

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.
- Just a reminder to all families. Laundry is struggling to identify pieces of clothing because they are not marked with the residents' name. If you are bringing in new items for your loved one, please make sure that those clothes items are marked with their name so they can be returned to the proper owner.
- Our Life Enrichment calendar offers a variety of programs for everyone! Please review it monthly. We aim to meet the social, spiritual, physical, mental health and enjoyment needs of every single resident. Also, make sure you sign up your loved one for outings in the Life Enrichment office.
- MDI is committed to our resident's safety and offer a friendly reminder that when taking your loved one out of the building, please inform a staff member and sign them out at the front desk. This allows us to keep an accurate record of each residents' whereabouts.
- Family members; There are always opportunities to help out in our community. Some of the activities you can volunteer for are: reading to our residents, taking walks outdoors, going with us on outings, crafts, etc. These are just some examples, the list is endless. If you or anyone that you may know would like to become a volunteer, let us know. Please keep in mind that there are a few guidelines we need to follow and we request prior notice in order to complete the steps necessary. We welcome and encourage volunteers at MDI.
- As a reminder, when a room is vacated, all belongings are to be removed by the families as we do not have the amenities to dispose of your personal items. Thank you for your cooperation and understanding.

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

Assisted Living Dining Room

Thank you for the time you share with your loved one during meals. Due to limited space and safety guidelines per our state license, we need to implement some changes. Effective immediately, if you want to join your loved one for meals, our Dietary Department will accommodate you on Main Street.

Sorry for the inconvenience and we appreciate your understanding and cooperation.

Regards,
Aida Moussa
Executive Director

My Doctor's Inn

**Main Street
Gazette January 2018**



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!

Associate of the Month

Please join us in congratulating Beverly Arnold as Employee of the Month for December. Beverly has been with MDI for a very short time but has already demonstrated great care and compassion for her residents every day that she is here. She is a team player, willingly helping out the other staff members when needed and with a smile on her face.

Thanks, Bev, for all that you do.





Resident of the Month

Donna was born in Columbus, MI, in 1937, to Edward and Eleanor Fraley, a farmer and homemaker. She was one of 16 kids and the second to the youngest. She attended a one-room school until 8th grade and then graduated from St. Clair High School in 1955. She moved down to the city to work and to live with her sister. At work, she met her husband to be, Jerry Latowski. They wed in 1957 and proceeded to have four children, Mark, Greg, Lisa and Sue. Donna was a homemaker for many years, but then went back to work in retail at various stores.

After that, she was a consultant with the Home Interiors Co.. Donna was raised Catholic and continued to be a woman of strong faith through the years. She was very good at sewing, crocheting and crafts. She really enjoyed playing bingo and playing cards. She also likes to garden and travel.

Congratulations Donna!!

20 Things To Remember If You Love Someone with Dementia

Here are 20 things to remember when loving someone with Alzheimer's:

1. **Be educated about the disease.** Learning as much as you can about the progression of Alzheimer's can help you understand and empathize with your loved one.
2. **Be realistic in your expectations for yourself and your loved one.** Set realistic goals and learn to expect the unexpected. Don't set yourself up for failure by setting unrealistic expectations as your loved one struggles with Alzheimer's.
3. **Develop predictable routines and schedules.** As the disease progresses it is more important than ever to have set routines and scheduled. This can help to eliminate confusion and frustration for your loved one.
4. **Do not argue with your loved one.** Arguing with your loved one about a forgotten memory will only upset them and further frustrate you. Be willing to let most things go.
5. **Don't underestimate the power of good nutrition.** Studies have linked Alzheimer's to lifestyle choices, including poor nutrition. Limiting refined sugars and increasing vegetables can help manage behavioral issues.
6. **Give them independence when possible.** As tempting as it may be to do everything for your loved one, it is important for them to do as many things as possible by himself or herself, even if you need to start the activity.
7. **Have fun!** Your loved one can still have fun. Trips to local museums, parks and even the zoo can be enjoyed by someone with Alzheimer's.
8. **Maintain a current list of medications** and dosages of medications. This will ensure you always know when their next dose of medication will be and you will be able to accurately share any medication information with doctors or other caregivers.
9. **Meet your loved one in the now.** Don't try to change your loved one back into the person they once were. Grieve the loss of your loved one and then love them as they are right now.
10. **Plan daily time for physical exercise.** It's important to focus on the health of your mind, but also your body during this time. Physical exercise can help, especially if you plan a time for it each day.
11. **Rely on family members and other loved ones when needed.** After everything you have done to support your loved one with Alzheimer's, remember that you also need support for yourself as well. Turn to family members and other loved ones when you need them.
12. **Remember that an Alzheimer's diagnosis is not a death sentence.** Many people with the disease live more than 20 years following a diagnosis. Take advantage of the time you have left with your loved one.
13. **Remember that your loved one can remember emotions** even after they forget the actual event that caused those emotions. Your words and actions matter!
14. **Remember the person is more than the disease.** When someone is diagnosed with dementia, it can be devastating to them and their loved ones. Hold on to who you know they are, before the diagnosis.
15. **Take a deep breath!** Caregiving is a big responsibility but you are doing a great job.
16. **Take care of yourself.** When caregivers do not care for themselves they can experience caregiver burnout. Be sure to take a few minutes to yourself every day and join a local or online caregiver support group.
17. **Take immediate action** to complete essential documents, like living wills.
18. **The disease is responsible for their mood and personality changes.** It can be so hard to watch a loved one change before your eyes. Remember that they are not changing, but the disease is progressing.
19. **Understand your own emotional and physical limitations.** Act accordingly to avoid caregiver burnout.
20. **Use every method of communication to reach your loved one through the disease.** Art, music and reading are all ways to connect with your loved one when verbal expression is no longer an option.

Monthly Birthdays!

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

- Dante C. January 1st
- Bernadine C. January 12th
- Helen L. January 13th
- Donna Z. January 13th
- Joyce R. January 16th
- John M. January 19th

Please join us for our Monthly Birthday Party on Main Street, on January 10th at 2:30pm.