

**Associate of the Month**

**Michelle Harms**



Michelle has been a valuable asset to My Doctor's Inn for the past year. Her commitment and perseverance to complete her duties are outstanding. Michelle goes above and beyond to ensure the building is staffed and that the residents are always her #1 priority. You can always catch Michelle with a smile on her face or hear her contagious one of a kind laugh anywhere. Thank you Michelle for your commitment and dedication to our community. Congratulations!

# My Doctor's Inn



**Main Street  
Gazette July 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!

- Elaine H. July 4th
- Fran B. July 9th
- Russell W. July 10th
- Phyllis D. July 11th
- Maryanne S. July 12th
- Tim L. July 21th
- Eileen F. July 22nd
- Gwen C. July 27th
- Patricia D. July 27th
- John A. July 28th
- Donald C. July 28th
- Rita M. July 28th

Please join us for our Monthly Birthday Party on July 18th at 10:30am.  
Entertainment provided by Joel Palmer.



## Resident of the Month

Edward John Malek

Born May 1, 1928 in Nanty-Glo Pennsylvania. When Ed was 3, his father died from coal miner's black lung. His mom remarried, but she passed away when Ed was 8. He was then raised by his stepdad. His brother was killed in a sledding accident when Ed was 11 years old. At the age of 16, he lied about his age and joined the Army. After his honorable discharge, he moved to Michigan and became an insulator. Never married previously, at age 40, he met and married Helen in 1968 and adopted her son. While insulating for nearly 20 years, he was asked to become the new Business Agent for the Decorator's Union. Eventually the Decorator's Union merged with the Carpenter's and he became the Business Agent for the Carpenter's Union. He retired at age 57 and moved to Florida where he and his wife stayed for 18 years. He and his wife moved back to Michigan in 1999. He worked for his church as a kitchen aide for several years. He loves his chocolates and coffee, enjoys dancing the polka with the ladies in Memory Care. We love having Ed be a part of our My Doctor's Inn Family!



## 10 Signs of Caregiver Stress

If you experience any of these signs of stress on a regular basis, make time to talk to your doctor.

- 1. Denial** about the disease and its effect on the person who has been diagnosed. "I know Mom is going to get better."
- 2. Anger at the person** with Alzheimer's, anger that no cure exists, or anger that people don't understand what's happening. "If he asks me that one more time I'll scream!"
- 3. Social withdrawal** from friends and activities that once brought pleasure. "I don't care about getting together with the neighbors anymore."
- 4. Anxiety about the future.** "What happens when he needs more care than I can provide?"
- 5. Depression** that begins to break your spirit and affects your ability to cope. "I don't care anymore."
- 6. Exhaustion** that makes it nearly impossible to complete necessary daily tasks. "I'm too tired for this."
- 7. Sleeplessness** caused by a never-ending list of concerns. "What if she wanders out of the house or falls and hurts herself?"
- 8. Irritability** that leads to moodiness and triggers negative responses and actions. "Leave me alone!"
- 9. Lack of concentration** that makes it difficult to perform familiar tasks. "I was so busy, I forgot we had an appointment."
- 10. Health problems** that begin to take a mental and physical toll. "I can't remember the last time I felt good."

Source: Alzheimer's Association

## Validation Therapy

Communicating effectively with a person who has dementia becomes an increasing challenge as the person progressively loses their memory and their ability to organize and express their thoughts. For many, the loss of recent memory means that the past begins to merge with the present resulting in additional difficulties for family and care givers. Researchers have found that Validation Therapy is an effective communication tool. Validation Therapy advocates that, rather than trying to bring the person with dementia back to our reality, it is more positive to enter their reality. In this way empathy is developed with the person, building trust and a sense of security. This in turn reduces anxiety. Many families and care givers report increased benefits for themselves, as well as for the person with dementia, from a reduced number of conflicts and a less stressful environment. Some family members and care givers express concern that validation involves lying to the person with dementia about reality. However a more accurate description is that it avoids challenging their reality. For instance, if a person with dementia believes that she is waiting for her children, all now middle aged, to return from school, family members and care staff should not argue the point or correct their beliefs. Rather, the validating approach would acknowledge their concerns about their children. This person needs us to walk with them in their reality at that very moment. In this way the person's dignity and self-esteem is maintained.

