

Resident of the month

Cynthia Valenti

Cindy was born to Olga and Frank Lech on September 24, 1949 in Detroit, Michigan. She has three brothers; Frank, Johnny, and Peter, and one sister, Penny. As a child some of her favorite memories include playing games with her family. As a teenager, Cindy worked in a supermarket. She graduated from Dominican

High School and later, Michigan State with a Master's Degree. Cindy was a teacher for 38 years for the Detroit Public school system, Wow! Cindy and Jim were married for 32 wonderful years. She is very proud of their two children, Diana and Dominic. She loves every minute of being a mom and enjoyed taking yearly family vacations to Disney World. Scrapbooking and traveling were among some of Cindy's hobbies.

Particularly, she has fond memories of her trip to Europe where she got to touch the Mona Lisa. More recently, she enjoys doing puzzles, playing Scrabble, and watching medical shows on television.



My Doctor's Inn



Main Street

Gazette November 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.

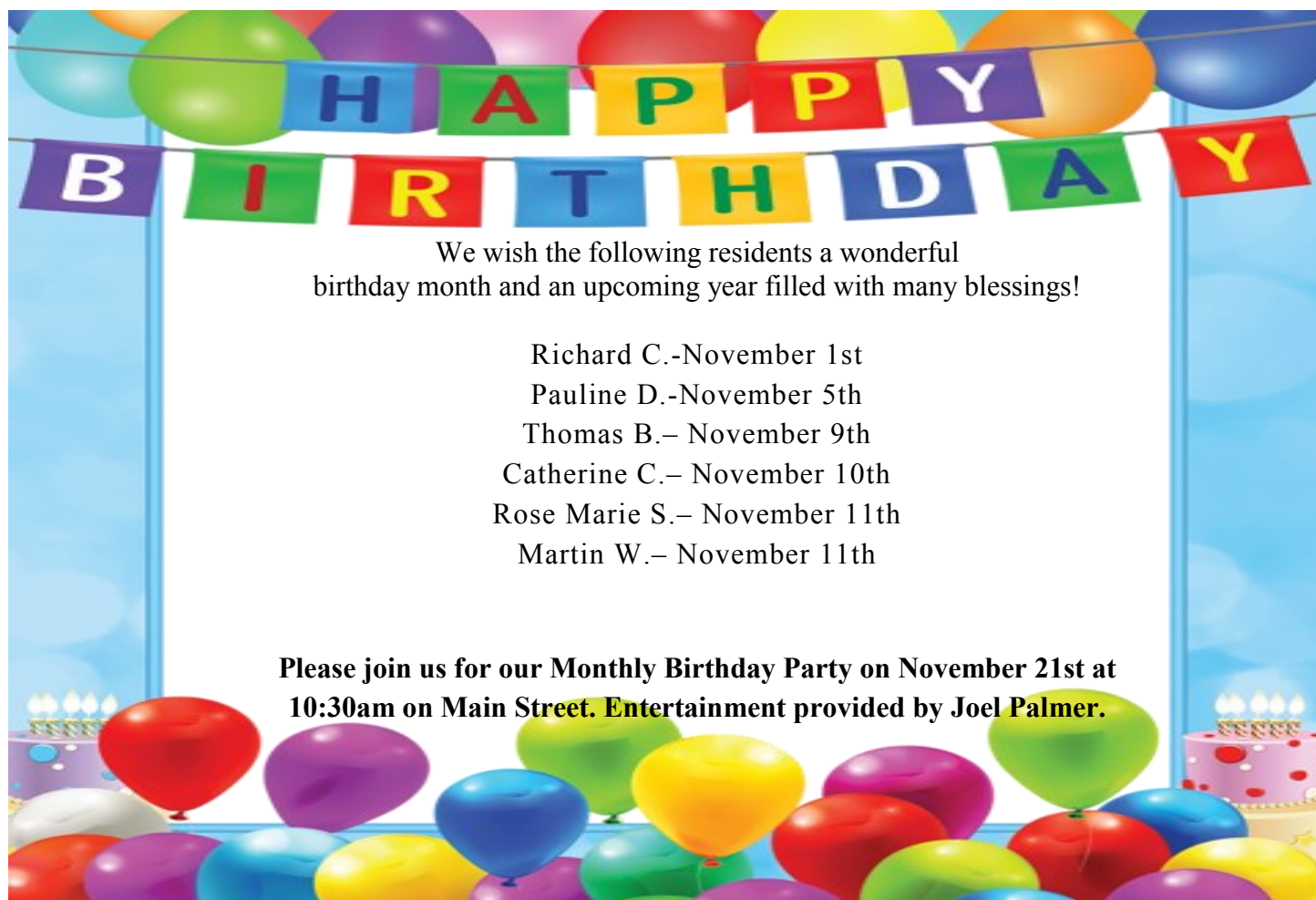
TEAMWORK - Coming together is a beginning, staying together is progress, working together is success!



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

Richard C.-November 1st
Pauline D.-November 5th
Thomas B.- November 9th
Catherine C.- November 10th
Rose Marie S.- November 11th
Martin W.- November 11th

Please join us for our Monthly Birthday Party on November 21st at 10:30am on Main Street. Entertainment provided by Joel Palmer.



The Experience of Alzheimer's Stigma

According to the Alzheimer's Association, stigma and stereotypes are a significant obstacle to well-being and quality of life for those with dementia and their families. Here are some examples of the stigma you may experience: A diagnosis may test friendships. Friends may refuse to believe your diagnosis or withdraw from your life, leaving a feeling of abandonment or isolation. Relationships with family may change. Family members may not want to talk about the disease, perceive you as having little or no quality of life, or may avoid interacting with you.

Others may approach your care partner to ask about you rather than asking you directly how you are doing.

The reaction of some friends and family to your diagnosis may prevent you from seeking help from others.

The following tips are based on the advice and experience of current and former members of the Alzheimer's Association National Early-Stage Advisory Group (ESAG), which consists of individuals in the early stage of the disease who help raise awareness about the disease.

Be open and direct.

Engage others in discussions about Alzheimer's disease and the need for prevention, better treatment and an eventual cure.

Communicate the facts.

Sharing accurate information is key to dispelling misconceptions about the disease. Whether a pamphlet or link to online content, offer information to help people better understand Alzheimer's disease.

Seek support and stay connected.

It is important to stay engaged in meaningful relationships and activities. Whether family, friends or a support group, a network is critical.

Don't be discouraged.

Denial of the disease by others is not a reflection of you. If people think that Alzheimer's disease is normal aging, see it as an education opportunity.

IMPORTANT

The Winter Blues for Seniors

The “winter blues” are a difficult time for many of us. Less sunshine and longer hours of darkness can make us feel tired, lethargic and lacking in our normal enthusiasm for life. Seasonal affective disorder (SAD), a more serious medical condition resulting from the dark days of winter, can even become debilitating and requires medical treatment. Senior adults can be particularly vulnerable to the winter doldrums since they may be less mobile, less active and less capable of doing things on their own. The drop in temperature is often accompanied by a general drop in mood and seniors can become more susceptible to the unhealthy byproducts of the winter season such as over eating, a more sedentary lifestyle and a lack of fresh air and exercise. Helpful Tips from the Experts. Fortunately, there are some things that can be done to counteract the winter blahs and improve one's outlook, physical health and emotional wellbeing. Experts in the medical profession agree that the following tips can be very useful to seniors in beating “old man winter.”

Let the Sun Shine!

Daily doses of sunshine are essential for counteracting winter's long hours of darkness. Frequent bursts of sunlight help us feel more energized, optimistic and engaged. Take some time each day to get outside when the sun is shining and take advantage of the sun's energy boosting rays.

Try a “Light Box”

Another option for overcoming the enervating effects of the long days of darkness is bright light therapy. Special instruments called “light boxes” are used to assist those with sunlight deprivation and those suffering from Seasonal Affective Disorder (SAD). The light box mimics the light from the sun and when used for 20 or 30 minutes a day, has been shown to improve the moods of those suffering from winter blues.

Get Enough Exercise

Get moving! Research has shown that exercise can be a miracle worker when it comes to improving mood, overall health, mental sharpness, susceptibility to illness. Walking can be an excellent form of exercise for seniors and when the weather is too inclement to venture outside, many shopping malls have scheduled walking times in the early morning hours. Mall walking is a great way to get your daily dose of exercise because the surface is flat and the environment is climate controlled and comfortable. Walking with a friend or family member is a great way to work your muscles while socializing.

Part 2-



Stay Connected and Maintain Your Social Calendar

Maintaining an active social calendar and networking with your friends is another important way to enjoy yourself and help the winter season pass by. Continue to do the things you enjoy or try something different as a change of pace to spice up your normal routine. Social engagement is a recognized health booster for all seasons, but it can be especially beneficial in the dark days of winter when our spirits can be low and our energy begins to ebb.

Maintain a Healthy Diet

The darkness, colder winter temperatures and the sense of “hibernation” can cause us to overeat and to crave sweets and carbohydrates – a clear prescription for unhealthy weight gain. Try to stay with healthy foods and balance your food intake with sufficient physical activity and exercise. Soups with meat for protein and an assortment of vegetables can be a warm, satisfying alternative to high calorie foods.

Practice “Winter Hygiene”

With the cold weather months comes the cold and flu season. Coming down with an illness can make winter seem even longer and more unpleasant. To increase your chances of staying healthy, practice what healthcare workers do. Because they are constantly exposed to germs in their work environment, they wash their hands thoroughly and frequently throughout the day. Wash your hands with soap and warm water for roughly 20-25 seconds each time to remove the germs. Also, use a sanitizer to wipe down the “high touch” areas of your home such as doorknobs, phones and other commonly used surfaces to keep them germ free.

Think Positive!

Remember, winter doesn't last forever. Try to envision the coming days of spring and the sunshine, flowers and songbirds that come with it. In the meantime, keep things in perspective and enjoy a good book and a warm beverage while you watch the snow fall outside. This too will pass and warm sun-filled days will follow!

Suggestions for Caregivers

Caregivers can be very helpful to their loved ones by being vigilant for signs of “the winter blues.” Experts tell us that the most common symptoms are general disinterest, tiredness, fatigue and feelings of sadness. Caregivers can help overcome these symptoms by encouraging the list of activities above, and by taking loved ones for walks, driving them to social activities with friends, going out to lunch, shopping or taking in a movie.

The winter months can be difficult at any age. To get through, all it takes is a little knowledge, patience and the right approach. And the next thing you know, you'll find “Spring is right around the corner!”