August 2017

Elderly Hip Fracture: Causes and Risk Factors

Elderly people are at a high risk for falling, which can lead to hip fractures. “They fall because they lose their coordination. They have difficulty with their eye sight and they have difficulty with their balance, and they become weak,” says Dr. Charles A. Peterson, an orthopedic surgeon at Seattle Orthopedic and Fracture Clinic. “When they fall, they tend to have a higher frequency of fractures due to osteoporosis and weaker bones.”

The risk factors for suffering a broken hip are numerous, including:

- **Osteoporosis**: This disease causes bones to become weaker, making them more susceptible to fracture. In the U.S., an estimated 10 million individuals already have osteoporosis, and 80% of those affected are women. In this population, hip fractures can occur during simple weight-bearing activities.

- **Gender**: Women lose bone density more quickly than men due to a decrease in estrogen levels after menopause begins.

- **Heredity**: Small-boned, slender-framed people; Caucasians; and Asians have an increased risk of suffering from osteoporosis.

- **Nutrition**: Poor nutrition in childhood increases hip-fracture risk. Eating disorders such as anorexia nervosa and bulimia damage bones.

- **Tobacco and alcohol use**: Smoking and drinking too much can lead to bone loss.

- **Medications**: Taking four or more medications at a time or taking any psychoactive medications are risk factors for falling.

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Meet Our Newest Resident

We are happy to welcome Alice “Faye” Coody to our Legacy Place family. Faye joins us from the Mount Pocono area. Feel free to stop by Memory Care to meet Faye the next time you come to visit.

Scriptural Thought

The January 15, 2015, Watchtower reminded us, “Righteousness as an adornment of old age is also emphasized in the Bible book of Proverbs. There we read: ‘Gray-headedness is a crown of beauty when it is found in the way of righteousness.’ (Proverbs 16:31) Yes, pursuing a righteous course during a long life brings respect.”

Upcoming Events

On August 12th, Glenn Miller, “The Big One Man Band,” will come play at Legacy Place at 2:00 PM. Please RSVP to marie.scully@legacyplace.org if you would like to attend. We hope to see you there!
Home environment: Throw rugs and electrical wires are tripping hazards, as are a lack of stair railings and grab bars, unstable furniture, and poor lighting.

Medical conditions: The following conditions can increase the risk of hip fractures, either through bone loss or by increasing the risk of falling: endocrine disorders, such as type 1 diabetes; gastrointestinal disorders; rheumatoid disorders; prolonged bed rest or immobility; nervous system disorders such as Parkinson’s disease or multiple sclerosis; dementia; and depression.

Signs & Symptoms
Most often, an individual knows right away that she has broken her hip. Usually severe pain is felt in the hip or groin areas and the person cannot walk. Other symptoms include stiffness, contusions or inflammation in the hip area. The leg on the affected side may appear shorter than the other or turn outward.

Because hip fractures in the elderly can be life-threatening, make sure your loved one heads to a hospital immediately. Surgery to fix the fracture is usually done within 24 hours. The examining doctor can diagnose a broken hip simply from symptoms, but an x-ray or MRI will verify the break and display the fracture type.

gentle joyce
Joyce is one of the sweetest residents you will meet at Legacy Place. She has a quiet, kind demeanor and beautiful smile that will warm your heart.

Joyce was born on December 10, 1926, in Souderton, PA, to Henry and Mamie Trumbore. She was one of 15 children! Joyce grew up to have a large family of her own, with eight children (Timothy, Robin, Jan, Dinah, Mary, Danielle, Christina and Josephine).

Joyce recalls two sisters coming to her mom’s door and offering a Bible study. Joyce and her mother studied together. Learning Jehovah’s name was a turning point for Joyce. She grew up in a religious household, but said she never knew God’s name. In 1950, when she was eight months pregnant with her daughter Jan, Joyce dedicated her life to Jehovah and was baptized. She had the wonderful privilege of being baptized alongside her mother.

From that time onward, Joyce found her greatest joy in teaching her children to grow in their love for Jehovah and to dedicate their lives to serving Him. She set a fine example, as a zealous preacher and teacher of the Kingdom. Her children recall that one of their fondest memories is how hard their mom worked to get all eight of them to the district convention at Yankee Stadium. We know the effort and planning involved to attend our three-day conventions. When Joyce was raising her eight children, the conventions started at 9:00 AM and lasted until 9:00 PM for eight days! What a fine example of a willing self-sacrificing spirit. All of her hard work paid off. Now Joyce not only enjoys the love from her children, but from her 20 grandchildren and 25 great-grandchildren.

If you come to visit Legacy Place, you will most likely see Joyce moving about. She may be 90 years old, but that doesn’t slow her down! She is usually out visiting with other residents and staff members, or enjoying a short walk. Joyce continues to show her deep love for Jehovah by faithfully attending all the bible study sessions at Legacy Place. She is a wonderful example of a sister who has continued to serve Jehovah despite advancing age. We are so happy to have Joyce as a part of our Legacy Place family!
Pictures of Our Residents
Here are some pictures taken from the past month.

Daily Text with Glenn Remaley

Singing Kingdom Melodies with Brother and Sister Gillins

A Special Visitor

Making Brother Knorr’s Breakfast Cake

Volunteering
Legacy Place appreciates what our volunteers give for our residents. We couldn’t do it without you! If you are interested in donating your time and/or talents at Legacy Place please let us know.

Employment Opportunities
Legacy Place is accepting employment applications. Please stop by for an application or contact us at employment@legacyplace.org.

Accepting Resident Applications
We are filling up quickly, but there are still some rooms available in both Memory and Personal Care. Please contact us at inquiries@legacyplace.org for information or an application.

Mailing List
If you are or someone you know would like to receive a copy of our newsletter please email meghan.dunton@legacyplace.org to be added to our mailing list. You can request to receive it through the mail, electronically, or both!

International Night
The theme this month was an Arabic Dinner complete with an Arabic dance. Here are some pictures of our evening!

Look for “Legacy Place Cottages” to find events, photos and Personal and Memory Care articles.
Recipe Roundup

Nutty Club Crackers

Ingredients and Directions
- Club Crackers
- 1 cup of brown sugar
- 1 cup of softened butter
- 1 cup of ground pecans
- 1 teaspoon of vanilla

1. Preheat oven to 350 degrees.
2. Mix together the brown sugar, butter, pecans and vanilla.
3. Spread the mixture on the crackers.
4. Bake for 8-10 minutes, or until the topping starts to melt.