

# My Doctor's Inn

Main Street  
Gazette  
October 2022



## Associate of the Month

### Tracy Savage

Tracy just recently joined our team and has been an amazing asset to My Doctor's Inn. She strives everyday to make sure her residents feel warm and welcomed. She goes above and beyond in her housekeeping department on a daily basis and ensures all her tasks are done prior to leaving for the day. We are truly blessed to have her on our team!

Thank you Tracy for all your hard work and dedication!



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.

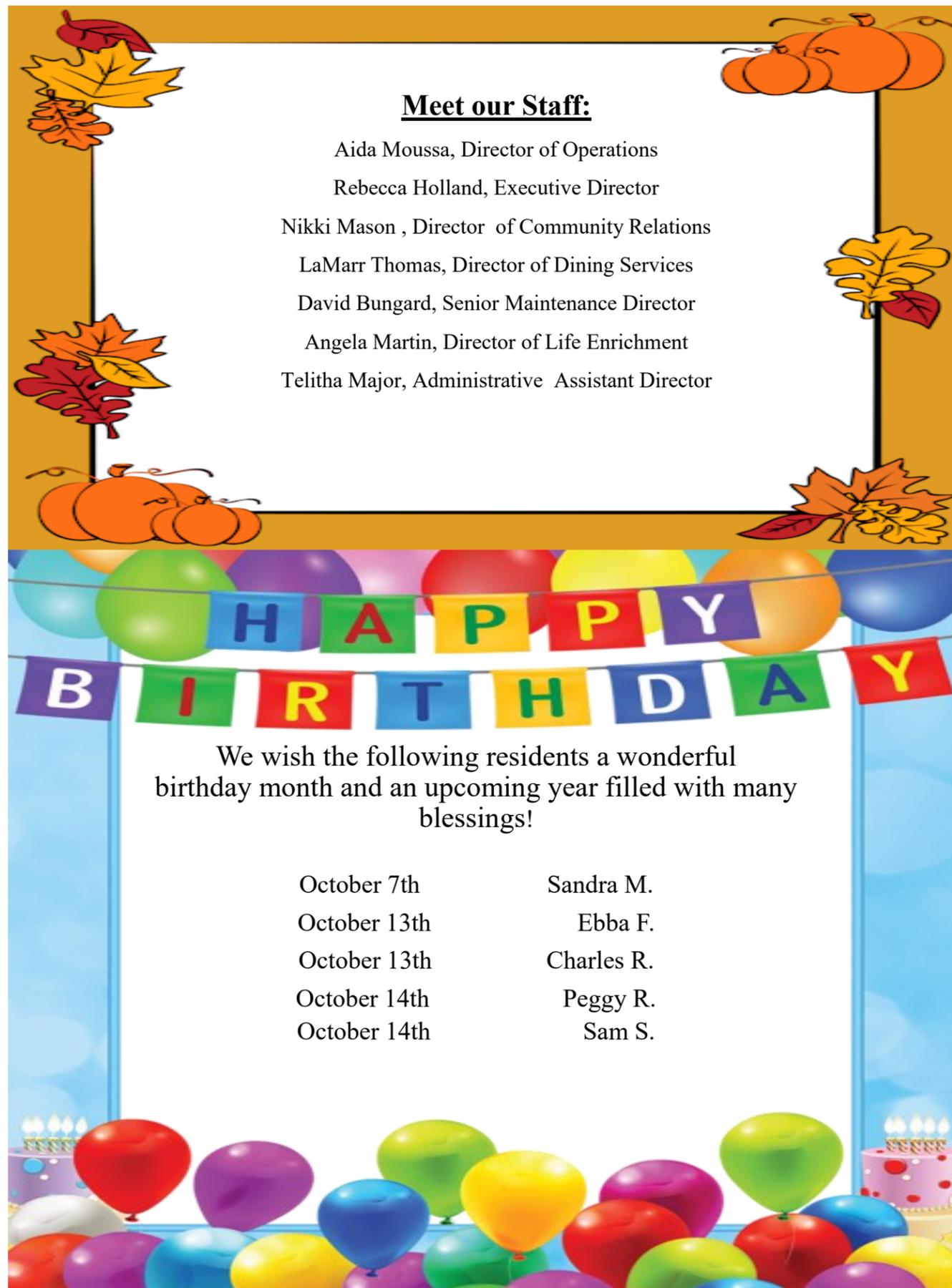
**TEAMWORK** - Coming together is a beginning, staying together is progress, working together is success!

## Meet our Staff:

Aida Moussa, Director of Operations  
Rebecca Holland, Executive Director  
Nikki Mason , Director of Community Relations  
LaMarr Thomas, Director of Dining Services  
David Bungard, Senior Maintenance Director  
Angela Martin, Director of Life Enrichment  
Telitha Major, Administrative Assistant Director

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

October 7th	Sandra M.
October 13th	Ebba F.
October 13th	Charles R.
October 14th	Peggy R.
October 14th	Sam S.



## Resident of the Month

### Doris “ Boots Moats

Doris Moats or well known as "Boots". Was born in Detroit, Mi. On September 15th, 1931. Boots grew up as a Tom boy, she loved baseball. One of her favorite moments in life, was catching a baseball one handed at Briggs stadium. She knocked down a guy drinking a beer and eating peanuts. The baseball stories were told many times in her life time. Later in life she met mister right. That's was her husband Dean Moats, as they were married in 1954. Dean was stationed on Bell Isle in the Army where Boots and Dean met. They have been married for 68 years. Throughout their 68 years being married they had 1 son and 2 daughters. Next came along 6 grandchildren and 7 great grandchildren. Boots was a great mom, always making a fun time for her children. We were always eating her good cooking and baking. Boots will always be loved by her family and friends forever.



## Lack of REM Sleep Tied to Increased Risk of Dementia

According to an article published by Reuters Health News, people who spend less time in deep, rapid eye movement (REM) sleep may be more likely to

develop dementia than individuals who get better quality rest. As stated by Dr. Eric Larson, “REM sleep is considered the part of the sleep cycle where our brains get rejuvenated. It’s considered the best part of sleep from a perspective of gaining the rest that restores well-being.” Patients with dementia

often have difficulty sleeping but previous research couldn’t determine which comes first – the cognitive decline or the sleep deficit. For the study, researchers examined data from overnight sleep studies for 321 adults age 60 or older who didn’t have dementia.

After an average follow-up of 12 years, 32 people developed dementia. The researchers observed an association between sleep and dementia but cannot determine whether reduced REM caused dementia.

Study participants spent about 20% of their sleeping time in REM sleep while the subset of people who went on to develop dementia spent only 17% of their sleep time in REM sleep. Out of all the dementia

cases found in the study, 25% percent occurred within the first 6.6 years of follow-up. The total included 24 instances of Alzheimer’s disease, the most common form of dementia. Other research has linked both insomnia and a nighttime breathing disorder known as sleep apnea with an increased risk of dementia.



## Leaves

by Elsie N. Brady

How silently they tumble down  
And come to rest upon the ground  
To lay a carpet, rich and rare,  
Beneath the trees without a care,  
Content to sleep, their work well done,  
Colors gleaming in the sun.

At other times, they wildly fly  
Until they nearly reach the sky.  
Twisting, turning through the air  
Till all the trees stand stark and bare.  
Exhausted, drop to earth below  
To wait, like children, for the snow.

## OCTOBER FACTS

- The name for the month of October originates from the Latin word “octō”, which means “eight”. In the Roman calendar, October was the eighth month of the year. When January and February were added to the calendar after the Julian calendar reform, October became the tenth month of the year as we know it now.
- Every year, October ends on the same day as February. So yes, in 2022, February ended on a Monday and so will October.
- The birthstones for October are the tourmaline and the opal. Tourmalines are believed to help you stay calm while under pressure, bring peace and tranquility, and defeat negative emotions like jealousy and anger. On the other hand, opal gemstones are believed to cure eye infections, strengthen memory, calm nerves, and enhance creativity.
- The traditional flower of October is the calendula — it symbolizes comfort, healing, protection, and grace.

