

## Community Notes

- ♦ **\$\$ Referral Program \$\$** Remember to refer a friend or family member that is looking to place their loved one in a terrific community. If they move in to My Doctor's Inn, you will receive \$1,000 off your loved one's rent. For any questions, please contact Nikki Mason, Director of Community Relations, for full details of the program at (586) 838-5900.
- **Food Collection** We are collecting non-perishable food items for the Vietnam Veterans of America Chapter 154. They help so many Veterans and their families. A donation drop box is located by the front desk. Thank you so much in advance for your cooperation.
- **Christmas Gifts**  
If you are giving your loved ones clothing items for Christmas. Please have them labeled before placing in their closets.
- **Insurance Coverage**  
If there are any changes in the insurance for your family member living in our community, please bring that information in for our records.

**Reminder!**

If you are experiencing Flu-like symptoms (cough/congestion, fever, chills), we ask that you visit your loved one after your symptoms have resolved. Thank you for your understanding and cooperation in our efforts to help avoid the spread of infection to residents and staff.

## Meet our Staff:

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



## Christmas Day Lunch

If you would like to have Christmas lunch with your loved one, please RSVP by December 18th.  
The cost is \$20.

### Menu

Filet Mignon or Lemon Chicken  
Twice Baked Potato  
Green Beans Almondine  
Salad  
Dessert



# My Doctor's Inn

Main Street

Gazette December 2017



As a unique doctor-owned 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!

## Associated of the Month

Please congratulate Jamela Gantt Associate of the Month. Jamela has been with MDI for almost a year and has found her place as the main Med Tech on Memory Care 1. Her dedication to her resident's well-being is a prime example of our core value of Going Above and Beyond and is reflected in the many compliments she gets from family members. Thank you, Jamela, for all that you do!

You are greatly appreciated.



## 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!**



## Resident of the Month

### Lillian Pulice

Lillian was born on November, 23, 1925 in Detroit. Her given name is Leocadia but the nuns at school coerced her to change it to Lillian. Lillian has three sisters and two brothers, all of whom were born in the family home in Detroit. She attended and graduated from St. Stanislaus in Hamtramck. At the age of eleven, Lillian worked at the local candy store for 25 cents per week. As a young adult, she was the manager at the Kowalski store. She met her husband John on a blind date set up by mutual friends and were married in 1954. Within a year, they started their family and had two daughters and one son. Her family is precious to her as it has grown by leaps and bounds. She has three grandchildren, one great grandchild, and two great great grandchildren. Lillian has many accomplishments including being the Parish Council President at her church, a Eucharistic Minister, and taking care of everyone! Playing BINGO, solitaire, rummy, watching crime shows and Dancing with the Stars are some of the things that keep her busy these days.

Congratulations Lillian!

## 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 M.– December 7th  
Estelle M.– December 18th  
Cathy B.– December 22nd  
Virginia W.– December 23rd

Please join us for our Monthly Birthday Party on Main Street, on December 1st at 2:30. Entertainment provided by Joe Armijo.



## Christmas Spirit

Help us spread some Christmas cheer to those in need. Please donate non-perishable food items to benefit the Vietnam Veterans of America Chapter 154.

Drop box will be located by the receptionist desk, donations accepted until December 14th.

