



Resident of the Month

Edel Cardozo

- ◆ Born in Colombia in 1939
- ◆ Age 23 arrived to the USA
- ◆ Married-Divorced, had 3 children
- ◆ Raised her children as single parent, worked 3 jobs
- ◆ Through out her busy life, mom never stopped to have fun, she loves to dance and do arts & crafts
- ◆ Age 58 returned to nursing school
- ◆ Age 60 graduated with her License Practical Nurse Degree
- ◆ Worked at a Nursing Home helping patients with dementia
- ◆ Age 68 Liver Transplant Survivor
- ◆ Age 80 Diagnosed with Alzheimer's
- ◆ Her conviction in GOD never swayed, mom has withstood anything that came her way
- ◆ The most amazing MOTHER in the world!!!

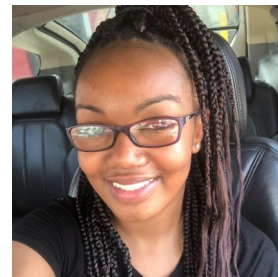


Associate of the

Month

Going Above and Beyond

Daysja is an amazing asset to our dietary department. She goes above and beyond for her residents. Always smiling and friendly to everyone, making sure our residents are well taking care of. We are lucky to have her be part of our MDI Family. Congratulations to an amazing employee!



My Doctor's Inn



**Main Street
Gazette February 2022**

Meet our Staff:

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

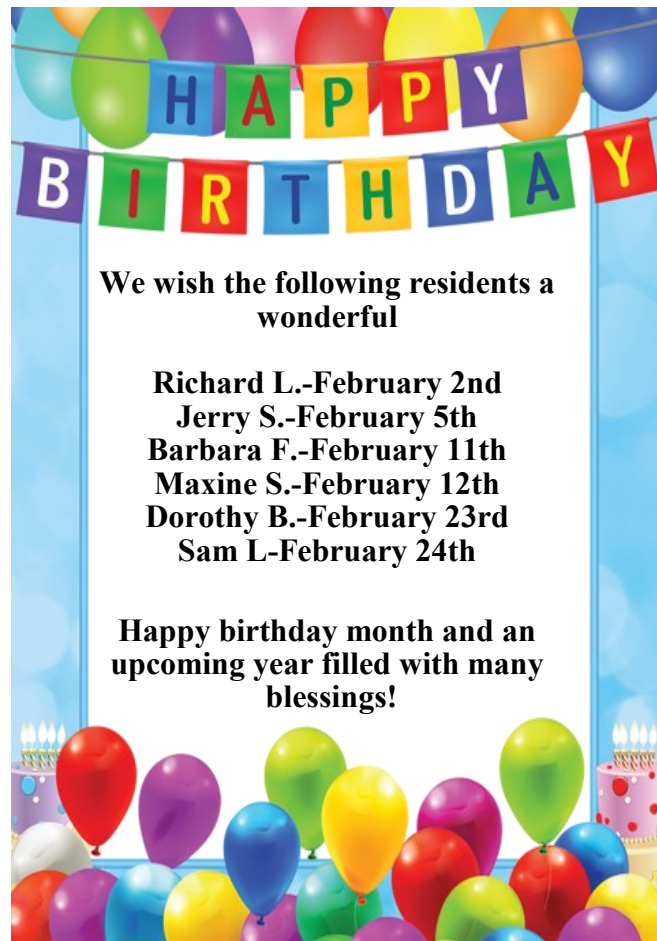
GOING ABOVE AND BEYOND - Doing what is expected can make you valuable. Going above and beyond makes you exceptional.

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!

Alzheimer's Poem

*Do not ask me to remember
Do not 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 my 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 till my life is done*



We wish the following residents a wonderful

- Richard L.-February 2nd
- Jerry S.-February 5th
- Barbara F.-February 11th
- Maxine S.-February 12th
- Dorothy B.-February 23rd
- Sam L-February 24th

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



The Seven Stages of Dementia

One of the most difficult things to hear about dementia is that, in most cases, dementia is irreversible and incurable. However, with an early diagnosis and proper care, the progression of some forms of dementia can be managed and slowed down. The cognitive decline that accompanies dementia conditions does not happen all at once - the progression of dementia can be divided into seven distinct, identifiable stages.

Learning about the stages of dementia can help with identifying signs and symptoms early on, as well as assisting sufferers and caretakers in knowing what to expect in further stages. The earlier dementia is diagnosed, the sooner treatment can start.

Stage 1: No Cognitive Decline

Stage 1 of dementia can also be classified as the normal functioning stage. At this stage of dementia development, a patient generally does not exhibit any significant problems with memory, or any cognitive impairment. Stages 1-3 of dementia progression are generally known as "pre-dementia" stages.

Stage 2: Age Associated Memory Impairment

This stage features occasional lapses of memory most frequently seen in:

- *Forgetting where one has placed an object
- *Forgetting names that were once very familiar
- *Oftentimes, this mild decline in memory is merely normal age-related cognitive decline, but it can also be one of the earliest signs of degenerative dementia. At this stage, signs are still virtually undetectable through clinical testing. Concern for early onset of dementia should arise with respect to other symptoms.

Stage 3: Mild Cognitive Impairment

Clear cognitive problems begin to manifest in stage 3. A few signs of stage 3 dementia include:

- *Getting lost easily
- *Noticeably poor performance at work
- *Forgetting the names of family members and close friends
- *Difficulty retaining information read in a book or passage
- *Losing or misplacing important objects
- *Difficulty concentrating
- *Patients often start to experience mild to moderate anxiety as these symptoms increasingly interfere with day-to-day life. Patients who may be in this stage of dementia are encouraged to have a clinical interview with a clinician for proper diagnosis.

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Stage 4: Mild Dementia

At this stage, individuals may start to become socially withdrawn and show changes in personality and mood. Denial of symptoms as a defense mechanism is commonly seen in stage 4. Behaviors to look for include:

- *Decreased knowledge of current and/or recent events
- *Difficulty remembering things about one's personal history
- *Decreased ability to handle finances, arrange travel plans, etc.
- *Disorientation
- *Difficulty recognizing faces and people

In stage 4 dementia, individuals have no trouble recognizing familiar faces or traveling to familiar locations. However, patients in this stage will often avoid challenging situations to hide symptoms or prevent stress or anxiety.

Stage 5: Moderate Dementia

Patients in stage 5 need some assistance in order to carry out their daily lives. The main sign for stage 5 dementia is the inability to remember major details such as the name of a close family member or a home address. Patients may become disoriented about the time and place, have trouble making decisions, and forget basic information about themselves, such as a telephone number or address.

While moderate dementia can interfere with basic functioning, patients at this stage do not need assistance with basic functions such as using the bathroom or eating. Patients also still have the ability to remember their own names and generally the names of spouses and children.

Stage 6: Moderately Severe Dementia

When the patient begins to forget the names of their children, spouse, or primary caregivers, they are most likely entering stage 6 of dementia and will need full time care. In the sixth stage, patients are generally unaware of their surroundings, cannot recall recent events, and have skewed memories of their personal past. Caregivers and loved ones should watch for:

- *Delusional behavior
- *Obsessive behavior and symptoms
- *Anxiety, aggression, and agitation
- *Loss of willpower
- *Patients may begin to wander, have difficulty sleeping, and in some cases will experience hallucinations.

Stage 7: Severe Dementia

Along with the loss of motor skills, patients will progressively lose the ability to speak during stage 7 dementia. In the final stage, the brain seems to lose its connection with the body. Severe dementia frequently entails the loss of all verbal and speech abilities. Loved ones and caregivers will need to help the individual with walking, eating, and using the bathroom.

By identifying the earliest stages of dementia as they occur, you may be able to seek medical treatment quickly and delay the onset of later stages. Though most cases of dementia are progressive, some may be reversible, and sometimes dementia-like conditions may be caused by treatable underlying deficiencies or illnesses. The more aware you are of these stages, the quicker you will be able to react and seek help, either for yourself or for a loved one.

Source: Global Deterioration Scale for Assessment of Primary Degenerative Dementia