

Resident of the Month

People let me tell you about our best friend Delphine Stella Malofy. Delphine was born December 15, 1925. She grew up in Hamtramck and Detroit. Delphine attended St. Stanislaw High School, where she met her best friend and the love of her life for seventy years, Her husband Sigmund. The years brought Delphine 5 brilliant, wonderful children to whom she passed along the importance of family, love, and humor. Delphine is an avid chef, gardener, and sports fan of all of her hometown sports.... GO BLUE!! Delphine has 11 grandchildren and 11 great grandchildren. Biography written by her daughter Lori.

Congratulations!



My Doctor's Inn

**Main Street
Gazette November 2021**



Giving Thanks

(Author Unknown)

For the hay and the corn and the wheat that is reaped,
For the labor well done, and the barns that are heaped,
For the sun and the dew and the sweet honeycomb,
For the rose and the song and the harvest brought home –
Thanksgiving! Thanksgiving!

For the trade and the skill and the wealth in our land,
For the cunning and strength of the workingman's hand,
For the good that our artists and poets have taught,
For the friendship that hope and affection have brought –
Thanksgiving! Thanksgiving!

For the homes that with purest affection are blest,
For the season of plenty and well-deserved rest,
For our country extending from sea unto sea;
The land that is known as the "Land of the Free" –
Thanksgiving! Thanksgiving!



Associate of the Month



Rebecca Holland was nominated for employee of the month by all of the Directors, here at MDI.

Rebecca has just recently been promoted to Executive Director and she is rocking the position. She is so informative, helpful and passionate about her residents and her staff. She spends endless hours giving care to her residents and making sure her staff is also taking care. Her door is always open for guidance or any concerns we may have. Thank you for all you do! We appreciate you!

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!

Meet our Staff:

- Aida Moussa, Director of Operations
- Rebecca Holland, Executive Director
- Tyree Brown LPN, Director of Resident Care
- Nikki Mason , Director of Community Relations
- Carolina Baeza, Senior Life Enrichment Director
- LaMarr Thomas, Director of Dining Services
- David Bungard, Senior Maintenance Director
- Desiree Rasberry, Administrative Director



HAPPY BIRTHDAY

We wish the following residents a wonderful

- Les P. November 1st
- Mark P. November 5th
- Rita G. November 9th
- Phyllis H. November 18th

Happy birthday month and an upcoming year filled with many blessings!

Facts of Alzheimer's

Symptoms

Alzheimer's causes a gradual decline in memory, thinking and reasoning skills

Symptoms depend on the stage of the disease:

Early symptoms include:

Memory loss

Misplacing items

Forgetting the names of places and objects

Repeating themselves regularly, such as asking the same question several times

Becoming less flexible and more hesitant to try new things

Middle-stage symptoms include:

Increasing confusion and disorientation

Obsessive, repetitive or impulsive behavior

Delusions (believing things that are untrue)

Problems with speech or language (aphasia)

Disturbed sleep

Changes in mood, such as frequent mood swings, depression and feeling increasingly anxious, frustrated or agitated

Difficulty in performing spatial tasks, such as judging distances

Agnosia

Later symptoms include:

Difficulty in changing position or moving around without assistance

Considerable weight loss – although some people eat too much and put on weight

Gradual loss of speech

Significant problems with short and long-term memory

Causes

Affected brain tissue contains:

Alzheimer's disease causes shrinkage (atrophy) of the posterior part of the brain.

Amyloid plaques (abnormal deposits of protein) that damage and destroy brain cells.

Neurofibrillary tangles- Brain cells require the normal structure and functioning of a protein called tau. In Alzheimer's, threads of tau protein twist into abnormal tangles inside brain cells, leading to the death of brain cells.

Factors known to increase the risk of developing the condition are:

Age -advanced age

Family history and genetics

Down syndrome

Head injuries

Past head trauma

Mild cognitive impairment

Prevention

Reduce your risk of cardiovascular disease. Cardiovascular disease has been linked with an increased risk of Alzheimer's disease and vascular dementia.

Exercise regularly

Engage in social activities

Have a healthy diet

Get quality sleep

Manage stress effectively

Stop smoking

Maintain a healthy weight-height ratio

Complications

At a later stage, complications may include:

Pneumonia and other infections

Falls and fractures

Bedsore

Malnutrition or dehydration

Tips For Seniors Dealing With the Winter Blues

November 6, 2017 | Dr. Kim Langdon | Posted in General Senior Living

The winter blues aren't just an old wives' tale, they are a very real and very serious condition that impacts many adults today, especially seniors. The winter blues, also known as Seasonal Affective Disorder (SAD), can actually occur when the seasons start to change. If you notice your loved one sleeping more, showing signs of sadness or mood swings, not wanting to leave the house or losing interest in their favorite hobbies this winter, they may be suffering from SAD. With winter fast approaching, it is more important than ever for caregivers to be aware of the signs of SAD and for ways to help seniors overcome seasonal depression.

Help your loved one get out of the house. One of the many reasons seniors are more prone to SAD is because they feel isolated and alone when they spend most of their time indoors.

Don't downplay your loved one's mood. Ridiculing your loved one for feeling sad during this time of year can only make things worse.

Try to help your loved one stay on a set schedule. The changing of the seasons can actually disrupt the body's sleep-wake cycles. The more regimen a senior's schedule is, the easier it will be for them to fall asleep and wake up as normal.

Consider either real or artificial light. One of the main ways to treat SAD is with light therapy. You can actually purchase a lightbox that will mimic the sun and help seniors get the light exposure they need. You can also have your senior near a window in the sun during the day to help.

Exercise is also a powerful way to combat SAD. Simple walks can go a long way in helping seniors overcome the stress and anxiety that typically accompany this time of year. If your loved one isn't particularly mobile, consider massage. As long as their muscles are moving, it will help with their SAD symptoms.

Seniors need social contact at all times, especially during the winter. Plan for visitors to come in and see your senior daily so they have interactions with others.

The right diet can actually help with all types of depression. Make sure your loved one is eating a healthy, balanced diet and that they are avoiding sugar and alcohol as much as possible.

It can be easy for seniors to get down on themselves and no longer take care of their appearance, which can only make SAD worse. Help your loved one with their hair, makeup, clothing, and other personal hygiene issues so they can always look and feel their best.

Keep these tips in mind if you are helping to look after your senior loved one. Elderly adults are particularly prone to SAD, and the more you can do as their loved one to help them through this difficult time, the better. If you fear as though your loved one's seasonal depression is getting worse and they may need professional help, consult your loved one's doctor right away for further assistance.