

The Normandy Times

November 2019 Editor-in-Chief/Layout Design, *Lori Lancaster*



The NORMANDY Care Center
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Retirement Community



Photo by Lori Lancaster

RESIDENT OF THE MONTH

Helen Korecky



Helen Marie Pleta was born to Helen and Frances Pleta on July 13, 1930 in Cleveland, Ohio. She was the youngest of three daughters. Mildred was her older sister and Irene was her middle sister. At thirteen years old, Helen's mother passed away so she was raised by her father and two sisters.

When she graduated from high school, she started working at Richmond Brothers as a seamstress. Around this time, Helen met Richard Korecky. On October 17, 1953 she married Richard the love of her life. They had three children: Richard, Denise and Michele.

Helen was a stay at home mom until her three children started school. Her house was always immaculate and dinner was always on the table when her husband got home from work and the

children home from school.

Once all three children were in school, she started back to work in various positions. She was not afraid of hard work and started working in a factory as a laborer.

Then later on she went back to her lifelong passion of sewing. Richard passed away at the early age of 51 and Helen was devastated. She put all of her time and energy into her children and grandchildren. When she wasn't spending time with her family, she would enjoy bowling, sewing, knitting, crocheting, crafting, baking and being an active member in a Homemaker's Club.

Her oldest daughter Denise moved to Pittston, PA after she married. Rick and Michele stayed in Ohio with their spouses and children.

As of today, Helen has eight grandchildren and seven great grandchildren. Her children, grandchildren and great grandchildren remember her for always doing things with them and always making their favorite meals and cookies. They refer to her as the grandma that always had homemade cookies.

Making Christmas cookies and homemade candy was a big tradition with Helen. She and her two daughters would make cookies and candy together every Christmas season. When Denise moved to Pennsylvania the tradition continued with Helen and her daughter Michele. Now Michele carries on the tradition and makes them with her daughter.

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THE
NORMANDY
CARE CENTER

Dear Residents, Families and Resident Representatives

Each month the facility will present some type of educational information. This month's focus will be on **Influenza Vaccine**

Why get vaccinated?

Influenza ("flu") is a contagious disease that spreads around the United States every year usually between October to May. Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing and close contact. Anyone can get the flu. Flu strikes suddenly and can last several days. Symptom vary by age, but can include:

- Fever/chills
- Sore throat
- Muscle aches
- Fatigue
- Cough
- Headache
- Runny or stuffy nose

Flu can also lead to pneumonia and cause diarrhea and seizures in children. If you have a medical condition, such as heart or lung disease, flu can make it worse.

Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women and people with certain health conditions or weakened immune system are at greatest risk. Each year **thousands of people in the United States die from flu** and many more are hospitalized. **Flu vaccine can:**

- Keep you from getting flu
- Make flu less severe if you do get it and keep you from spreading flu to your family and other people.



Inactivate and recombinant flu vaccines

A dose of flu vaccine is recommended every flu season. Children 6 months through 8 years of age may need two doses during the same flu season. Everyone else only one dose each flu season. Some inactivated flu vaccine contains a very small amount of a mercury-based preservative called thimersal. Studies have not shown thimersal in vaccines to be harmful, but flu vaccines that do not contain thimersal are available. There is no live flu virus in flu shots. They cannot cause the flu. There are many flu viruses and they are always changing. Each year a new flu vaccine is made to protect against three to four viruses that are likely to cause disease in the upcoming flu season. But even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Flu vaccine cannot prevent:

- Flu that is caused by virus not covered by the vaccine or
- Illnesses that look like flu but are not.
- It takes about 2 weeks for protection to develop after vaccination and protection lasts through the flu season.

Some people should not get this vaccine

Tell the person who is giving you the vaccine **if you have any severe, life threatening allergies.** If you had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of this vaccine, you may be advised not to get vaccinated. Most, but not all types of flu vaccines contain a small amount of egg protein. If you ever had Guillain-Barre Syndrome (also called GBS). Some people with a history of GBS should not get this vaccine. This should be discussed with your doctor.

If you do not feel well.

It is usually okay to get the flu vaccine when you have a mild illness, but you might be asked to come back when you feel better.

Risks of a vaccine reaction

With any medicine, including vaccines, there is a chance of reactions. These are usually mild and go away on their own, but serious reactions are also possible. Most people who get a flu shot do not have any problems with it. **Minor Problems** following a flu shot include:

- Soreness, redness or swelling where the shot was given
- Hoarseness
- Sore, red or itchy eyes
- Cough
- Fever
- Aches
- Headaches
- Itching

- Fatigue

If these problems occur, they usually begin soon after the shot and last 1-2 days. **More Serious Problems** following the flu can include the following:

- There may be a small increased risk of Guillain-Barre Syndrome (GBS) after the inactivated flu vaccine. This risk has been estimated at 1-2 additional cases per million people vaccinated. This is much lower than the risk of severe complications from flu, which can be prevented by the flu vaccine.
- Young children who get the flu shot along with pneumococcal vaccine (PCV-13) and/or DTAP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Ask your doctor for more information. Tell your doctor if a child who is getting flu vaccine has ever had a seizure.

Problem that could happen after any injected vaccine

People sometimes faint after a medical procedure including vaccination. Sitting or lying down for about 15 minutes can help prevent fainting, and injuries caused by a fall. Tell your doctor if you feel dizzy or have vision changes or ringing in the ears. Some people get severe pain in the shoulder and have difficulty moving the arms where the shot was given. This happens very rarely.

Any medication can cause a severe allergic reaction. Such reactions from a vaccine are very rare, estimated at about one in a million doses, and would happen within a few hours after the vaccination. As with any medicine, there is a remote chance of a vaccine causing a serious injury or death. The safety of vaccine is always being monitored. For more information, visit www.cdc.gov/vaccinesafety.

What if there is a serious reaction? What should I look for?

- Look for anything that concerns you, such as signs for severe allergic reaction, very high fever or unusual behavior.
- Signs of severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness and weakness. These would start a few minutes to a few hours after the vaccination.

What should I do?

- If you think it is a severe allergic reaction or other emergency that can't wait, call 911 and get the person to the nearest hospital otherwise, call your doctor.
- Reaction should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor should file this report, or you can do it yourself through the VAERS web site at www.vaers.hhs.gov or by calling 1-800-822-7967

FAMILY MEMBERS

Please join us
celebrate



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Veterans Pinning Ceremony

Thurs., Nov., 14th at 10:15 am
Hosted by the Hospice of Western
Reserve



Sunday, November 3rd



We will not be having our Annual Resident & Family Thanksgiving Dinner, because we will be renovating the kitchen. Sorry for any inconvenience this may cause. We will be having a Thanksgiving meal for the residents on Thanksgiving Day. Thank you for your understanding.



Family and Resident Holiday Party

Wednesday, Dec. 4th
at 6 – 7:30 pm

Children's Holiday Party with Magic Mike

Saturday, Dec. 14th
at 10:30 am

Resident and Staff Holiday Party

Thursday, Dec. 19th
at 10:15 am

Normandy Care Center Staff

Administrator	Julie Bauman
Admissions Director	Megan Gassman
Activities Director	Tammy Danilovic
Administrative Assistant	Cindy Ward
Controller	David Rodgers
Dietary Manager	Colleen Merella
Dietitian	Sandee Seib
Environmental Services And Maintenance	Curtis Cole
Rehab Services Director	Ellen Straub
Social Work	Ginny Moes Nicole Elliott



Send an e-mail message
to any of our residents at:

activities@normandyretirement.com

We will deliver any messages
same day.



♪ ♪
"Happy Birthday to You"
 ♪ ♪
Residents' Birthdays

Jean Long	Nov. 6th
Mike Molnar	Nov. 6th
Linda Mitchell	Nov. 8th
John Arnt	Nov. 8th
Helen Hanslik	Nov. 12th
Debbie Kabay	Nov. 17th
Margaret Stickel	Nov. 18th
Gayle Olbrysh	Nov. 20th
John Botten	Nov. 22nd
David Herod	Nov. 23rd
Dale Young	Nov. 28th
J. Sykes	Nov. 30th