

Associates of the Month
The Dynamic Mother & Daughter Duo

Please join us in congratulating Juleeda Hopkins for earning the Associate of the Month award. Juleeda has been with My Doctor's Inn for about 6 months now and has become a valuable member of our team. She was hired as a part-time evening housekeeper but has stepped in to give us more support in housekeeping when we needed it. Juleeda displays excellent work ethics is very respectful and always shows up with a good attitude, which we are all grateful for.

Along with Juleeda, we also have her daughter De'jah Weems as our other Associate of the month. De'jah 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. De'jah'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 on a daily basis.

Thank you for everything you do for our residents and continue to shine!
Congratulations Juleeda and De'jah!!



My Doctor's Inn



Main Street
Gazette June 2019

Meet our Staff:

Aida Moussa, Executive Director
Anna Maria Russo, Assistant Executive Director
Rebecca Holland, Director of Resident Care
Nikki Mason, Director of Community Relations
Carolina Baeza, Director of Life Enrichment
LaMarr Thomas, Director of Dining Services
David Bungard, Director of Maintenance
Desiree Rasberry, Administrative Director

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!

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

Virginia W.-June 3rd
Sharon W.-June 7th
Lorraine K.-June 7th
Sonia H.-June 9th
Robert G.- June 12th
Denis C.- June 12th
Esther Z.-June 13th
Ed L.-June 18th
Arlene E.- June 21st
Eugene B.- June 22nd
June D.- June 24th
Shirley C.- June 27th

Please join us for our Monthly Birthday Party on June 20th at 10:30am. Entertainment provided by Joel P.



Resident of the Month



Dorothy Buechel was born on February 23rd, 1926 in Detroit, MI. Her parents were Ignatz and Julia Friegruber and she was one of fourteen children.

After High School, she went to work for her Father at the Detroit Dye Works. On October 26th, 1947, she married Johnny Craft and continued working for her dad until the birth of their son, John Craft, on December 5th, 1950. She had two more children, Randy and Cindy, and was a wonderful mother and housewife until the untimely death of her husband on October 31st, 1970.

Two years later, she met and married Albert Buechel and helped raise his four children, Ruth, Gloria, Kurt and Doris. They enjoyed traveling, bowling and dancing and were active members in the Swiss and Austrian clubs at Carpathia. She has eleven grandchildren and three great grandchildren. At 93 years young, mom still enjoys being active, has a great sense of humor, she is still the most loving person you will meet. She will brighten your day no matter how cloudy it may be!

CONGRATULATIONS DOROTHY!!

Community Notes

When Residents leave the building

We are committed to our residents' safety and offer a friendly reminder. 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.

Preparing for 'Summer Closets'

Now that consistent warm weather is here, we ask that you rotate your loved one's warm clothing out of the closet and provide light weight items that can be easily layered. This enables us to help our residents be comfortable in the fluctuating temperatures we are met with during the summer months.

Volunteer Opportunities

Family members, there are always opportunities to help out here at MDI. 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.

Services we offer

We continue to strive to make living at My Doctor's Inn as convenient as possible for the residents and their families. Please note that house-call physicians are available for internal medicine, dermatology, psychiatry, podiatry, dental care, hearing aids and physical and occupational therapy. You can contact the nursing office for more information and to sign up.

Dementia and traumatic brain injury

Over the past 30 years, research has linked moderate and severe traumatic brain injury to a greater risk of developing Alzheimer's disease or another type of dementia years after the original head injury.

- ◆ One of the key studies showing an increased risk found that older adults with a history of moderate traumatic brain injury had a 2.3 times greater risk of developing Alzheimer's than seniors with no history of head injury, and those with a history of severe traumatic brain injury had a 4.5 times greater risk.
- ◆ Other studies — but not all — has found a link between moderate and severe traumatic brain injury and elevated risk.

Emerging evidence suggests that individuals who have experienced repeated traumatic brain injuries (concussions) or multiple blows to the head without loss of consciousness, such as professional athletes and combat veterans, are at higher risk of developing a brain condition called chronic traumatic encephalopathy (CTE) than individuals who have not experienced repeated brain injuries.

Current research on how traumatic brain injury changes brain chemistry indicates a relationship between traumatic brain injury and hallmark protein abnormalities (beta-amyloid and tau) linked to Alzheimer's. Some research suggests that traumatic brain injury may be more likely to cause dementia in individuals who have a variation of the gene for apolipoprotein E (APOE) called APOE-e4. More research is needed to understand the link between APOE-e4 and dementia risk in those who've had a brain injury.

Sunlight & Seniors

As an older adult, sunlight in the right amount, may provide health benefits.

Sunlight causes your body to produce vitamin D. Vitamin D bolsters your skeletal health and may reduce the risk of colorectal cancer, hip fractures and vascular events such as stroke or heart attack according to recent research.

Geriatrician researcher, Ronon Factora, MD, says that sunlight has other hidden benefits. With its power to produce vitamin D it protects against depression, insomnia and an overactive immune system.

The researchers say that older adults should adopt a balanced approach to sun exposure. Avoid long hours in the sun but try to get a least some exposure to sunshine several days a week but taking into account sun exposure should be tailored to skin type and location because ultraviolet light intensity varies with geography.

