



### Resident of the Month

Mary Debski was born and raised in Detroit to parents who had immigrated from Czechoslovakia and had one older brother and one younger sister. She married Richard in 1950 at the age of 21. Two years later Mary and Richard would move to their new home in Center Line. During this time Mary worked as a Secretary for Chrysler. Mary and Richard would raise four daughters in their home. Once Mary had her first child in 1957 the decision was made that she would stay home and raise the girls while her husband worked. Mary and Richard were proud that their daughters attended Catholic school all the way from 1<sup>st</sup> grade through high school. They were both very involved with their daughters, whether it be homework or any of the many after school activities such as sports or cheerleading. After the girls grew up and left the house, Mary and Richard had the opportunity to travel together including trips to Colorado, California, Chicago, Georgia, Florida, Las Vegas and a wonderful trip to Singapore to visit one of her daughters. When Richard passed away in 2003 Mary stayed in her home and was very independent. She travelled to visit her two daughters in New York and New Jersey every summer for almost 10 years. Mary is the proud grandmother of 3 terrific grandsons, aged 30, 28 and 18. Mary moved to My Doctors Inn last June. Congratulations Mary!

# My Doctor's Inn



**Main Street  
Gazette May 2021**

### Meet our Staff:

- Aida Moussa, Director of Operations
- Rebecca Holland, Executive Director
- 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.

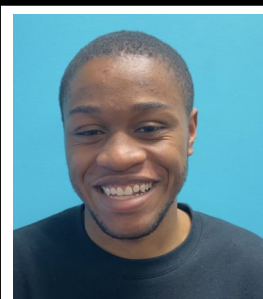
**TEAMWORK** - Coming together is a beginning, staying together is progress, working together is success!



**HAPPY BIRTHDAY**

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

- Ruth B.– May 3rd
- Christine A.– May 4th
- Vergean G.– May 4th
- Dorothy G.– May 5th
- Edel C.– May 7th
- JoAnn D.– May 18th
- Margaret L.– May 26th
- Mary Jo.– May 26th
- Harrison M.– May 26th



### Associate of the Month Diamond Johnson Team Work

Elijah is a true asset to MDI, he is compassionate to our residents and goes above and beyond for them on a daily basis. He steps into different roles to make sure his dietary team is always taking care. Keep up the great work Elijah, we are truly blessed to have you in our team.



## **Communication and Alzheimer's**

Alzheimer's disease and other dementias gradually diminish a person's ability to communicate. Communication with a person with Alzheimer's requires patience, understanding and good listening skills. The strategies below can help both you and the person with dementia understand each other better.

### **Changes in communication**

Changes in the ability to communicate can vary, and are based on the person and where he or she is in the disease process. Problems you can expect to see throughout the progression of the disease include:

- Difficulty finding the right words
- Using familiar words repeatedly
- Describing familiar objects rather than calling them by name
- Easily losing a train of thought
- Difficulty organizing words logically
- Reverting to speaking a native language
- Speaking less often
- Relying on gestures more than speaking

### **Communication in the early stage**

In the early stage of Alzheimer's disease, sometimes referred to as mild Alzheimer's in a medical context, an individual is still able to participate in meaningful conversation and engage in social activities. However, he or she may repeat stories, feel overwhelmed by excessive stimulation or have difficulty finding the right word.

Tips for successful communication:

Don't make assumptions about a person's ability to communicate because of an Alzheimer's diagnosis. The disease affects each person differently.

Don't exclude the person with the disease from conversations.

Speak directly to the person rather than to his or her caregiver or companion.

Take time to listen to the person express his or her thoughts, feelings and needs.

Give the person time to respond. Don't interrupt unless help is requested.

Ask what the person is still comfortable doing and what he or she may need help with.

Discuss which method of communication is most comfortable. This could include face-to-face conversation, email or phone calls.

It's OK to laugh. Sometimes humor lightens the mood and makes communication easier.

Don't pull away; your honesty, friendship and support are important to the person.

### **Communication in the middle stage**

The middle stage of Alzheimer's, sometimes referred to as moderate Alzheimer's, is typically the longest and can last for many years. As the disease progresses, the person will have greater difficulty communicating and will require more direct care. Tips for successful communication:

Engage the person in one-on-one conversation in a quiet space that has minimal distractions.

Speak slowly and clearly.

Maintain eye contact. It shows you care about what he or she is saying.

Give the person plenty of time to respond so he or she can think about what to say.

Be patient and offer reassurance. It may encourage the person to explain his or her thoughts.

Ask one question at a time.

Ask yes or no questions. For example, "Would you like some coffee?" rather than "What would you like to drink?"

Avoid criticizing or correcting. Instead, listen and try to find the meaning in what the person says. Repeat what was said to clarify.

Avoid arguing. If the person says something you don't agree with, let it be.

Offer clear, step-by-step instructions for tasks. Lengthy requests may be overwhelming.

Give visual cues. Demonstrate a task to encourage participation.

Written notes can be helpful when spoken words seem confusing.

### **Communication in the late stage**

The late stage of Alzheimer's disease, sometimes referred to as severe Alzheimer's, may last from several weeks to several years. As the disease advances, the person with Alzheimer's may rely on nonverbal communication, such as facial expressions or vocal sounds. Around-the-clock care is usually required in this stage. Tips for successful communication:

Approach the person from the front and identify yourself.

Encourage nonverbal communication. If you don't understand what the person is trying to say, ask him or her to point or gesture.

Use touch, sights, sounds, smells and tastes as a form of communication with the person.

Consider the feelings behind words or sounds. Sometimes the emotions being expressed are more important than what's being said.

Treat the person with dignity and respect. Avoid talking down to the person or as if he or she isn't there.

It's OK if you don't know what to say; your presence and friendship are most important.

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