget things—offer gentle reminders.
- Don't argue when they are confused. Acknowledge their feelings and then find a new topic.
- Don't speak too loudly or talk to them like a child.
- Set up visits with their friends or other family members.
- Help them to join a club or other group activity.

How you and your loved one socialize with others depends on your comfort with taking them out, their state of mind and abilities, and how mobile they are. Try new things, find what works for them, and enjoy socializing this summer!

July Holidays and Cultural Observances



Be sure to add these holidays and cultural observances to your calendar this May!

- Independence Day – July 4
- Muharram Begins – July 7
- Ashura – July 16-17
- Nelson Mandela Day – July 18
- Americans with Disabilities Act Day – July 26

Welcome to our New Staff

Please join me in welcoming our new wellness manager and Delegating nurse, **Magdalene Anokwute, RN, BSN**. Magdalene came to us with extensive experience and dedication to improved patient care with over 40 years of nursing experience, including hospital roles, Long-term care, and Assisted Living. She has been a case manager and delegating nurse for 16 years. She's bringing a wealth of knowledge and insights that can benefit our community. Her background in nursing, combined with her passion for enhancing patient care and experience, will undoubtedly positively impact our residents and staff. Having someone with such dedication and expertise joining our team is exciting. Outside of work, Magdalene enjoys spending time with her husband and three children. She has a love for music, sports, and socializing with friends. We are excited to have such a well-rounded individual joining our community.

Magdalene will be joining the leadership team on the 3rd floor of Wilton Overlook.

Welcome Magdalene to Charlestown community!!

Questions about Continuing Care?

Come chat with us!

Have you ever visited Continuing Care?

Do you know all the services Charlestown has to offer?

Even if you aren't in need of additional care at this time, we love meeting our Independent Living residents and sharing our knowledge about Continuing Care so you have peace of mind.

Schedule a time to chat with us or take a tour today.

-Cara Miranda
Health Care Counselor



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