



July 2023

CARE NEWS

Monthly Newsletter of Care in Midstream

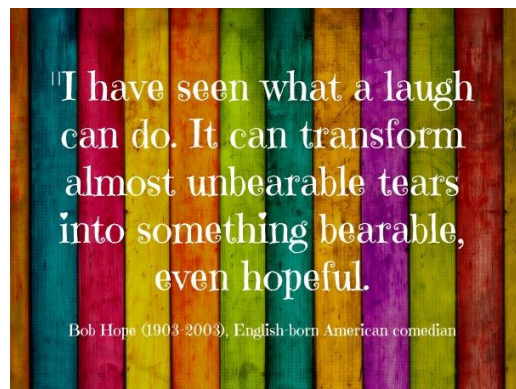
Keeping in touch

It is hard to believe we are already in the second half of the year. As we take a moment to contemplate our journey through 2023, we extend our gratitude to all our residents, families, and industry partners for their continued support. Every day that we can provide care and support to our residents is a blessing for our team.

Please read the section about laughter on the next page. And yes, it is true - laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Be your circle's laughter ambassador!

As we look ahead to Women's Month, we are reminded of the incredible role women play in our society. We look forward to celebrating the women of South Africa during August, and we encourage you to do the same.

*Warm regards,
The Care in Midstream Team*



"I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful.

Bob Hops (1903-2003), English-born American comedian

*We would love to hear from you.
If you have any feedback or news that you would like to share, please contact us at marketing@careinmidstream.co.za*

Without Women

By Sylvia Chidi

Women are amazing creatures
Moulded with dazzling features
Women are an object of mystery
Have their own place in history

Without women
What will become of us?
No more noises on the bus
No one to make all the fuss

Without women
What will become of men?
Who will teach them,
How to behave and learn?

Women are the spicy ingredient of romance
Women are the juicy parent of importance
Women are a heavenly treasure
The epitome of human pleasure

Without women
Would this earth have survived?

Without women
Imagine how many will feel deprived

Women are priceless
Without women
Life will be without spice
Simply lifeless



“
I believe in being strong when everything seems to be going wrong. I believe that happy girls are the prettiest girls. I believe that tomorrow is another day, and I believe in miracles
”

Audrey Hepburn



HEALTH BENEFITS & THE IMPORTANCE OF LAUGHTER

Lowers Blood Pressure: People who lower their blood pressure, even those who start at normal levels, will reduce their risk of stroke and heart attack.

Reduces Stress Hormone Levels: By reducing the level of stress hormones, you are simultaneously cutting the anxiety and stress that impacts your body. In addition, reducing stress hormones may result in higher immune system performance.

Works Your Abs: One of the benefits of laughter is that it can help you tone your abs. When you are laughing, the muscles in your stomach expand and contract, similar to when you intentionally exercise your abs.

Improves Cardiac Health: Laughter is a great cardio workout, especially for those incapable of doing other physical activity due to injury or illness. It gets your heart pumping and burns a similar amount of calories per hour as walking at a slow to moderate pace.

Boosts T-cells: T-cells are specialized immune system cells just waiting in your body for activation. When you laugh, you activate T-cells that immediately begin to help you fight off sickness.

Triggers the Release of Endorphins: Endorphins are the body's natural painkillers. By laughing, you can release endorphins, which can help ease chronic pain and make you feel good all over.

So smile, laugh, and live longer!

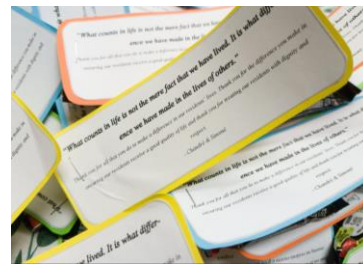
A day without laughter is
a day wasted!
- Charlie Chaplin

Activities

Care in Midstream residents enjoy regular activities, including games, arts and crafts, etc.



Mandela Day Messages



Top Dogs

A visit from Top Dogs is always a special occasion at Care in Midstream. Our residents love interacting with the beautiful dogs as part of the animal assisted therapy visits.





Ten Ways to Calm Agitation in a Person Living with Dementia

While a person living with dementia may still be very much themselves, there are times when they will suddenly become angry and lash out.

What can you do to help? Meet them where they are - stay calm, offer respect and validation, and gently assist them in refocusing.

- 1. Stay Calm:** Agitation and aggression are contagious. Staying calm will help the person feel safe and reassured.
- 2. Slow Down:** Stop whatever you are doing and slow down. Listen to what the person is saying, even if it doesn't make sense - they may be overwhelmed by overstimulation or frustration. Don't correct them, as that adds conflict.
- 3. Focus on Feelings, Not Facts:** Dementia can impact a person's ability to reason and speak, but feelings remain strong. You need to respond to your loved one's feelings instead of their words.
- 4. Offer Respect and Validation:** Always treat your loved one with respect. These feelings can help foster effective communication with someone with dementia. Even more importantly, continue to interact with your loved one with dignity.
- 5. Limit Distractions:** The brain can be overstimulated by background noises, clutter, crowds, or lights. This overstimulation can bring on feelings of restlessness. Establish and choose a calm environment.
- 6. Declutter:** Always aim to simplify your surroundings when you notice signs of agitation. Move into a quieter space. A calm environment will often calm your loved one. Reducing the amount of non-essential items is a great way to increase feelings of calm.
- 7. Check for Discomfort:** Your loved one may have trouble telling you that they are uncomfortable. Fidgeting, restlessness, difficulty sitting in one place, or being irritable can all be signs of physical discomfort.
- 8. Refocus:** Pay attention to the immediate situation or activity. Notice if the activity is triggering your loved one. If so, make a change, redirecting to a more peaceful and relaxing activity. If a conversation is upsetting either of you, change the direction.
- 9. Say Yes:** Aim to say yes as much as possible. If your loved one mentions that she saw someone who passed away years ago, agree with how lovely it would be to talk to them again. You can even build on that and ask what they talked about. This gives you both a sense of connection and comfort with each other.
- 10. Connect:** Being on the receiving end of a sudden outburst of anger from a loved one is heartbreaking and scary. But remember that dementia affects the whole brain, not just short-term memory. Your loved one living with dementia cannot control the intensity of their feelings, whether they are scared, confused, or suddenly furious.

WHAT CAUSES
AGGRESSION IN A
PERSON WITH
DEMENTIA?

THE BIG 3:



PAIN



CONFUSION



FEAR

Always be kind. If you see someone falling behind, walk beside them. If someone is being ignored, find a way to include them. If someone has been knocked down, lift them up. Always remind people of their worth. Be who you needed when you were going through hard times. Just one small act of kindness could mean the world to someone.

Care in Midstream provides the following services:

Assisted Living | Frail Care | Dementia & Alzheimer's Care | End of Life & Palliative Care
Short Term Care | Home-based Nursing Services



Making the Daily Activity of Dressing Easier

Getting dressed is a very personal daily activity, and choosing what we wear often expresses our identity and how we feel. People with dementia increasingly need more help as time passes, but it's important to support them to make their own choices for as long as possible. Here are some tips on making dressing a comfortable, enjoyable experience, encouraging a sense of freedom and independence.

Use signs on furniture: A way to help a person with dementia stay independent when dressing is to add signs to wardrobes and drawers so they can easily find their clothes. Use a combination of words and pictures to make the signs clear and easy to understand.

Lay it out: Lay out a complete outfit on a plain background in the order the person would put the items on. For example, start with underwear and socks, then a top and trousers, a belt, before finishing with a jumper or cardigan. Ensure that items are not inside out and that all buttons, zippers and fastenings are undone. If the person needs help, gently suggest the following item to put on or hand it to them. Clear, simple instructions are helpful if they become confused, for example, 'put your arm in the sleeve,' or 'put your foot through that trouser leg'.

Reduce the options: Choosing what to wear daily is an important personal choice for many people. Allowing a person with dementia the option of what they would like to wear each day can help them feel independent and confident. However, too many choices can be overwhelming. If the person appears unsure or confused, try reducing the number of options to just a couple of their favourite items.

Take it slow: Giving enough time when dressing can make the experience far more comfortable and relaxing for everyone involved. Rushing a person through the steps can cause distress and anxiety, keep a slow and steady pace.

Accept the unusual: If the person makes odd or unusual clothing choices, respect them. It's more important to let them make their own decisions, as long as their choice isn't harming them in any way, e.g., wearing clothes that are not appropriate for the weather, which means they will be either too hot or cold.

Try a visual aid: Everyone has different style tastes, so try not to assume you know what they would like to wear or how they would style their hair or make-up. Keeping photos of how they like to look can help to make the process of getting ready easier.

Think about layering: Several layers of thin clothing are far easier to adapt during the day than one or two thick layers which can't be removed. This way, a layer can be removed if the person feels hot. Too cold, and another can be added.

Change clothes regularly: Changing clothes regularly, especially if they're dirty, is essential. However, someone living with dementia may be resistant to this change. If they're reluctant to get changed, swap the items out for fresh ones when they're bathing, or let them know you'd love to see them wearing something clean.

Create a comfortable environment: Think about whether the surroundings are suitable for getting dressed. Is the room warm enough? Do you need to turn on a light or draw the curtains? Does the person prefer the door to be open or closed? Ask them if they would like to go to the toilet beforehand.

Try shopping together: When shopping for new clothes, it's a good idea to think about how practical they might be. Look for clothing that is easy to put on or take off, such as trousers with no fastenings and an elasticated waistband. While it might be nice to have lots of new items to choose from to wear, someone living with dementia may not recognise them as their own items and refuse to wear them.

