



NEWS FROM



www.thehomesteadweb.com

(985) 287-4324

July 2024

July Activity Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Puzzle Time 10:00 Pokeno 1:30 4th of July Craft 3:00 Bingo	2 9:30 Coloring w/ Velvet Art 10:00 Exercise 10:30 Rosary 12:30 Shopping-Walmart 3:00 Bingo	3 9:30 Crossword Puzzle Time 10:00 Mass 10:30 Balloon Toss 1:30 Coffee, Convo, & Dessert 3:00 Bingo	4 10:00 Rosary 3:00 Gloria Tregre's 99th Birthday Party 	5 10:00 Exercise 10:30 Rosary 1:30 Darts 2:00 Staff Meeting No Bingo	6 10:00 Rosary 3:00 Bingo
7	8 10:00 Old Maid 1:30 Pick a Pop Game 3:00 Bingo 	9 9:30 Adult Coloring 10:00 Exercise 10:30 Rosary 11:00 Shopping-Rouses 1:30 Roll a Dice Game 3:00 Bingo	10 10:00 Mass 1:30 Trivial Pursuit 3:00 Bingo 	11 9:30 Color by Number 10:00 Exercise 10:30 Rosary 3:00 Funny Money Market	12 10:00 Exercise 10:30 Rosary 1:30 Balloon Toss 3:00 Bingo	13 10:00 Rosary 3:00 Bingo
14	15 Manicure Monday 9:30 Puzzle Time 10:00 Family Feud 1:30 Memory 3:00 Bingo	16 9:30 Velvet Art 10:00 Exercise 10:30 Rosary 11:00 Out to Lunch- Song Phi Nong 3:00 Bingo	17 9:30 Crossword Puzzle Time 10:00 Mass 10:30 Resident Council Meeting 1:30 Balloon Toss 3:00 Bingo	18 9:30 Adult Coloring 10:00 Exercise 10:30 Rosary 12:30 Out for Dessert- Downtown Jeux 3:00 Bingo	19 10:00 Exercise 10:30 Rosary 1:30 Bible Trivia 3:00 Bingo	20 10:00 Rosary 3:00 Bingo
21 3:00 Music with Karolyn Theriot	22 9:30 Puzzle Time 10:00 Meet & Greet New Residents 1:30 Balloon Toss 3:00 Bingo	23 9:30 Color by Number 10:00 Exercise 11:00 Shopping-Big Lots 10:30 Rosary 3:00 Bingo	24 10:00 Mass 1:30 Trivia 3:00 Bingo 	25 9:30 Adult Coloring 10:00 Exercise 10:30 Rosary 1:30 Bucket Ball 3:00 Bingo	26 10:00 Exercise 10:30 Rosary 1:30 Spelling Bee 3:00 Bingo	27 10:00 Rosary 3:00 Bingo
28	29 9:30 Puzzle Time 10:00 Pokeno 1:30 Painting Bird Houses 3:00 Bingo 	30 9:30 Color by Number 10:00 Exercise 10:30 Rosary 11:00 Out to Lunch-Bayou Delight 3:00 Bingo	31 10:00 Mass 1:30 Old Maid 3:00 Birthday Party & Music by Paul Breaux No Bingo 	Cathy Whittrack 7/2 (Staff) Gloria Tregre 7/4 Antoinette Butcher 7/5 Sandra Lewis 7/5 (Staff) Loraine Leblanc 7/11 		Blanche Reynolds 7/17 Carolyn Daigle 7/18 Joyce Blanchard 7/23 Porche Lavigne 7/23 (Staff) Jane Thomasson 7/27

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Older Americans in Senior Housing Have Better Health Than Those Living at Home

MONDAY, June 21, 2024 (HealthDay News) -- Independent living is important for seniors, but a new study shows it might not be the best thing for their health.

Older adults living in senior housing tended to have better health than those who remain in their own homes, researchers found. People in senior housing are less vulnerable to illness and accidents, receive more health care at home and live slightly longer than older adults who remain out in the community. Overall, aging folks who move into seniors housing are less likely to need hospitalization, particularly for injuries, hip fractures, wounds, COPD, dehydration or urinary tract infections. “Senior housing residences can be a center for wellness and healthy aging for older adults, with positive outcomes for those who call it home,” said **Ray Braun**, CEO and president of the National Investment Center (NIC) for Seniors Housing & Care. The nonprofit NIC provided grant funding for the research.

For the study, researchers with NORC at the University of Chicago tracked common high-cost health problems among seniors. They compared older adults who moved into senior housing communities starting in 2017 to a similar group of seniors who kept living out in the community.

“Senior housing operators effectively manage residents' health and lower adverse patient safety events, particularly when older adults move in and are more vulnerable, but more can be done to keep residents healthy while reducing healthcare spending,” **Lisa McCracken**, NIC’s head of research & analytics, said in a news release.

The researchers did find that senior housing residents were more likely to visit an ER, “which may be driven by regulatory requirements or being overly cautious in response to an incident such as a fall,” McCracken noted.

Further, both groups had similar rates of hospitalization due to **falls**, high blood pressure, pneumonia and uncontrolled diabetes.

Other research from NIC and the University of Chicago have found that older adults who live in senior housing communities are less frail after moving into a supported setting. They also receive more care from specialty providers like podiatrists, cardiologists and psychiatrists. The NIC will support further research to estimate the cost savings to Medicare of senior housing, as well as to identify the best practices from some of the top senior housing communities. “With thousands of aging older adults expected to move into senior housing in the near future, there is a substantial opportunity for senior housing to partner with healthcare payers and providers to improve the lives of older adults,” Braun said.

More information
HumanGood has more about the advantages of senior living communities.

SOURCE: National Investment Center for Seniors Housing & Care, news release, June 20, 2024

About the Homestead

The Homestead Assisted Living opened its doors in August of 2004. The project was brought to life by Stanley Yancey, a native of Houma, who was drawn to the assisted living industry after his own mother faced a major health event.

Our team has been committed to providing quality care to the elderly population of our community since its inception. We look forward to having a continued positive impact as we strive to assist seniors to live the most independent and authentic version of themselves in a compassion filled environment.

WE ARE HERE TO SERVE YOU



Three Meals Daily



Housekeeping



Laundry



24-Hour Nurse Access



Medical Supervision



Transportation



Medical Appointments



Emergency Call System



Social/Recreational

We are Locally Owned and Managed

ADDITIONAL SERVICES

These services are provided if requested and are available for a fee in addition to the rent.

Medication Administration
Daily Blood Pressure Checks
Daily Blood Glucose Monitoring
Oxygen Management

Day/Night Checks
Meal Delivery
Special Diet
Assistance with Hygiene

Assistance with dressing/undressing
Assistance with toileting
Assistance with ambulation
Incontinent care

**FOR MORE INFORMATION PLEASE CALL US AT (985) 287-4324
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