

My Doctor's Inn

Main Street

Gazette December 2018



Monthly Birthdays!

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

Doris D. December 4th
Mary A. December 7th
Pauline Mc. December 7th
Estelle M. December 18th
Catherine B. December 22nd

Please join us for our Monthly Birthday Party on December 20th at 10:30am in Main Street. Entertainment provided by Joel Palmer.

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

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!



If you would like to have Christmas lunch with your loved one, please RSVP by December 18th.

The cost is \$25.

Menu

Filet Mignon or Lemon Chicken

Twice Baked Potato

Green Beans Almondine

Salad

Assortment Desserts



Resident of the Month

Theresa was born to Joseph and Nancy Brocato on March 3, 1933. She spent her childhood growing up in Detroit with one brother and one sister. They were a very close knit Italian family. After high school, Theresa did office work for an insurance company. During her work at her second job in 1954, Theresa met Dan Ratiu. They married in 1955 and had seven children. Some of her best memories include vacationing with the whole family in Florida.

Theresa met her current husband, Gasper, at Zion Evangelistic Temple in 1977 . They had a whirlwind romance and married later that same year. Gasper has four children and together they have a beautiful blended family of 11 kids.

Theresa and Gasper enjoyed vacationing to Florida and Colorado and playing dominos with friends. She enjoys cooking and eating, reading and writing poetry, and stayed active in their church.

Theresa enjoyed taking craft classes and making and selling her creations. She is also a lover of theater and movies from the 1940's. Theresa takes much pride in her role as mother, grandmother, and great grandmother, and deserves every moment of happiness that comes to her. Congratulations Theresa!

Holidays and Alzheimer's

The following is an excerpt from the Alzheimer's Assoc. article. It provides some insight to having the best of holidays with your loved ones.

Mixing party time and dementia makes for an interesting brew. People can often become distracted from the spirit of celebration by worrying about reducing a loved one's anxiety, or protecting everyday routines at events that are anything but routine. This all takes some thinking and planning.

Dementia care relates to this spirit: looking after one another in difficult times, because this honors the best in us. The magic lies in having some fun while we're at it!

Many families choose to continue long-standing traditions that reassure them family life is larger than dementia. Loved ones with Alzheimer's may be comforted by familiar patterns and find delight in the vitality of the young. On the other hand, others plan around needs of the person with dementia in order to reduce the risk of frustration and blame.

Here are a few tried and true stress-busters to help temper holiday stress:

- o Consider passing on hosting responsibilities and enjoy the hospitality of friends or family
- o Avoid over-stimulation and over-tiring by eating earlier in the day, and steer clear of long travel

Use the buddy system and assign someone familiar to the individual with dementia to shield them from distress and give a break to the primary caregiver

Lastly, be reminded that the holidays are a rest point between past struggles and an uncertain future. Enjoy the moment!



The Winter Blues for Seniors

The "winter blues" are a difficult time for many of us. Less sunshine and longer hours of darkness can make us feel tired, lethargic and lacking in our normal enthusiasm for life. Seasonal affective disorder (SAD), a more serious medical condition resulting from the dark days of winter, can even become debilitating and requires medical treatment. Senior adults can be particularly vulnerable to the winter doldrums since they may be less mobile, less active and less capable of doing things on their own. The drop in temperature is often accompanied by a general drop in mood and seniors can become more susceptible to the unhealthy byproducts of the winter season such as over eating, a more sedentary lifestyle and a lack of fresh air and exercise.

Helpful Tips from the Experts.

Fortunately, there are some things that can be done to counteract the winter blahs and improve one's outlook, physical health and emotional wellbeing. Experts in the medical profession agree that the following tips can be very useful to seniors in beating "old man winter:"

Let the Sun Shine!

Daily doses of sunshine are essential for counteracting winter's long hours of darkness. Frequent bursts of sunlight help us feel more energized, optimistic and engaged. Take some time each day to get outside when the sun is shining and take advantage of the sun's energy boosting rays.

Try a "Light Box"

Another option for overcoming the enervating effects of the long days of darkness is bright light therapy. Special instruments called "light boxes" are used to assist those with sunlight deprivation and those suffering from Seasonal Affective Disorder (SAD). The light box mimics the light from the sun and when used for 20 or 30 minutes a day, has been shown to improve the moods of those suffering from winter blues.

Get Enough Exercise

Get moving! Research has shown that exercise can be a miracle worker when it comes to improving mood, overall health, mental sharpness, susceptibility to illness. Walking can be an excellent form of exercise for seniors and when the weather is too inclement to venture outside, many shopping malls have scheduled walking times in the early morning hours. Mall walking is great way to get your daily dose of exercise because the surface is flat and the environment is climate controlled and comfortable. Walking with a friend or family member is a great way to work your muscles while socializing.

Stay Connected and Maintain Your Social Calendar

Maintaining an active social calendar and networking with your friends is another important way to enjoy yourself and help the winter season pass by. Continue to do the things you enjoy or try something different as a change of pace to spice up your normal routine. Social engagement is a recognized health booster for all seasons, but it can be especially beneficial in the dark days of winter when our spirits can be low and our energy begins to ebb.

Maintain a Healthy Diet

The darkness, colder winter temperatures and the sense of "hibernation" can cause us to overeat and to crave sweets and carbohydrates – a clear prescription for unhealthy weight gain. Try to stay with healthy foods and balance your food intake with sufficient physical activity and exercise. Soups with meat for protein and an assortment of vegetables can be a warm, satisfying alternative to high calorie foods.

Practice "Winter Hygiene"

With the cold weather months comes the cold and flu season. Coming down with an illness can make winter seem even longer and more unpleasant. To increase your chances of staying healthy, practice what healthcare workers do. Because they are constantly exposed to germs in their work environment, they wash their hands thoroughly and frequently throughout the day. Wash your hands with soap and warm water for roughly 20-25 seconds each time to remove the germs. Also, use a sanitizer to wipe down the "high touch" areas of your home such as doorknobs, phones and other commonly used surfaces to keep them germ free.

Think Positive!

Remember, winter doesn't last forever. Try to envision the coming days of spring and the sunshine, flowers and songbirds that come with it. In the meantime, keep things in perspective and enjoy a good book and a warm beverage while you watch the snow fall outside. This too will pass and warm sun-filled days will follow!

Suggestions for Caregivers

Caregivers can be very helpful to their loved ones by being vigilant for signs of "the winter blues." Experts tell us that the most common symptoms are general disinterest, tiredness, fatigue and feelings of sadness. Caregivers can help overcome these symptoms by encouraging the list of activities above, and by taking loved ones for walks, driving them to social activities with friends, going out to lunch, shopping or taking in a movie.

The winter months can be difficult at any age. To get through, all it takes is a little knowledge, patience and the right approach. And the next thing you know, you'll find "Spring is right around the corner!"