

My Doctor's Inn

Main Street

Gazette November 2018



Monthly Birthdays!

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

Richard C.-November 1st
Demo A.- November 7th
Antonina M. - -November 10th
Martin W.- November 11th
Wanda P.- November 23rd
Irene D.- November 24th
Lillian L.- November 26th

Please join us for our Monthly Birthday Party on November 27th at 2:30pm in Main Street. Entertainment provided by Joe Armijo.



Associate of the Month

Marlene Skuzenski

Marlene has been a great addition to My Doctor's Inn, constantly going above and beyond for our residents. She is compassionate and caring to everyone. Marlene's love for the residents is evident in her every day work and continues to exemplify My Doctor's Inn core values of going above and beyond and humility on a daily basis. Thank you for everything you do for our residents and continue to shine!

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!



Halloween Candy

Thank you so much to all those that donated candy for our Halloween Party this year. We could not have done it without you.

Smoking

Please use the designated area for smoking. Smoking is not to be done on the covered patio, front door, residents rooms or anywhere else but the designated area, which is located by the community dumpster in the back area of the building. Thank you for your cooperation.

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



Resident of the Month

Pauline Leduc was born in 1928 to Joseph and Georgette Demers in Charry, Que, Canada. Her dad died 2 years later during the depression, leaving her mom with Pauline who was 2 and her brother, Gaston who was 10 months old. Pauline's mom remarried when Pauline was 13. They later moved to Windsor where Pauline got a job as a translator at a pharmaceutical company. She graduated at the top of her class. While working in Windsor, a friend of a friend knew this nice French family in Detroit. They had a son named Ray Leduc. In May of 1948, Ray's mom called Pauline and asked her if she wanted to go out with her son. Pauline said she wasn't going out with somebody she didn't know. She did agree to go on a date if Ray's sister, Elaine would double date with them. Their first date was to meet his parents and see a movie. Nine months later, on Valentine's Day, they were engaged. They married on October 29, 1949 in Windsor. The reception was in Detroit. Eleven months later, their first son was born. They had a total of 11 children, Michael, Rogelio, Geraldine, Linda, Dennis, Robert, Larry, Raymond, Paul, Diane, and Mark. They loved to dance. He would waltz her around like a young girl even after 60 years! Many weekends, Pauline's mom would come to babysit so Ray and Pauline could go out dancing or to a movie. They joined Marriage Encounters and kept their love alive with God, family, and friends as the center of their lives. Family was so important to them both. They took care of their son Larry for over 10 years in their home while he was bedridden until he died at age 34. Pauline later took in her mom until she died at age 93. Shortly after their 67th wedding anniversary, Ray died. Pauline now has 11 children, 40 grandchildren, and soon to be 17 great grandkids. She enjoys going to mass, going to rosary, reading, playing cards, and dancing at family weddings with her grandkids. She is an inspiration to her family and friends. Congratulations Pauline!!

The Experience of Alzheimer's Stigma

According to the Alzheimer's Association, stigma and stereotypes are a significant obstacle to well-being and quality of life for those with dementia and their families. Here are some examples of the stigma you may experience: A diagnosis may test friendships. Friends may refuse to believe your diagnosis or withdraw from your life, leaving a feeling of abandonment or isolation.

Relationships with family may change. Family members may not want to talk about the disease, perceive you as having little or no quality of life, or may avoid interacting with you.

Others may approach your care partner to ask about you rather than asking you directly how you are doing.

The reaction of some friends and family to your diagnosis may prevent you from seeking help from others.

The following tips are based on the advice and experience of current and former members of the Alzheimer's Association National Early-Stage Advisory Group (ESAG), which consists of individuals in the early stage of the disease who help raise awareness about the disease.

Be open and direct.

Engage others in discussions about Alzheimer's disease and the need for prevention, better treatment and an eventual cure.

Communicate the facts.

Sharing accurate information is key to dispelling misconceptions about the disease. Whether a pamphlet or link to online content, offer information to help people better understand Alzheimer's disease.

Seek support and stay connected.

It is important to stay engaged in meaningful relationships and activities. Whether family, friends or a support group, a network is critical.

Don't be discouraged.

Denial of the disease by others is not a reflection of you. If people think that Alzheimer's disease is normal aging, see it as an education opportunity.