

Community Notes

- ◆ Just a reminder to all families. Laundry is struggling to identify pieces of clothing because they are not marked with the residents' name. If you are bringing in new items for your loved one, please make sure that those clothes items are marked with their name so they can be returned to the proper owner.
- ◆ Our Life Enrichment calendar offers a variety of programs for everyone! Please review it monthly. We aim to meet the social, spiritual, physical, mental health and enjoyment (fun!!) needs of every single resident, no matter the challenges! Also make sure you sign up your loved ones for outing, in the Life Enrichment office.
- ◆ When Residents leave the building, MDI is committed to our resident's safety and offer a friendly reminder that 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.
- ◆ As a reminder, when a room is vacated, all belongings are to be removed by the families as we do not have the amenities to dispose of your personal items. Thank you for your cooperation and understanding.
- ◆ If you are experiencing Flu-like symptoms (cough/congestion, fever, chills), we ask that you visit your loved one after your symptoms have subsided. Thank you for your understanding and cooperation in our efforts to help avoid the spread of infection to residents and staff.

My Doctor's Inn



**Main Street
Gazette January 2020**

Meet our Staff:

Aida Moussa, Executive Director
Anna Maria Russo, Assistant 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

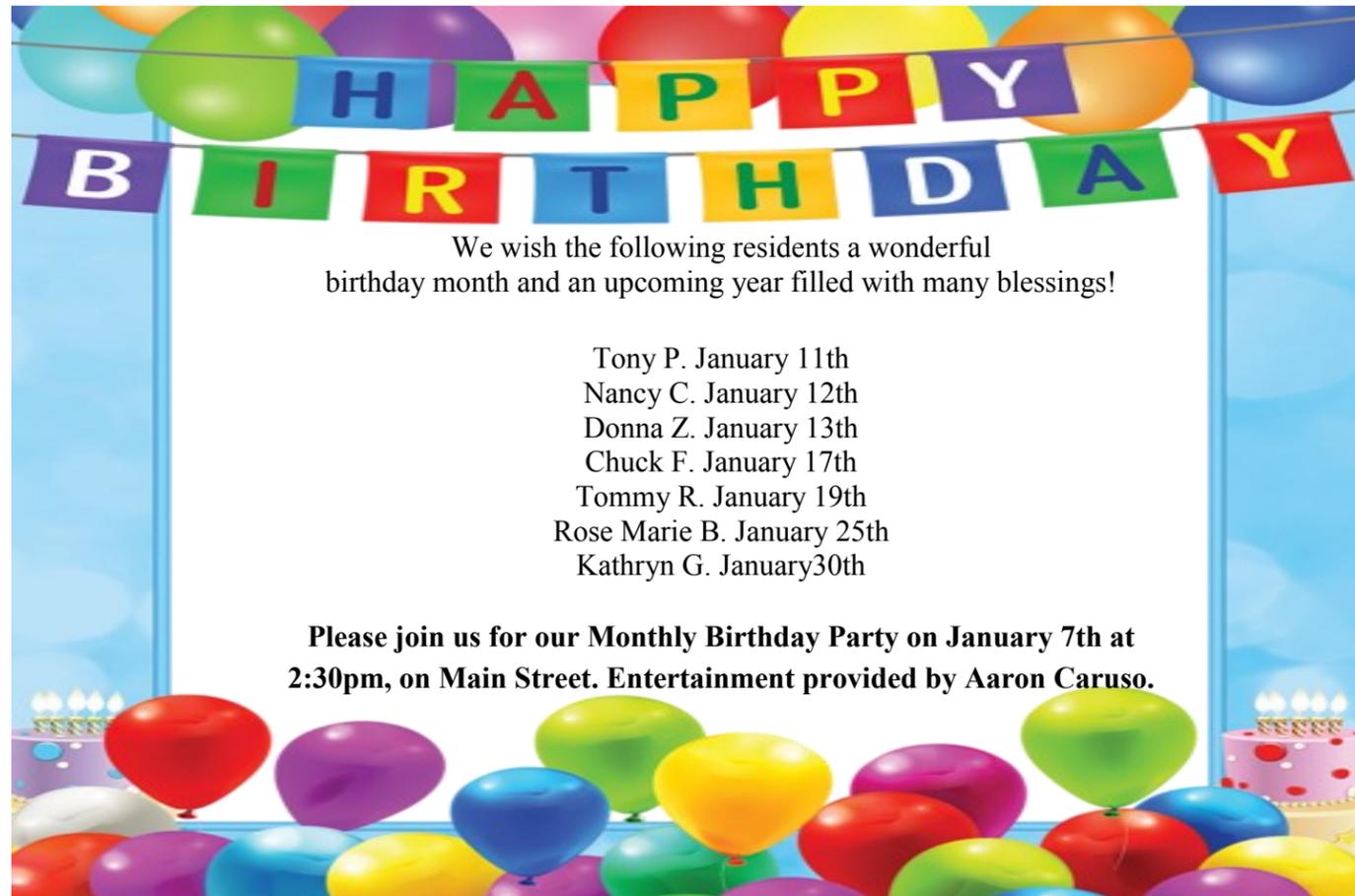
RESPECT - Showing respect for others is one of the most important values in the world. Being respectful is an essential element to becoming the best person you can be.

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!



Anxiety & Agitation

A person with Alzheimer's may feel anxious or agitated. He or she may become restless, causing a need to move around or pace, or become upset in certain places or when focused on specific details.

Possible causes of agitation

Anxiety and agitation may be caused by a number of different medical conditions, medication interactions or by any circumstances that worsen the person's ability to think. Ultimately, the person with dementia is biologically experiencing a profound loss of their ability to negotiate new information and stimulus. It is a direct result of the disease.

Situations that may lead to agitation include:

- Moving to a new residence or nursing home
 - Changes in environment, such as travel, hospitalization or the presence of houseguests
 - Changes in caregiver arrangements
 - Misperceived threats
 - Fear and fatigue resulting from trying to make sense out of a confusing world
- Tips to help prevent agitation

To prevent or reduce agitation:

- Create a calm environment. Remove stressors. This may involve moving the person to a safer or quieter place, or offering a security object, rest or privacy. Try soothing rituals and limiting caffeine use.
- Avoid environmental triggers. Noise, glare and background distraction (such as having the television on) can act as triggers.
- Monitor personal comfort. Check for pain, hunger, thirst, constipation, full bladder, fatigue, infections and skin irritation. Make sure the room is at a comfortable temperature. Be sensitive to fears, misperceived threats and frustration with expressing what is wanted.
- Simplify tasks and routines.
- Provide an opportunity for exercise. Go for a walk. Garden together. Put on music and dance.

How to respond

Do: Back off and ask permission; use calm, positive statements; reassure; slow down; add light; offer guided choices between two options; focus on pleasant events; offer simple exercise options, try to limit stimulation.

Say: May I help you? Do you have time to help me? You're safe here. Everything is under control. I apologize. I'm sorry that you are upset. I know it's hard. I will stay with you until you feel better.

- Listen to the frustration. Find out what may be causing the agitation, and try to understand.
- Provide reassurance. Use calming phrases such as: "You're safe here;" "I'm sorry that you are upset;" and "I will stay until you feel better." Let the person know you are there.
- Involve the person in activities. Try using art, music or other activities to help engage the person and divert attention away from the anxiety.
- Modify the environment. Decrease noise and distractions, or relocate.
- Find outlets for the person's energy. The person may be looking for something to do. Take a walk or go for a car ride.
- Check yourself. Do not raise your voice, show alarm or offense, or corner, crowd, restrain, criticize, ignore or argue with the person. Take care not to make sudden movements out of the person's view.
- See the doctor. See the person with dementia's primary care physician to rule out any physical causes or medication-related side effects.
- Share your experience with others. Join ALZConnected, our online support community and message boards, and share what response strategies have worked for you and get more ideas from other caregivers.

Resident of the Month



Rose Marie Spears was born on November 11, 1926 to Helen and Frank Sullivan in Dearborn Michigan. She was their 4th child of five children. At 17 years old when she met the love of her life, Henry B. Spears a navy Seaman. They waited patiently until she was 18 and got married, on November 24th 1944. Together they stayed at various naval bases on the west coast, until Henry was discharged from the Navy. At first they lived in Dearborn in a small apartment, after the 2nd daughter was born and they were expecting baby number 3, they knew it was time to move to a bigger place. They built a bungalow in Dearborn Heights

Township. Together they had 8 children, sadly Henry got sick in the early 60's and had to retire. While Henry suffer with multiple health issues, Rose Marie helped support the family by working as an elevator operator at The Book Sheraton Hotel in Detroit. Sadly in 1975, Henry passed away. Rose still had to work, as she still had one child at home, she worked at Sears as a cashier, until the late 80's. Rose Marie has always been a very social person, whom loved dancing, bowling and swimming. Her time was also spend at church and with her beloved grandchildren of which she has 19 of them, there are also 12 plus great-grand children. Rose Marie lived on her own until she was 91 years old. We just celebrated her 93rd birthday in November. We here at My Doctor's Inn are so blessed to have Rose Marie as one of our residents. Congratulations!

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