

## Myths of Alzheimer's

### **Myth 1: Memory loss is a natural part of aging.**

**Reality:** As people age, it's normal to have occasional memory problems, such as forgetting the name of a person you've recently met. However, Alzheimer's is more than occasional memory loss. It's a disease that causes brain cells to malfunction and ultimately die. When this happens, an individual may forget the name of a longtime friend or what roads to take to return to a home they've lived in for decades. It can be difficult to tell normal memory problems from memory problems that should be a cause for concern. The Alzheimer's Association has developed information to help you tell the difference. If you or a loved one has memory problems or other problems with thinking and learning that concern you, contact a physician. Sometimes the problems are caused by medication side effects, vitamin deficiencies or other conditions and can be reversed with treatment. The memory and thinking problems may also be caused by another type of dementia.

### **Myth 2: Alzheimer's disease is not fatal.**

**Reality:** Alzheimer's disease has no survivors. It destroys brain cells and causes memory changes, erratic behaviors and loss of body functions. It slowly and painfully takes away a person's identity, ability to connect with others, think, eat, talk, walk and find his or her way home.

### **Myth 3: Only older people can get Alzheimer's**

**Reality:** Alzheimer's can strike people in their 30s, 40s and even 50s. This is called younger-onset Alzheimer's. It is estimated that there are more than 5 million people living with Alzheimer's disease in the United States. This includes 5.2 million people age 65 and older and 200,000 people younger than age 65 with younger-onset Alzheimer's disease.

## Meet our Staff:

Aida Moussa, Executive Director  
Anna Maria Russo, Assistant Director  
Rebecca Holland, Director of Resident Care  
Nikki Mason, Director of Community Relations  
Matt Sheff, Director of Community Outreach  
Carolina Baeza, Director of Life Enrichment  
LaMarr Thomas, Director of Dining Services  
David Bungard, Director of Maintenance  
Desiree Rasberry, Administrative Assistant

## National Senior Citizens Day

National Senior Citizens Day recognizes contributions senior citizens make in Communities across the United States. It is annually observed August 21.

Here at MDI we have collaborated with some of our vendors to make "Senior Citizens Day" a very special day for our residents.

Some of the participating vendors are;

- ◆ Paul Mitchell School of Beauty
  - ◆ Grace Hospice
  - ◆ America's Choice
  - ◆ Heart-to-Heart Hospice
  - ◆ Portable Dentistry
  - ◆ Kinder Hospice

In recognition to our seniors, we will have a fun filled day. Full of surprises!

# My Doctor's Inn



**Main Street  
Gazette August 2018**

As a unique community, our mission is to serve our seniors with dignity, respect and personalized care along with developing a culture that supports their independence, empowers their individuality and creates a home where they feel honored and loved.

### **Being the best... is doing what is RIGHT**

**RESPECT** - Showing respect for others is one of the most important values in the world. Being respectful is an essential element to becoming the best person you can be.

**INTEGRITY** -Is a personal choice based on actions, values, morals and ideals. Doing what is right, for the right reasons, whether or not anyone will know.

**GOING ABOVE AND BEYOND** - Doing what is expected can make you valuable. Going above and beyond makes you exceptional.

**HUMILITY** -Consciously making an honorable choice to forgo our own status and put the wellbeing of others before ourselves so that we can provide selfless service to humanity.

**TEAMWORK** - Coming together is a beginning, staying together is progress, working together is success!



**Save the Date!**  
**Annual Resident/Family Picnic**

August 8th, 2018  
5pm-7pm

"Mexican Fiesta"  
Authentic Mariachi Band, Mexican Dancers, Taco Bar and much more...

The event will be held in our backyard at

**My Doctor's Inn**  
8384 Metropolitan Parkway  
Sterling Heights Michigan 48312

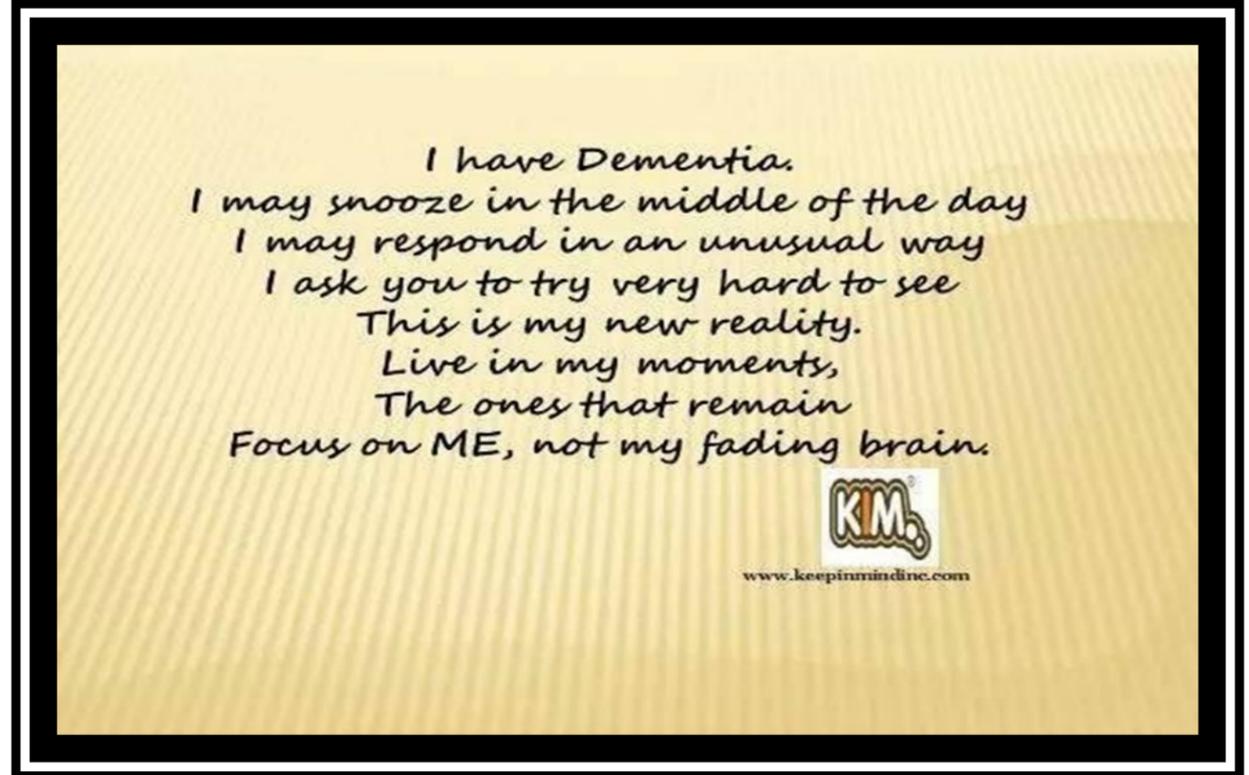
Please RSVP to our receptionist  
at 586-838-5900  
By August 1st, 2018





### Associate of the Month

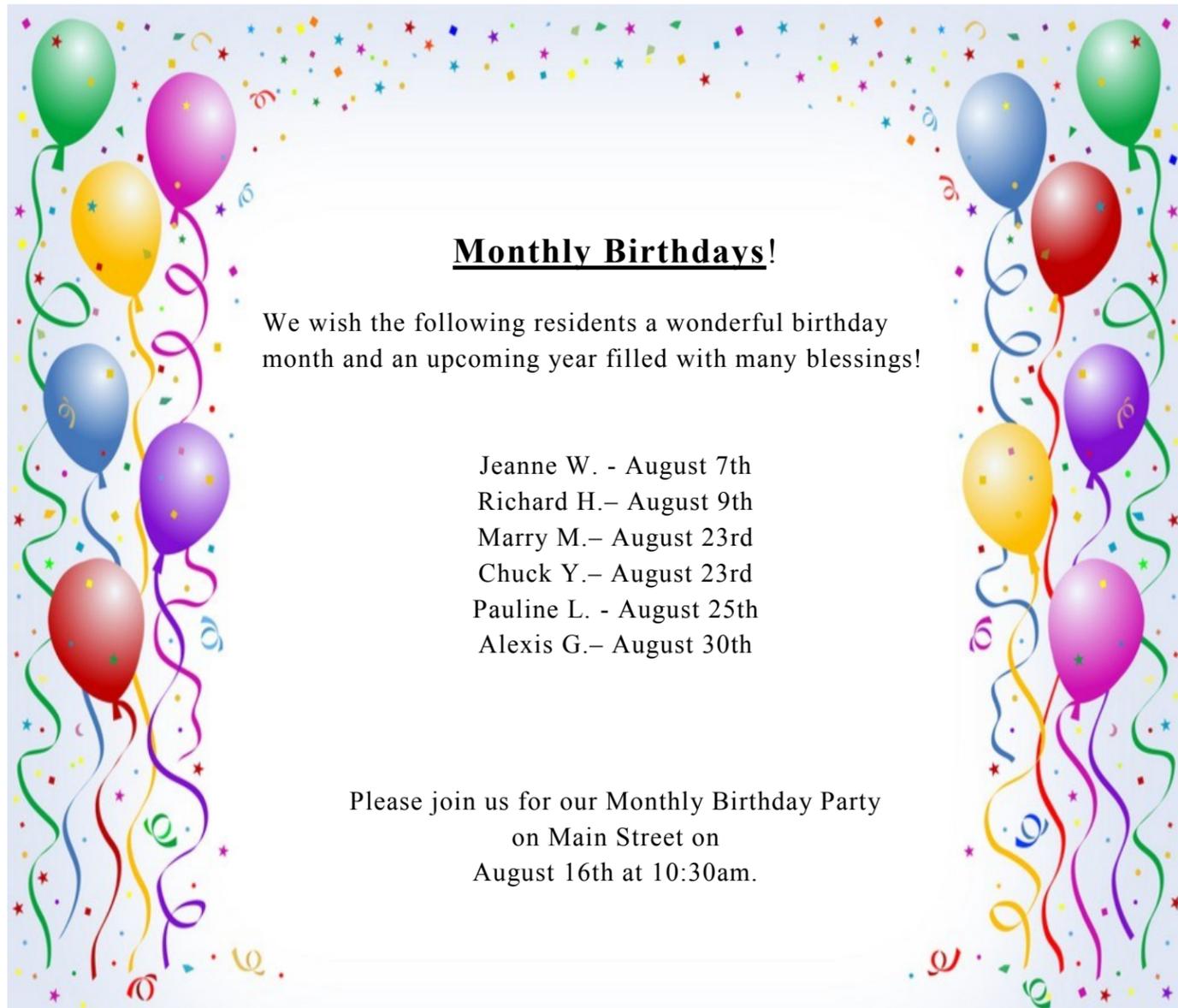
Patti is a great asset to My Doctor's Inn, constantly going above and beyond for our residents. Pattie only works part time however, the staff and residents love her, and she always keeps the reception desk running smoothly. She shows compassion and caring to everyone. Thank you for everything you do for My Doctor's Inn and continue to shine. Congratulations Patti!



*I have Dementia.  
I may snooze in the middle of the day  
I may respond in an unusual way  
I ask you to try very hard to see  
This is my new reality.  
Live in my moments,  
The ones that remain  
Focus on ME, not my fading brain.*



[www.keepingmindline.com](http://www.keepingmindline.com)



### Monthly Birthdays!

We wish the following residents a wonderful birthday month and an upcoming year filled with many blessings!

- Jeanne W. - August 7th
- Richard H.- August 9th
- Marry M.- August 23rd
- Chuck Y.- August 23rd
- Pauline L. - August 25th
- Alexis G.- August 30th

Please join us for our Monthly Birthday Party on Main Street on August 16th at 10:30am.

### Resident of the Month



Wallace (Ed) LeMerise was born on June 18, 1932 to Walter and Helen LeMerise in Detroit, Michigan. He grew up near City Airport with his brother Bob, and sister Ruth. Ed joined the Air Force at 18 years of age and was stationed for three years in Rhein- Main Air Base in Germany. His brother Bob worked with a young woman named Maryann, and asked if she would like to write to his brother who was in the service. They exchanged many letters and married when he returned home in 1955. They bought a small house in Utica, Michigan and raised 6 children there...Bernadette, Jennifer, Faye, Helen, Phil and John. He will tell you that his greatest joy has always been his wife and family. Ed worked hard as a tool and die maker, sometimes working two jobs to support his family. He was also a great mechanic, and spent his nights and weekends fixing friends' and families' cars. Eventually he ended up working for Chrysler, which was bought out by General Dynamics. He retired after many years but continued on as a contractor with them as an inspector. He was an honest, reliable, responsible employee who insisted that the parts met safety regulations as they were being used for tanks which transported our soldiers. His hobbies included airplanes, cars, music (especially opera) and watching old war movies and Looney Tunes cartoons! Congratulations Ed!!