



Lorien Bel Air

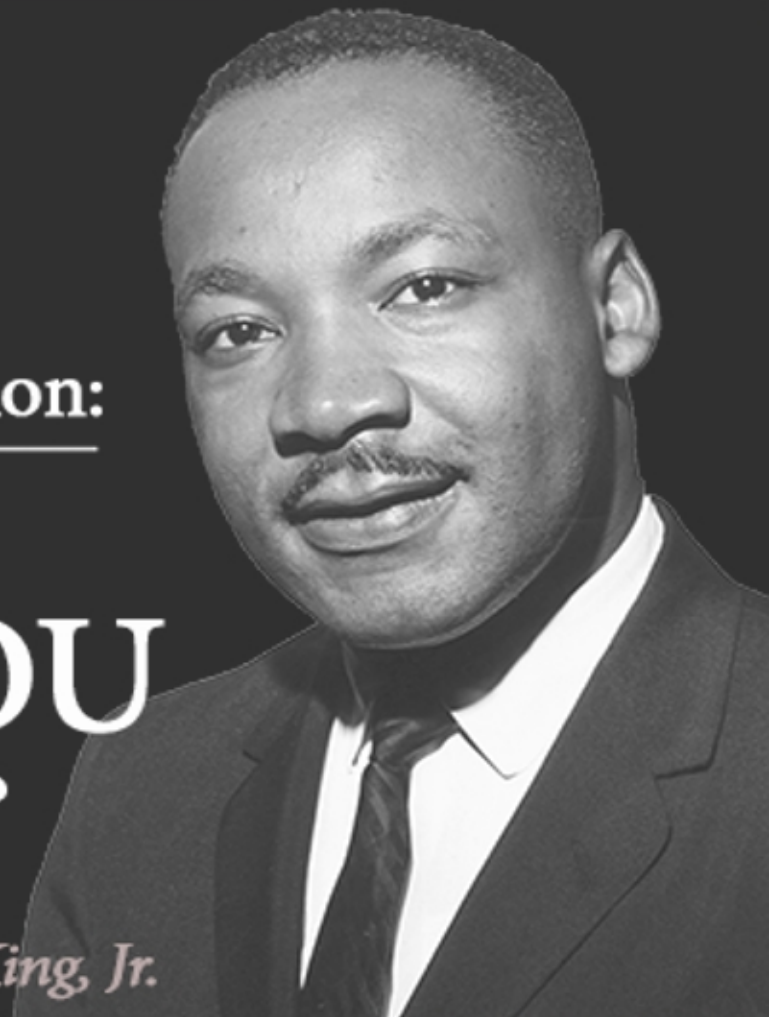
January 2020

Happy New Year

My Wish To You Is To Have A Great Beginning Of The Year
And More Blessings Throughout And End With Joy.

Life's **most**
persistent
and **urgent** question:
What are YOU
doing for others?

– Dr. Martin Luther King, Jr.



YEAR OF THE RAT



Chinese New Year 2020!

The Rat represents the beginning of a new day with
signs of wealth and surplus.

Glaucoma

“OPEN-ANGLE”
is the most common FORM OF GLAUCOMA

OPEN ANGLE GLAUCOMA **OFTEN HAS**
no visible symptoms



Anyone can get glaucoma – from children to senior citizens



Once diagnosed, treatment for glaucoma can start immediately



Glaucoma is a group of diseases that damage the eye's optic nerve.



A healthy optic nerve is necessary for good vision.



When pressure increases on the optic nerve glaucoma can develop



Not every person with increased eye pressure will develop glaucoma



“Low-tension” glaucoma develops without increased eye pressure

BLACK AFRICAN AND CARIBBEAN
people are 4x to 8x
MORE AT RISK OF DEVELOPING CERTAIN FORMS OF GLAUCOMA



ARE 16% MORE LIKELY
— TO HAVE —
serious sight loss
FROM GLAUCOMA
through presenting late **AT THE EYE CLINIC**

RISK FACTORS for developing glaucoma include:



Racial ancestry



Age



High pressure within the eye



Severe near-sightedness



Family history

Responsible Party Emails

If you are the emergency contact for your loved one, your email address is needed. Valuable information is distributed via email and is the most effective way to inform everyone of urgent situations or general useful information. Help us keep you informed by giving your email address to the front desk.

Important Contacts

Hospice Liaison:

Jeanette Delgado-Goe
Director of Social Work
jdelgado-goe@lorienhealth.com
410-803-1400 ext. 1360

Compliance Monitor:

Nick Mangione
Assistant Administrator
nmangione@lorienhealth.com
410-803-1400 ext. 1117

Grievance Official:

Amy Townsend White
Activities Director
atownsend@lorienhealth.com
410-803-1400 ext. 1414

Store Hours

Mon. **2:00** to **3:00**

Tues. to

Wed. **1:30** to **3:30**

Thur. to

Fri. **2:00** to **3:00**

Sat. **2:00** to **3:00**

Sun. to

Balance Screening 1/16 @ 1pm Balloon Room

5 WAYS TO

Fight the Flu

1



Protect yourself
with the flu shot

3



Avoid touching
your face

4



Cover your sneezes
and coughs with
your elbow

2



Keep your
hands clean

5



If you get sick, stay
home to avoid
infecting others

Family Council

Mon 1/6/20 @ 2pm
Ice Cream Parlor
With

LORIEN AT HOME

**Come learn about
extra services
your loved one
might need.**

Winter Humor



Snow on the Roads

Find the ten differences between the two pictures.



ANSWER:

Winter S Words

SFCRA



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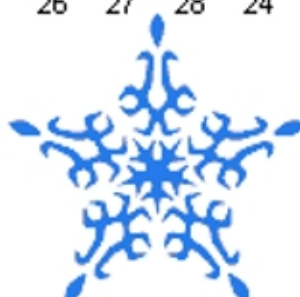
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26 27 28 24 29 30



January 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	