

My Doctor's Inn

Main Street
Gazette
December 2022



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!

Mary D.	December 3rd
Connie H.	December 3rd
Cynthia R.	December 6th
Judy S.	December 8th
Edwin J.	December 13th
Delphine M.	December 15th
Karen D.	December 20th
Fran S.	December 30th

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!



Resident of the Month

Ronald Bass

Ron was born on August 17, 1937 and grew up in East Detroit, MI. After graduation from high school, he served 2 years in the Army. On Thanksgiving Day 1958 (Nov 27th) he married the love of his life – Marlene Winkelman. They were married for almost 64 years as Marlene passed away this past July. They have 4 children, 7 grandchildren and 1 great grandson – Alex. Ron retired from Chrysler Corporation after 34 years as a supervisor at the Sterling Heights stamping plant. Ron & Marlene loved traveling all over the United States in their motor home. Ron also loved wood working and has made many beautiful items.

Congratulations Ron!



Holidays and Alzheimer's

The following is an excerpt from the Alzheimer's Association article. It provides some insight to having the best of holidays with your loved ones.

Mixing party time and dementia makes for an interesting brew. People can often become distracted from the spirit of celebration by worrying about reducing a loved one's anxiety, or protecting everyday routines at events that are anything but routine. This all takes some thinking and planning.

Dementia care relates to this spirit: looking after one another in difficult times, because this honors the best in us. The magic lies in having some fun while we're at it!

Many families choose to continue long-standing traditions that reassure them family life is larger than dementia. Loved ones with Alzheimer's may be comforted by familiar patterns and find delight in the vitality of the young. On the other hand, others plan around needs of the person with dementia in order to reduce the risk of frustration and blame.

Here are a few tried and true stress-busters to help temper holiday stress:

- o Consider passing on hosting responsibilities and enjoy the hospitality of friends or family
- o Avoid over-stimulation and over-tiring by eating earlier in the day, and steer clear of long travel

Use the buddy system and assign someone familiar to the individual with dementia to shield them from distress and give a break to the primary caregiver

Lastly, be reminded that the holidays are a rest point between past struggles and an uncertain future.

Enjoy the moment!



Associate of the Month

Ashley Massa



Ashley has been a great asset to the Dietary Department. She is a wonderful example of teamwork. She takes her job very seriously by working hard, being reliable and she is always willing to help others on the team. This is why we are recognizing her for the core value of Teamwork. We are happy to have you on our team in the Dietary Department Ashley!

Congratulations Ashley!



If you are experiencing Flu-like symptoms (cough/congestion, fever, chills), we ask that you visit your loved one after your symptoms have subsided. Thank you for your understanding and cooperation in our efforts to help avoid the spread of infection to residents and staff.



Fun Facts & Trivia

- An almanac prediction states that if snow falls on Christmas Day, Easter will be warm, green and sunny.
- The name December comes from the Latin *decem* for “ten”, as it was the 10th month in the Roman Calendar.
- Saint Nickolas, who would eventually be called Santa Claus, was originally the patron saint of children, thieves and pawnbrokers!
- The first artificial Christmas tree was made in Germany, fashioned out of goose feathers that are dyed green!
- Spiders and spider webs are considered good luck on Christmas.
- “Jingle bells” was composed in 1857, and not for Christmas – it was meant to be a Thanksgiving song!
- An ancient legend states that forest animals can speak in human language on Christmas Eve!
- The term Yuletide comes from a Norse tradition of cutting and burning a tree to bring in the Winter Solstice. This was to last through 12 days – later known as the 12 days of Christmas.