



Resident of the Month

Mis Christine Retka was born in Detroit, Michigan. Her mother and father made sure their family was well taking care of. Her father was a TV repair man and owned his own shop in Detroit.

Her mother was a housewife and did work part time for her church. Christine had one sister Maryann and one brother Anthony. Her family grow up in Hamtramck, were she attended Our 'Lady of Christians and graduated from Hamtramck High School. Christine was a career women, dedicated completely to accomplish all her professional goals. She worked for Kmart for 30 years, Christine started as a cashier and moved all the way to managerial status. She finished her career at Kmart holding a headquarters manager position. She always made sure her parents and family were taking care at all times. Christine enjoys listening to talk radio and watching old TV shows and movies.

Congratulations Christine!!

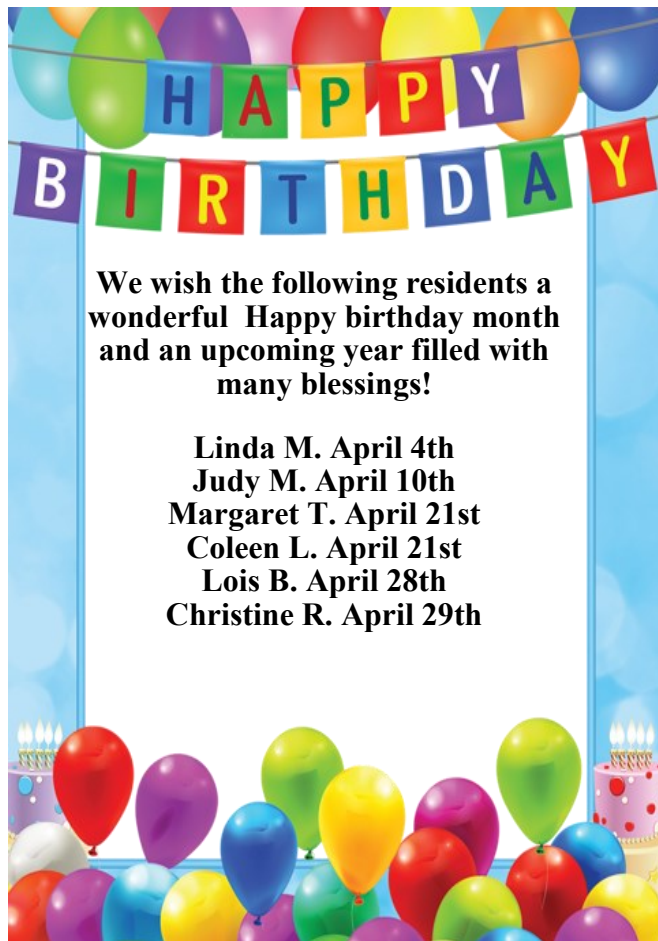
Yes, I cry
Yes, I cry when it gets too rough,
when it feels like I have had enough.
When all I want is to run and hide,
please stop and let me off this ride.

No-one can help you prepare
for how life changes once
dementia is there.
Taking each bit of a person away,
little by little taking more every day.

Yes, I cry for you mum
as you grow old, wishing
dementia would release its hold.
I cry for what was and what is now, I
try to make sense of the why and how.

So enjoy what you have because
it's only lent, everything in life
is heaven sent.
Borrowed for now but in the end
it's the life you remember
that will help you mend.

by Wendy White



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

- Linda M. April 4th**
- Judy M. April 10th**
- Margaret T. April 21st**
- Coleen L. April 21st**
- Lois B. April 28th**
- Christine R. April 29th**

Associate of the Month

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

Marlene Adams

Marlene is a fantastic caregiver. She regularly goes above and beyond for her residents and is a great asset to My Doctor's Inn. We are so lucky to have Marlene on our team! Thank you for all you do for your residents!



My Doctor's Inn



**Main Street
Gazette April 2022**

Meet our Staff:

- Aida Moussa, Director of Operations
- Rebecca Holland, Executive Director
- Nikki Mason , Director of Community Relations
- Desiree Rasberry, Assistant Director of Operations
- 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!



15 simple diet tweaks that could cut your Alzheimer's risk

Want to preserve your brain health for the long run? Here are the 10 best foods to eat (plus five to avoid).

By Angela L. Murad

Have you heard of the Dietary Approaches to Stop Hypertension (DASH) diet for high blood pressure or the Mediterranean diet for heart health? When it comes to protecting your brain health, a hybrid of the two eating styles may be best.

Dubbed the "MIND" diet, short for Mediterranean-DASH Intervention for Neurodegenerative Delay, this eating pattern goes big on natural plant-based foods while limiting red meat, saturated fat and sweets. And observational studies suggest the diet can reduce the risk of developing Alzheimer's disease by up to 53 percent as well as slow cognitive decline and improve verbal memory.

Researchers developed the diet by looking at the Mediterranean and DASH diets, then focusing on the foods with the most compelling findings in dementia prevention. Vegetables, especially leafy greens, rose to the top. In general, fruit didn't, though berries made the list.

Then researchers tracked detailed eating logs in an older adult population for an average of 4.5 years to uncover trends among the diets of those who developed dementia versus those who didn't. Their discovery: Older adults whose diets most closely resembled the pattern laid out in the MIND diet had brains as sharp as people 7.5 years younger. That's a substantial difference, since delaying dementia by just five years has been suggested to cut the cost and prevalence of the disease in half.

Want to see how your diet stacks up? Give yourself a point for each of the following MIND diet rules you typically follow in your life (up to a max of 15 points).

At least three servings of whole grains a day

Green leafy vegetables (such as salad) at least six times a week

Other vegetables at least once a day

Berries at least twice a week

Red meat less than four times a week

Fish at least once a week

Poultry at least twice a week

Beans more than three times a week

Nuts at least five times a week

Fried or fast food less than once a week

Mainly olive oil for cooking

Less than a tablespoon of butter or margarine a day

Less than a serving of cheese a week

Less than five pastries or sweets a week

One glass of wine or other alcoholic drink a day

While both the MIND and Mediterranean diets yield similar reductions in Alzheimer's risk, the MIND diet is more flexible, which may make it easier to follow for some Americans. For example, the Mediterranean diet recommends eating fish multiple days a week, which can be a challenge.

Another interesting takeaway: You don't have to have a perfect diet to benefit. While the adults in the study who followed the diet most closely (an average score of 9.6 points out of 15) saw the biggest drop in their Alzheimer's risk, the ones who scored in the middle (7.5 points) still cut their risk by over a third. Consider targeting just one or two of the habits above to improve your score — and your brain health

Dementia-Like

"Some causes of Dementia or Dementia-like symptoms can be reversed. Your doctor may identify and treat these causes:

Infections and immune disorders. Dementia-like symptoms can result from fever or other side effects of your body's attempt to fight off an infection. People may develop thinking difficulties if they have infections like a urinary tract infection (UTI), meningitis and encephalitis, untreated syphilis, Lyme disease, or conditions that cause a completely compromised immune system, such as leukemia.

Metabolic problems and endocrine abnormalities. People with thyroid problems, too little sugar in the bloodstream (hypoglycemia), too low or too high amounts of sodium or calcium, or an impaired ability to absorb vitamin B-12 may develop Dementia-like symptoms or other personality changes.

Nutritional deficiencies. Dementia-like symptoms can occur as a result of not drinking enough liquids (dehydration); not having enough thiamin (vitamin B-1), a condition common in people with chronic alcoholism; and not having enough vitamins B-6 and B-12 in your diet.

Reactions to medications. Dementia-like symptoms may occur as a reaction to a single medication or because of an interaction of several medications.

Subdural hematomas. Subdural hematomas are caused by bleeding between the surface of the brain and the covering over the brain. They can cause symptoms similar to Dementia.

Poisoning. Dementia-like symptoms can occur as a result of exposure to heavy metals, such as lead, and other poisons, such as pesticides. Dementia-like symptoms may also occur in some people who have abused alcohol or recreational drugs [See also Wernicke-Korsakoff Syndrome (WKS)]. Symptoms may disappear after treatment, but in some cases, symptoms may still be present after treatment.

Brain tumors. Dementia rarely can result from damage caused by a brain tumor.

Anoxia. This condition, also called hypoxia, occurs when organ tissues aren't getting enough oxygen. Anoxia may occur due to severe asthma, heart attack, carbon monoxide poisoning or other causes. If you've experienced a severe lack of oxygen, recovery may take longer. Symptoms, such as memory problems or confusion, may occur during recovery.

Normal-pressure hydrocephalus. Sometimes people have a condition caused by enlarged ventricles in the brain (normal-pressure hydrocephalus). This condition can cause walking problems, urinary difficulty, and memory loss. Shunt surgery, which delivers cerebrospinal fluid from the head to the abdomen or heart, may help these symptoms."

Chemo Brain. Mental cloudiness or changes ... notice[d] before, during, and after cancer treatment. This cloudiness or mental change is commonly referred to as chemo brain. Doctors and researchers may call chemo brain many things, such as cancer treatment-related cognitive impairment, cancer-related cognitive change, or post-chemotherapy cognitive impairment."