

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.

My Doctor's Inn



Main Street

Gazette January 2019

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

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

Eileen Gertrude Fiscelli was born on July 22, 1922 to her parents Marie and Morris . They lived in Detroit, Michigan, while her father was a car salesman and her mother was a homemaker. Eileen learned at a young age to help around the house and do babysitting to help the family while she finished school. She went to St. Ambrose High School in Grosse Pointe. She met her first husband Roy right after high school and they were soon married. They had three children together Ken, Don and Diann. One of her favorite memories with the children was going to their cottage in Port Sanilac. Eileen has many grandchildren, 14 great grandchildren, and one great great grandchild, Jackson who she adores. Later on she remarried her second husband John. She worked at Ray– White Electrics and General Dynamics working on the tanks where she retired from in 1992. Eileen now likes to spend time with her close friend Cathy, doing activities with Angela from Life Enrichment, music and going to church. She is always willing to help others. She really enjoys spending time with her family and friends and loves to entertain her guests.

Congratulations Eileen!



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

- Antonio P. January 11th
- Donna Z. January 13th
- Joyce R. January 16th
- Charles F. January 17th
- Isidore C. January 25th

Please join us for our Monthly Birthday Party on January 29th at 2:30pm, entertainment provided by Joe Armijo.

Community Notes

- ◆ 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.



Employees of the month for the year end are Veronica Clark, Dashawn McKenzie and Tanetra Nenrod

These Supervisors have exemplified going above and beyond. They have been team players throughout the year and they have helped the building out when there was a urgent need.

Kudos and thank you for a great job well done for 2018!!!

*I have Dementia.
I may snooze in the middle of the day
I may respond in an unusual way
I ask you to try very hard to see
This is my new reality.
Live in my moments,
The ones that remain
Focus on ME, not my fading brain.*



www.keepinmindinc.com