

## **Early symptoms of dementia**

Although the early signs vary, common early symptoms of dementia include:

- memory problems, particularly remembering recent events
- increasing confusion
- reduced concentration
- personality or behavior changes
- apathy and withdrawal or depression
- loss of ability to do everyday tasks.

Sometimes, people fail to recognize that these symptoms indicate that something is wrong. They may mistakenly assume that such behavior is a normal part of the aging process. Symptoms may also develop gradually and go unnoticed for a long time.

## **Things to remember**

- The early signs of dementia are very subtle and vague and may not be immediately obvious.
- Although the early signs of dementia vary, there are some common early symptoms.
- If the person affected has several of the ten warning signs of dementia, consult a doctor for a complete assessment.
- Your doctor may use six broad types of medical assessments to help to confirm or rule out a diagnosis of dementia.
- Some people might resist going to the doctor for a medical assessment but there are several strategies that can help to make this process easier.

**WARNING**

# My Doctor's Inn

Main Street

Gazette September 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!

Lois D.- September 2nd

Ronny R.-September 5th

Helen B.-September 14th

Rosemarie K.- September 24th

Martha Mc.- September 24th

Cynthia V.-September 24th

**Please join us for our Monthly Birthday Party on September 11th at 2:30 on Main Street. Entertainment provided by Scott V.**





## **Resident of the Month** **Lile Sunday Callis- Chisholm**

Lile's name is pronounced lee lay, Lile was born to immigrant parents (Jesus Hernandez and Modesta Aguilar) in Merrill, Michigan April 7, 1935 under her given name Sunday Lile Hernandez. Lile is the youngest of 6 children. In order her siblings are; John (d), Magdalena (d), Jesse (92), Maria (88), and Dora Ann (d). Shortly thereafter the family settled in Mount Clemens, Michigan.

According to Lile, they lived in a barn until her father could build them a house on a small lot on the outskirts of the city. Lile recalls making money by delivering newspapers for the Macomb Daily.

Spending time downtown listening to music and watching movies with her sister Dora, She attended Saint Mary's Catholic School through the 8<sup>th</sup> Grade. It was here that she learned English as a second language and discovered an aptitude for drawing. Lile graduated from Mount Clemens High in 1954 and after graduation she learned stenography and landed a job with the Macomb County Courts. Also after Graduation, She met and fell in love with a young man (originally from West Virginia) Jesse Callis. They married on February 11, 1956 and honeymooned out west. It was after being married a few years, Jesse and Lile built a home in the up and coming Township of Sterling. In 1957 they welcomed their first son; David Michael, followed in short order by Ralph Anthony (58), then came James Darwin (60), Kathleen Louise (62), Alicia Maria (64), Jacquelyn Renee (66). There was a brief lull in the babies...and in 1971 Christopher Lee was born, followed by Lydia Francesa Dominga (72), and the unexpected arrival of Marcia Carmelita in July 1976. It was also that year that her husband Jesse was diagnosed with terminal cancer. So it was in January 1977, Jesse Callis (43) passed away in Tijuana Mexico after a 10 month battle. Lile became a widow with 9 children 7 of whom were still under the age of 18. Her husband's last wish was that she should move from their home in Sterling Heights closer to her job in the Macomb County Circuit Court. So in July of 1977 she sold her home and moved everything to a new house in Clinton Township. After several years Lile met Allan Chisholm, a Judge working for the county as a Magistrate and after a few years of dating, they both married for the 2<sup>nd</sup> time in December 1997 bringing together 16 children. Congratulations Miss Lile.

## **Give Your Mind and Body** **a Work-Out**

A new study done by the Sweden's National Institute for Health and Welfare have found that individuals who are at risk of dementia have a much better chance of staving off dementia by combining mental and physical exercise.

In the two year study, the research group studied 1,260 participants between the ages of 60 and 77 who were deemed to be at risk for dementia. Half of the group were given "comprehensive intervention" related to health risk factors for that age group. This group of seniors were coached on a healthier diet and regular exercise. The rest of the study participants were given just standard health advice over the course of the study.

The overall processing speed of those who received the comprehensive guidance was found to be 150% higher than those in the other control group.

Dr. Sandeep Grewal, an internal medicine specialist practicing in both Carolinas has stated, "There is so much we don't understand yet about our brains but one thing this study definitely demonstrates is how crucial good physical health is to supporting solid mental health. It is another muscle, after all."

"We see it in our practices every day as doctors "Dr. Grewal continues "how closely intertwined the mind and body truly are. If you take good care of one, it's much easier to take care of the other. The message is clear; if you know someone at risk of dementia, you need to keep them moving and active, from the neck up and the neck down."

## **Services Offer at** **My Doctor's Inn**

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.



## **Halloween Candy!!**

We are taking candy donations for our Halloween Party. Our event will take place on October 25th from 6-8pm! The Residents will be handing out candy to all the little ones that come. Any donations of candy are greatly appreciated and can be dropped in the activity office.

If you have any questions please don't hesitate to call;

Carolina Baeza

Life Enrichment Director

586-229-5959

