



## Flu Vaccine in Elderly

### Arbor View Flu Clinic October 2, 2019

Flu Season will be arriving soon  
Please help keep our loved ones protected.

Elderly adults (65 years of age and older) have weaker immune responses, there are many reasons why people in that age group should be vaccinated each year.

- People aged 65+ are at an increased risk of serious illness, hospitalizations, and death from the flu.
- Vaccination has been shown in several studies to reduce the severity of illness.
- In frail elderly adults, hospitalizations can mark the beginning of a significant decline in overall health and mobility.

Please keep in mind, getting vaccinated yourself may also protect the elderly population around you.

Remember to refrain from visiting if you are experiencing fever, cough, or sore throat. Always wash hands before and after you visit, cover your cough, and use a tissue.

For more information, please access the CDC.gov website 

## Upcoming Events

September 7  
Walk to End Alzheimer's  
8:30 AM - 11:00 AM

September 9  
Bluestone Physician Group  
MORNING

September 16  
Bluestone Physician Group  
MORNING

September 17  
Life Sounds with Lisa  
3:30 PM

September 19  
Milwaukee County Zoo  
9:00 AM - 2:00 PM

September 23  
Bluestone Physician Group  
MORNING

September 26  
Independent Psychiatric  
Consultants  
AFTERNOON

## Birthdays

September 24 Elaine D  
September 26 Vilas S

## Celebrating 99!



## Grandparent's Rock! Celebrated Sunday, September 9, 2019

**A Grandparent's Wish** by Lynn Grip

May each day bring the discovery of so many wondrous things.  
May you grow while you learn and laugh while you sing.

May your life be full of happiness as you dance in the sun.  
May you balance time to be serious with time to have fun.

May you love the earth we live on and the creatures great and small.  
May you gain in strength and wisdom as you grow so big and tall.

May you make the most of every day and never dwell on sorrow.  
You are the joy of today and the promise of tomorrow.



### Remembering for Those Who Can't

Arbor View will be walking in the Walk to End Alzheimer's Saturday, September 7, 2019 at Frame Park in Waukesha, WI

Registration begins at 8:30 am  
Arbor View meeting at 9:30 am  
Ceremony to follow 9:40 am  
Walk will begin at 10:00 am.

This year we have raised over \$1,000!  
We would like to thank everyone that has participated this year! With a total of 57 shirts sold just at Arbor View 😊



### Arbor View's Carnival was a blast!

