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## *Caring for Someone with Dementia: 5 Fundamentals*

*Contributed by Andy Sutter, Village Manor Director*

Dementia care is daunting, but may not be as challenging as you would expect. Whether you care for a parent or senior loved one with Alzheimer's disease or another type of dementia, or are a senior care professional approaching your role with some knowledge — the right attitude is crucial to success. Caring for Someone With Dementia: 5 Fundamentals

Educating yourself about dementia and maintaining a positive but realistic attitude allows you to maintain an element of control as a caregiver. It can take the sting out of surprising challenges you encounter and also improve the care that you provide.

Here are some important facts to consider when approaching your role caring for someone with dementia:

### **1. Accept support.**

Whether you are caregiving for someone in your family, or whether you provide care professionally, never be afraid to ask for help. Many family caregivers find support groups immensely helpful. Support groups allow caregivers to vent in a group setting with people who understand what one another is going through. It also allows caregivers to hear what is working for other caregivers and learn about local Alzheimer's and dementia resources. Similarly, professional caregivers shouldn't be reluctant to ask a colleague for support when facing an exceptional challenge or difficult time. Caregiving for someone with dementia is not easy and there will certainly be moments when professional caregivers need a hand or someone to talk to.

### **2. Actively empathize.**

Care starts with compassion and empathy. This holds true in all human relationships but may be especially salient for dementia caregivers. For example, people with dementia are prone to becoming confused about their whereabouts and even the time period in which they are living. For instance, imagine how you felt and would want to be treated if you suddenly found yourself disoriented in an unfamiliar place, not even sure of the year or even your own identity.



**“Dementia”- continued from Page 1****3. Be a realistic caregiver.**

Be realistic about what constitutes success during the progression of the disease. Success is helping to assure that the person you are caring for is as comfortable, happy and safe as possible. Most experienced dementia caregivers will tell you that the person they care for has good days and bad days. Try your best to foster the good days and even the good moments for the person with dementia, don't try to force them. Also, be realistic about the course of the disease. Remember that most types of dementia, including Alzheimer's, are irreversible and progressive. Dementia will tend to get worse over time and there is no known cure. (A prominent exception is dementia induced by medications, which can be reversed when medications are withdrawn.)

**4. Dementia is more than memory loss.**

Memory loss is a classic dementia symptom. But some types of dementia, particularly frontotemporal dementia and Pick's disease, manifest themselves as personality changes rather than memory loss. The symptoms depend on the areas of the brain that is affected by the disease. Even when memory loss is the most apparent symptom, the person with dementia is experiencing a neurological decline that can lead to a host of other issues. A patient may develop difficult behaviors and moods. For example, a prim and proper grandmother may begin to curse like a sailor. Or a formally trusting gentleman may come to believe that his family is plotting against him or experience other delusions and hallucinations. In the latest stages of most types of dementia, patients become unable to attend to activities of daily living (such as dressing and toileting) independently. They may become non-communicative, unable to recognize loved ones and even unable to move about.

**5. Plan for the future.**

The only inevitable is change when you are caring for someone with dementia. Never get too used to the status quo. That means that family caregivers should prepare for a time when their loved one may need professional memory care in a residential setting. This involves both financial planning and identifying the most appropriate care options in your area. Professional caregivers and memory care providers also need to plan ahead. They should be mindful to continually reassess the care needs and health status of clients and residents with dementia. Remember that care needs will inevitably increase and plan ahead for any transitions that the resident may require in the future, such as a move to a skilled nursing provider or hospice care.

*Source: alzheimers.net*

**HALLOWEEN AT VILLAGE MANOR**

*Thursday, October 31 from 5:30 p.m. to 7:00 p.m.*



*Donations of candy for our residents to pass out to trick-or-treaters are greatly appreciated.*



# October



Sun

Mon

Tue

Wed

Thu

Fri

Sat

		1	2	3	4	5
		<b>9:30 Resident Council</b> 11:00 Noodle Ball 3:00 Singing w/ Carolyn 6:30 Board Games	9:00 Jonathan 9:45 Aerobics 11:00 Noodle Ball 3:00 Bible Study w/ Beverly 6:30 Coloring	9:30 Movie 11:00 Noodle Ball 3:00 Piano Time 6:30 Board Games	<b>9:30 St. Andrew's Bingo</b> 11:00 Noodle Ball <b>3:00 Gift Cart</b> 6:30 Puzzle Time	11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
6	7	8	9	10	11	12
11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Dominoes	9:30 Memorial Service 11:00 Noodle Ball 3:00 Singing w/ Carolyn 6:30 Board Games	9:45 Aerobics 11:00 Noodle Ball 3:00 Bible Study <b>3:30 Library</b> 6:30 Coloring	<b>10:00 Fingernails</b> 11:00 Noodle Ball 3:00 Piano Time 6:30 Board Games	9:00 Ken King 9:45 Aerobics 11:00 Noodle Ball <b>3:00 Gift Cart</b> 6:30 Puzzle Time	11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
13	14	15	16	17	18	19
11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Dominoes	9:30 Movie 11:00 Noodle Ball <b>1:30 Resident Meeting</b> 3:00 Singing w/ Carolyn 6:30 Board Games	9:00 Jonathan 9:45 Aerobics 11:00 Noodle Ball 3:00 Bible Study w/ Beverly 6:30 Coloring	<b>7:30-9:00 AM Cafe</b> 11:00 Noodle Ball 3:00 Piano Time 6:30 Board Games	9:45 Aerobics 11:00 Noodle Ball <b>3:00 Gift Cart</b> 6:30 Puzzle Time	11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
20	21	22	23	24	25	26
11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Dominoes	9:30 Memorial Service 11:00 Noodle Ball 3:00 Singing w/ Carolyn 6:30 Board Games	9:45 Aerobics 11:00 Noodle Ball <b>2:00 Seussical Musical</b> 6:30 Coloring	9:30 Movie 11:00 Noodle Ball <b>3:00 What's for Dinner?</b> 6:30 Board Games	9:45 Aerobics 11:00 Noodle Ball <b>3:00 Birthday Party</b> 3:00 Gift Cart 6:30 Puzzle Time	11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
27	28	29	30	31		
11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Dominoes	<b>9:30 Pumpkin Carving</b> 11:00 Noodle Ball 3:00 Singing w/ Carolyn 6:30 Board Games	9:00 Jonathan 9:45 Aerobics 11:00 Noodle Ball 3:00 Trivia 6:30 Coloring	<b>9:30 Trick or Treat w/L&amp;G</b> 11:00 Noodle Ball 3:00 Music <b>5:30 Trick or Treat</b> <b>HALLOWEEN</b>		

Available Daily:  
 games, books,  
 cards, puzzles,  
 movies, pool  
 table, manicures,  
 and more.

One-to-Ones Daily  
 \*Activities Subject to  
 Change

## Resident Birthdays

Laverne Terres	Oct. 6
Phyllis Shields	Oct. 7
Orville Kickhaefer	Oct. 11
'Ginny' Wells	Oct. 17
David Ausherman	Oct. 27



Thank you to Auburn Pharmacy for providing the birthday cake

## Welcomes

Lydia Leonard  
Alton Lawson  
Beryl Robinson  
Stephen Helms

## In Memory

Leonard Daniels  
Greta Gibbs  
Lana Wagner  
Charles Shrader  
Steven Henkle

## Discharges

Dolores 'Dee' Medlock

## Staff Birthdays

Staci Sukontaraks	Oct. 1
Charlotte Leister	Oct. 2
Kelsey Tiller	Oct. 4
Kennedy Davis	Oct. 10
LaDonna Shaffer	Oct. 10
Suzette Bolin	Oct. 13
Michelle Vilcot	Oct. 17
Jordan Henkle	Oct. 18
Melissa Tolzien	Oct. 18
Rena Schoby	Oct. 19
Sherry Etienne	Oct. 22
Linda Showalter	Oct. 23
Haley Mills	Oct. 24
Cherryl Sorrell	Oct. 28

## Welcome to our Team!

Jordan Henkle	C.N.A.
Joni Davis	L.P.N.
Claire Weishaar	Dietary Aide
Jasmine Lee	Dietary Aide
Allie Martin	Dietary Aide
Jamie Meeks	Homemaker
Charlotte Leister	Homemaker
Adam Osland	Homemaker
Wanda Westby	Homemaker

The residents enjoyed the scenery out at Brown's Park recently, along with some corn hole, water balloon sling shot, and a BBQ.



Andy Sutter is the target



## REMINDER...

### SEASONAL ITEMS AND CLOTHING

Autumn is here, and winter and colder weather are right around the corner. Now is a good time for families to take a look at residents' closets and to make sure that proper clothing and other seasonal items are on-hand. Though some warm temperatures can, and probably will still occur, cold temperatures will be here to stay for a while before you know. Please plan accordingly.

## *The Benefits of Therapeutic Recreation in a Long-Term Care Setting*

*Contributed by LaDonna Shaffer, Village Manor Life Enhancement Coordinator*

*“Recreation’s purpose is not to kill time, but to make life; not to keep a person occupied, but to keep them refreshed; not to offer an escape from life, but to provide a discovery of life.” -Author Unknown*

The staff and volunteers at Christian Health Care Center (CHCC) in Lynden, Washington, have taken this motto to heart.

Through its therapeutic recreation department, CHCC is committed to providing numerous activities aimed at ensuring residents have ample opportunities to exercise and socialize. Our paid staff and community volunteers love keeping residents engaged and active all year long.

It’s not just for the fun of it all. Therapeutic recreation has been shown to provide many benefits related to emotional, physical, and mental well-being.

What is therapeutic recreation, and how does it benefit those who live at CHCC?

In short, therapeutic recreation programs are designed to facilitate patients’ physical and emotional well-being by providing activities that help improve cognitive, social and motor functioning.

Structured activities at CHCC are part of a holistic program that has been designed to help individuals keep their minds and bodies fresh in all kinds of ways. Even a single 20-minute exercise session, for example, can help people significantly reduce their anxiety and stress. Activities such as board games and bingo, both favorites at CHCC, help improve hand-eye coordination, fine-motor skills and gross-motor movement. Activities like this can be both challenging and rewarding for both mind and body; all of our activities are designed with this in mind.

Some of our residents’ favorite activities include: music, socializing, scenic outings, worship services, pet visits, movie nights, and bingo. Sounds fun, right?

Activities also are designed to improve cognitive health. People with Alzheimer’s disease or dementia can see improvements when involved in a therapeutic recreation program.

One study, for example, showed that individuals involved in therapeutic recreation had fewer days in which they exhibited dementia-related behaviors. Therapeutic recreation resulted in greater engagement and more displays of positive moods.

Other studies link recreational therapy to increased activity and alertness, fewer falls, and less use of medication. And exercise programs, especially among frail adults, can lead to greater cardiovascular fitness, lower blood pressure and increased flexibility, strength, and ambulatory skills.

We know that positive, engaged interactions are critical to maintaining and even improving health and well-being, regardless of age or ability.

These are similar to activities we do here at Village Manor. We realize that a therapeutic recreation program can make life better for those who call Village Manor home.



# RESIDENTS ENJOY FISHING OUTING

The residents really enjoyed their time out at Red Bud Lake relaxing, fishing, and having a BBQ for lunch. A big thank you to Phil and Cathy Cosby.



# TACO 'BOU TA FIESTA!

