

## Community Notes

- ◆ Just a reminder to all families. The Laundry department 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 residents last name so they can be returned to the proper owner.
- ◆ **Volunteer Program;** 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 here at MDI.
- ◆ **\$\$ 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. Ask Kim Briley, Director of Community Relations, for full details of the program at (586) 838-5900.
- ◆ **Residents Leaving the Building** MDI is committed to our resident's safety and wellbeing. In order to maintain safety, we are asking families who take their loved ones out of the community to please inform a staff member and sign them out at the front desk. This allows us to keep an accurate record of each resident's whereabouts.

## Meet our Staff:

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

## Halloween Candy!!

We are taking candy donations for our Halloween Party. Our event will take place on October 31st from 2-4pm! 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.

Carolina Baeza  
Life Enrichment Director  
586-229-5959



# My Doctor's Inn



Main Street

Gazette October 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.

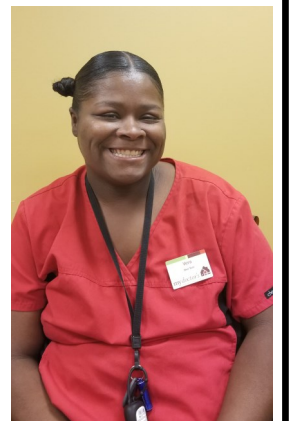
**TEAMWORK** - Coming together is a beginning, staying together is progress, working together is success!

## Associated of the Month

### Team Work

### Vera Williams

Vera has been an amazing addition to My Doctor's Inn, her loving and caring attitude shows every day she is here. The residents love her infectious smile and her contagious singing, she truly exemplifies our core values here at My Doctor's Inn and we are so lucky to have her here with us. Keep up the great work Vera and congratulations on being voted Employee of the Month!



## Resident of the Month



Richard Bernard Zabor (formerly Zaborowski) was born on August 7, 1928 in Marysville and raised in Hamtramck, Michigan. His sister, Charlotte, was born one year after him. His parents divorced at a young age, so the two were raised solely by their mother, Catherine.

Richard went to Hamtramck High School and was a standout tennis athlete for world-renowned Coach Jean Hoxie.

After graduation he volunteered for the Army. He was in the 82nd airborne division as a paratrooper but did not see combat due to the end of WWII.

After the war, Richard enrolled at the University of Detroit on a tennis scholarship and represented them in many NCAA events. He graduated with an Industrial

Engineering degree and went to work at the General Motors Tech Center in Warren, Michigan. He worked his way up to being a Director responsible for North American Stamping Operations. Richard married Leona Teresa Morowski and had their first child, Janice, in 1953. Richard and Lee had three other children, Rick, Carol, and Bob. He currently has 7 grandchildren. The family was raised in Fraser, Michigan. Before Richard retired, he built a house for his mother, two houses for his family, and a cabin near Boyne Falls, Michigan. Richard is very handy and skilled in construction, remodeling, electronics, electrical wiring, plumbing, problem solving and many other fields.

After retirement, Richard continued his professional life as a consultant to General Motors for several years as he was an expert in Automotive stampings. He enjoyed playing tennis at the Peachtree Tennis Club with Lee and many friends. He also enjoyed the GM bowling league.

Richard's oldest son Rick says this about him: "my father is one of the smartest men I know, solving most problems presented to him in the systematic, thoughtful and persistent manner - he never gives up. I have learned so much from him. Also I've never seen him angry at other people and he has been kind and respectful of others throughout his life. I think his greatest accomplishment is that he raised a happy family which is being perpetuated through his children's happy families."

His daughter, Carol, sees Richard as her role model, her hero, her rock. He and Lee were/are a blessing as parents and human beings. Lee went "home" to be with Jesus 6 years ago. Richard misses her, and his sister, Charlotte, who went "home" just 6 months ago. Their legacy is one Carol hopes to continue..

Congratulations Richard!

## Time for Trick or Treat

Our Annual Trick or Treat event will take place on October 31st from 2-4pm. Cider and donuts will be served. Please RSVP by October 27th to 586-838-5900. Bring your little ones and make sure they wear their costumes!



## 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.

Other research has linked both insomnia and a nighttime breathing disorder known as sleep apnea with an increased risk of dementia.

## Monthly Birthdays!

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

Robert A. October 2nd  
Barb A. October 2nd  
Eugene O. October 3rd  
Margaret D. October 16th  
Clarence M. October 18th  
Stella S. October 20th  
Denice D. October 21st  
Walter P. October 29th

Please join us for our Monthly Birthday Party on Main Street, Friday October 6th, at 2:30pm.