

# Keepsake Village At Greenpoint



We're Really Cookin' in  
**NOVEMBER!**

**Facetime and Skype**  
will continue!

Please call to schedule  
your appointment with  
Reception at  
**315-451-4567**

In following with NY state guidelines  
for COVID-19 all large group activities  
are postponed until further  
notice. To keep our residents engaged  
we are providing daily small group  
programs and activities packets.

## **Sleep Changes & Dementia**

People with dementia experience less REM sleep throughout the night, as well as increased time awake during the night. REM sleep occurs in cycles during the night. It is believed during cycles of REM sleep there is increased oxygenation to the brain and that brain activity is similar to when awake. It is during REM sleep that dreams occur, which is thought to play a role in learning, memory and mood. Scientist do not completely understand why there is a sleep disturbance associated with dementia, but it is thought to be due to the impact dementia has on the brain. Studies indicate approximately 20% of people with dementia will experience increased confusion, anxiety and agitation beginning late in the day. Others may experience changes in their sleep schedule and restlessness during the night. This disruption in the body's sleep-wake cycle can lead to more behavioral problems.

**Happy Anniversary**  
**Nhajia Scanes 2 year**



*Happy Birthday Ladies!*  
**Virginia Pelow 10/26**  
**Evelyn DePan 10/28**



## *A letter from the Executive Director...*

Thanksgiving is the season where we reflect on all the things, we are grateful for, 2020 has not been an easy year but we still have a lot to be grateful for. I am grateful for our staff at Keepsake Village and all of the hard work that they do each and every day that keeps us going. I am grateful for the residents and how they keep us on our toes, make us laugh and show us every day how resilient they are. I am also thankful for all our family members that have been more than understanding and patient during this pandemic. It can be so tempting and so easy to focus on the negatives in our lives, but a fuller, more positive life can be just as easy to achieve by focusing on the good parts of our days and years.

The holiday season can be a very hard time on all of us. This year will be even harder with the limitations we have at Keepsake due to the global pandemic. I want you to know that we are all here for you. If you have any questions or concerns please call or email us.

Happy Thanksgiving  
Michelle Gillespie  
Executive Director



### *Staff Spotlight*

#### **Kenny Cepeda**

Kenny speaks Spanish and from Puerto Ricco. He is a husband and just became a dad to a beautiful baby girl. Kenny has over 6 years of maintenance and housekeeping experience and was one of the top staff members from a previous job. He has worked for Keepsake now for just over 2 months and has a huge impact on the facility and a great addition to the Keepsake team.

### *Resident Spotlight*

#### **Emelia Vitale (Mame)**

Mame Married the boy next store. She said her husband was the nicest man in the world. Mame has two children and two grandchildren. Mame said that her children are her great accomplishment. She worked as a key punch operator, stay at home mom and an exercise instructor. Mame enjoys helping people, crafting, and bowling.



Happy  
Thanksgiving