

## Lack of REM Sleep Tied to Increased Risk of Dementia

According to an article published by Reuters Health News, people who spend less time in deep, rapid eye movement (REM) sleep may be more likely to develop dementia than individuals who get better quality rest. As stated by Dr. Eric Larson, "REM sleep is considered the part of the sleep cycle where our brains get rejuvenated. It's considered the best part of sleep from a perspective of gaining the rest that restores well-being." Patients with dementia often have difficulty sleeping but previous research couldn't determine which comes first – the cognitive decline or the sleep deficit. For the study, researchers examined data from overnight sleep studies for 321 adults age 60 or older who didn't have dementia. After an average follow-up of 12 years, 32 people developed dementia. The researchers observed an association between sleep and dementia but cannot determine whether reduced REM caused dementia. Study participants spent about 20% of their sleeping time in REM sleep while the subset of people who went on to develop dementia spent only 17% of their sleep time in REM sleep. Out of all the dementia cases found in the study, 25% percent occurred within the first 6.6 years of follow-up. The total included 24 instances of Alzheimer's disease, the most common form of dementia.

## Halloween Candy!!

We are taking candy donations for our Halloween Party. Our event will take place on October 26th from 6-8pm! The Residents will be handing out candy to all the little ones that come. Any donations of candy are greatly appreciated and can be dropped in the activity office.



## 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

## Annual Halloween Party

All our resident's little ones are invited to our Annual Halloween Party. It will take place on October 26th from 6-8pm. Cider and donuts will be served on our spooky patio, crafts and fun projects for the kids will be available.

Trick-or-treating will take place on Assisted Living 1st floor from 6-7pm. From 7-8pm we will have a puppeteer show on Main Street. Please RSVP by October 24th to 586-838-5900. We hope to see you there and make sure you wear your costumes!!! The funnier the better.



# My Doctor's Inn



Main Street

Gazette October 2018



## Associate of the Month

Deltranae (a.k.a Miss Del) is the newest member of the Housekeeping/Laundry team and is a welcome addition to the My Doctor's Inn family. She has demonstrated exceptional work habits and a genuine sense of caring for our Residents here. Deltranae will go that extra mile or put in that extra effort for our Residents, whether asked to or not, just to make sure everyone is cared for in the best possible way she can. Her ever present smile and positive attitude brightens everyone's day that she comes in contact with. Please join us in celebrating this special honor for Deltranae.

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!





## Resident of the Month

Frederick “Fred” Froehlich was born on March 23, 1936 to Maria and Fritz who both immigrated from Germany. Fred and his brother, Werner, and his sister, Laura, grew up in Detroit. Fred went to Denby High School where he was the captain of the Track and Field team and where he ran cross-country. After graduating, Fred went to apprentice school to learn the tool & die trade. During this time he also took night classes at Lawrence Tech. Fred worked for a small shop until it was bought out by Chrysler, where Fred retired from, after 40 years of hard work. Denby High is also where he met his wife Barb. They started dating after graduating from high school in 1954 and were married in 1958. They lived in a house they built in St. Clair Shores for 40 years and then moved to a condominium in Macomb. Barb and Fred have been on many wonderful vacations including places like Hawaii, Europe, Las Vegas, and many cruises. Fred was especially fond of the cruise they took to Alaska. When they weren’t travelling, Fred and Barb enjoyed bowling, playing tennis, golfing, and gardening. Fred is a kind, loving individual with impeccable manners.

Congratulations Fred!!

## Monthly Birthdays!

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

Robert “Bob”. October 2nd  
Madeline P. October 5th  
Eileen W. October 12th  
Denice D. October 21st  
Walter P. October 29th

Please join us for our Monthly Birthday Party on Monday October 15th, at 2:30pm. Entertainment will be provided by Wayne B.

## 6 Small Changes for Aging Gracefully

### **1. Embrace your age...**

There’s no point in lying to others – or yourself – about your real age. Accept your body as it is now. There are some inevitable and sometimes unwelcome signs of aging, like gray hair or wrinkles. Let your gray hair remind you of your hard-earned wisdom. When you notice a wrinkle, consider it a symbol of a lifetime of smiles. Celebrate your past and take pride in your age.

### **2. ...but ignore age stereotypes**

It may seem like society expects senior citizens to behave a certain way or enjoy certain activities. (Shuffleboard and knitting, you say?) You don’t have to become what others expect of you. Let your own personality, interests and health dictate the choices you make and the activities you enjoy.

### **3. Learn something new**

A recent study from the University of Texas at Dallas found that learning a new skill can have a healthy effect on an aging mind. Learning something new requires you to focus, be engaged and rely on your memory – all activities that help to keep you sharp. So challenge yourself to something new, like studying another language or learning a new game.

### **4. Let yourself enjoy life**

Easier said than done? Perhaps. But a study published in the Canadian Medical Association Journal reveals that seniors who enjoy life more and have a higher sense of well-being are less likely to experience problems performing daily activities, like walking, bathing and dressing. So take the time each day to participate in activities that make you happy, whether it’s spending time with friends or enjoying a favorite hobby.

### **5. Accentuate the positive**

Life is full of ups and downs – but research shows the value of focusing on those ups. A recent study from Concordia University in Canada found that older adults with a positive life outlook were able to reverse health risks linked with stress and inflammation. Need some tips for eliminating the negative? Try beginning each day by writing down three optimistic statements about the day ahead.

### **6. Remember that aging is a gift**

**Not everyone gets to do it. Be grateful for what’s to come.**

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