

Sunlight & Seniors

As an older adult, sunlight in the right amount, may provide health benefits. Sunlight causes your body to produce vitamin D. Vitamin D bolsters your skeletal health and may reduce the risk of colorectal cancer, hip fractures and vascular events such as stroke or heart attack according to recent research.

Geriatrician researcher, Ronon Factora, MD, says that sunlight has other hidden benefits. With its power to produce vitamin D it protects against depression, insomnia and an overactive immune system.

The researchers say that older adults should adopt a balanced approach to sun exposure. Avoid long hours in the sun but try to get a least some exposure to sunshine several days a week but taking into account sun exposure should be tailored to skin type and location because ultraviolet light intensity varies with geography.

Let's Get Some Sun!



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

Virginia W.-June 3rd
Dorrance K- June 8th
Jacquelyne S.- June 10th
Thomas D.- June 10th
Dennis C.- June 12th
Arlene E.- June 21st
June D.- June 24th
Ruth Ann.- June 26th
Arthur M.- June 30th



Associate of the Month Team work

Guilia is a great asset to My Doctor's Inn. She is such a team player, helping in the kitchen when needed, caring for the residents and going above and beyond on a daily basis. Thank you Guilia for everything you do and we are lucky to have you on our team. Keep up the great work!!

Congratulations!!



My Doctor's Inn



Main Street
Gazette June 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!





Four Types of Memory Loss

Memory loss isn't a simple thing, and there are many factors at work when considering the process of memory loss. There are four different types of memory, sensory, short-term, working and long term memory.

Short-Term Memory

Short-term memory loss is one of the first symptoms of Alzheimer's disease. You might recall your loved one asking the same question multiple times in the course of a day or a couple of days. This is commonly described as the inability to recall information that was just recently given to you. The amount of time concerning 'short-term' can be from a couple of seconds, up to a few days.

Sensory Memory

Sensory memory is considered the 'shortest term' memory. It usually is only 3 seconds and it relates to recalling sensory experiences (memories related to seeing, hearing, tasting, etc.) Sensory memory is often not referred to so much in detecting Alzheimer's because it is subtle and these memories are too short.

Working Memory

Working memory is also noticed in the early stages of Alzheimer's disease, as it is closely linked to the short-term memory. Working memory is what allows our brains to keep limited amounts of information stored up long enough to use it. It helps us to process our thoughts and to form plans, as well as to develop ideas. As you can see, the short-term memory and the working memory work together.

Long-Term Memory

Long-term memory is usually visible in Alzheimer's patients later on in diagnosis. These memories are from a few weeks to early memories from life. The process of memory moves from sensory to short-term to long-term. This explains why long-term memory is the last to be affected in the disease.



Resident of the Month

Lori grew up in Shelby. She has two sisters, a brother, and several nieces and nephews. She graduated from Eisenhower and then attended Lutz. She is very sociable and enjoyed bike rides, softball, bowling, shopping, bingo, movies, and puzzles. Lori worked at C.S.D.D. For many years until it closed due to the Covid pandemic. Lori has always liked to get the mail

and newspaper every day, and especially enjoys her magazines. Lori enjoys our activities here at My Doctor's Inn. She particularly enjoys passing the mail out to our Memory Care residents on a daily basis. Congratulations Lori and thank you for making us smile every day with your presence.



Alzheimer's Communication

1. Never Argue.
Instead **Agree.**

2. Never Reason.
Instead **Divert.**

3. Never Shame.
Instead **Distract.**

4. Never Lecture.
Instead **Reassure.**

5. Never say "Remember."
Instead **Reminisce.**

6. Never say "I Told You."
Instead **Repeat.**

7. Never say "You Can't."
Instead say what they **Can Do.**

8. Never Demand.
Instead **Ask.**

9. Never Condescend.
Instead **Encourage.**

10. Never Force.
Instead **Reinforce.**