

My Doctor's Inn



Main Street
Gazette
May 2022

Meet our Staff:

Aida Moussa, Director of Operations
Rebecca Holland, Executive Director
Nikki Mason, Director of Community Relations
Desiree Rasberry, Assistant Director of Operations
Carolina Baeza, Senior Life Enrichment Director
LaMarr Thomas, Director of Dining Services
David Bungard, Senior Maintenance Director

Associate of the Month

Jeff Martin

Congratulations!!!!

Thank you Jeff for being dedicated, loyal and always exemplifying our core values.

Your commitment to serving our community is evident every single day you come to work.

We are very lucky to have you on our team!!!!



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

Barbara Jean was born on May 29 1933...Birthday is right around the corner. She was born a twin, sadly her sister passed away at 3 months old. Barbara married her High School sweetheart. Charlie past away soon after they celebrated there 50th Anniversary. Barbara work as a secretary for the government up to retirement. Barbara was also an avid gardener. Everything in her yard has a story.

We all think retirement brings on boredom, she decided to become adventurous, so everyone can see is really only what you make of it. Here is a list and photos of her adventures.

1993 Hot-air Balloon Ride

1994 Bi Plane

1996 Kissing the Blarney Stone

1998 Visited Finland

2001 celebrated her 40th anniversary with Dear Charlie

2003 Rode in a 17BG Plane

2004 Has to ride a Camel

2009 Rode in a Ford Tri Motor Plane

2011 First year with out Dear Charlie

2001 Rode a Clydesdale

2012 Rode in a Cobra at the Dream Cruise

2013 Rode in a Race Car



Common Factors that

Lead to Dementia

Various factors can lead to different kinds of dementia, but they invariably involve some form damage to the nerve cells. How dementia affects people also depends on where in the brain the damage occurs.

Known causes for the most common types of dementia are:

Amyloid plaques in the brain are a hallmark feature of Alzheimer's.

Alzheimer's - The exact cause of Alzheimer's disease is not known, but a person with the condition will have amyloid plaques and tangles in their brain.

Dementia with Lewy Bodies - Lewy bodies are clumps of protein that develop in people with Lewy Body dementia, Alzheimer's, and Parkinson's disease.

Vascular Dementia - Vascular dementia is the result of damage to blood vessels in the brain such as a stroke.

Infections can also lead to some kinds of dementia. Traumatic brain injury has been linked to dementia.

Risk Factors for Dementia

While the cause of Alzheimer's disease, the most common type of dementia, remains unknown, a number of lifestyle choices can help to prevent other forms of the condition.

The following factors could all reduce the risk of developing the disease:

Avoiding excessive alcohol consumption and Smoking.

Maintaining a healthy blood pressure level.

Controlling diabetes.

Do Not Ask Me to Remember

Do not ask me to remember,
Don't try to make me understand,
Let me rest and know you're with
me,

Kiss my cheek and hold my hand.
I'm confused beyond your
concept,

I am sad and sick and lost.

All I know is that I need you

To be with me at all cost.

Do not lose your patience with
me,

Do not scold or curse or cry.

I can't help the way I'm acting,
Can't be different though I try.

Just remember that I need you,

That the best of me is gone,

Please don't fail to stand beside
me,

Love me 'til my life is done.

– Owen Darnell

Four Generations One Roof | Dementia Diaries