

My Doctor's Inn

Main Street
Gazette August 2019



Resident of the Month

Wanda Pociеча was born in Hamtramck, MI in 1922. She is #3 of 4 children. Wanda was born with polio, but through hers and her mothers' determination, it does not stop her from functioning in her daily life. She hung out with friends, went dancing and on vacations in her early years. Wanda worked and retired as a school secretary in the Hamtramck school district. Wanda enjoys: reading, working on word search, putting puzzles together, gardening, needle point, crocheting, watching the news to keep up on current events and socializing. As you can see, she was and continues to be very active. Wanda also enjoys helping the MC1 staff with watering the plants, putting beads in proper color packages, folding clothes and anything else they need help with. It makes her feel useful to help out. Wanda enjoys visits from her cousins and celebrating the holidays with them too. They are happy to spend time with her and listen to old family stories. Wanda has a sharp mind for knowing exactly where things are. She is a blessing to all who really get to know her.

Congratulations Wanda!

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!

Jeanne W. - August 7th
Joyce M.- August 17th
Ramsay D.- August 18th
Marry M.- August 23rd
Pauline L. - August 25th
Alexis G.- August 30th

Please join us for our Monthly Birthday Party on August 7th, at 2:30pm. Entertainment provided by Jeff C.



Myths of Alzheimer's

Myth 1: Memory loss is a natural part of aging.

Reality: As people age, it's normal to have occasional memory problems, such as forgetting the name of a person you've recently met. However, Alzheimer's is more than occasional memory loss. It's a disease that causes brain cells to malfunction and ultimately die. When this happens, an individual may forget the name of a longtime friend or what roads to take to return to a home they've lived in for decades. It can be difficult to tell normal memory problems from memory problems that should be a cause for concern. The Alzheimer's Association has developed information to help you tell the difference. If you or a loved one has memory problems or other problems with thinking and learning that concern you, contact a physician. Sometimes the problems are caused by medication side effects, vitamin deficiencies or other conditions and can be reversed with treatment. The memory and thinking problems may also be caused by another type of dementia.

Myth 2: Alzheimer's disease is not fatal.

Reality: Alzheimer's disease has no survivors. It destroys brain cells and causes memory changes, erratic behaviors and loss of body functions. It slowly and painfully takes away a person's identity, ability to connect with others, think, eat, talk, walk and find his or her way home.

Myth 3: Only older people can get Alzheimer's

Reality: Alzheimer's can strike people in their 30s, 40s and even 50s. This is called younger-onset Alzheimer's. It is estimated that there are more than 5 million people living with Alzheimer's disease in the United States. This includes 5.2 million people age 65 and older and 200,000 people younger than age 65 with younger-onset Alzheimer's disease.

Apple Pecan Date Bars

Ingredients

- 1 (15.25) package yellow cake mix
- $\frac{3}{4}$ c. packed brown sugar
- 1 t. cinnamon OR apple pie spice
- $\frac{3}{4}$ c. butter, melted
- 2 eggs
- 1 apple, peeled, cored and diced
- 1 c. chopped dates
- 1 c. chopped pecans

Instructions

1. Preheat oven to 350 degrees F.
2. Grease a 13-in x 9-in baking pan.
3. In large mixing bowl, whisk together cake mix, brown sugar and cinnamon.
4. Add melted butter and eggs; beat on medium speed for 2 minutes.
5. Stir in apple, dates and pecans.
6. Spread evenly in prepared pan. Bake for 30-35 minutes, or just until golden brown. Cool completely on a wire rack before cutting.

Recipe Notes

COOK'S TIPS:

- Use your fingers to break up any large chunks of brown sugar when combining the dry ingredients, but don't worry about any smaller clumps.
- Pull the bars out of the oven when they're just golden brown. They should still be a little soft in the middle, since they will firm up a bit as they cool. This yields a chewy, gooey date bar!
- Eat them like blondies with your fingers, or garnish the bars with whipped cream or vanilla ice cream for an even more decadent treat!
- This easy date bar recipe freezes really well when wrapped tightly, so they're a great make-ahead option.

From the ED's desk:

Effective September 1st, John Anthony Salon will operate the beauty salon here at MDI.

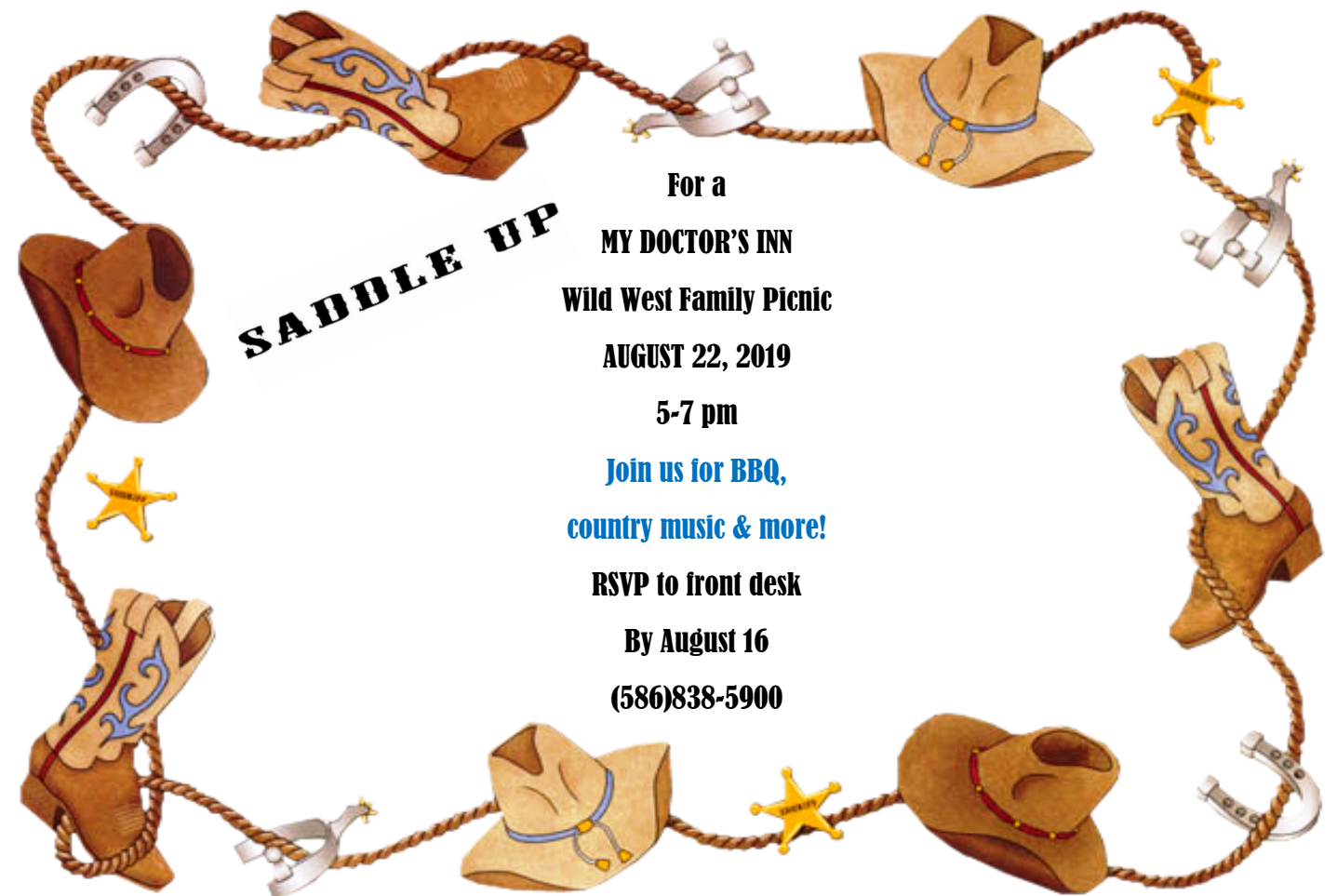
It is owned and operated by John Anthony & Carol McCurry who combined offer over 40 years of professional service experience.

You will receive an email with more information on their services and contact information.



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



For a
MY DOCTOR'S INN
Wild West Family Picnic
AUGUST 22, 2019

5-7 pm

**Join us for BBQ,
country music & more!**

RSVP to front desk

By August 16

(586)838-5900