



June 2023

CARE NEWS

Monthly Newsletter of Care in Midstream

Keeping in touch

We find ourselves in the midst of a cold winter, and many people struggle in this sombre season. For many, staying positive and focusing on the silver linings is hard.

No matter how tough things are, reaching out to those in need is always possible. It doesn't have to be financial help. It can be a phone call to a lonely person, a visit to an isolated loved one, or a willing ear to listen to a friend.

On the 18th of July, the world celebrates Nelson Mandela Day. We encourage everybody to go the extra mile this year in helping their communities and those in need. It is a superpower we all have – to reach out to others. And what is the use of such power if we don't use it?

Just a friendly reminder that if you have a cold or flu, please limit contact with seniors who are very susceptible to infections during the colder months.

Please wear a mask, wash your hands regularly, and visit the doctor if you have a fever or other persistent symptoms. Let's all do our best to stay healthy this winter.

*Best regards,
The Care in Midstream Team*

Spread love
everywhere you go.
Let no one ever
come without
leaving happier.

★
MOTHER TERESA

Spreading Happiness

Author unknown

If you want to contribute to the World, in some way,
If you have a secret wish, to bring change to the world,
If you want to be the reason, of someone's joy,
If you want to wipe out the tears, of the less fortunate.

The time is right here, right now,
No more excuses, of having no time,
Or money, or opportunities, or fears,
Take some baby steps, and start today itself.

Spread happiness and joy,
Make it a habit, and a routine.
Start with your precious self first,
Then your family and friends.

Smile, laugh and have compassion,
Spread positive words and thoughts.



*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*



The art of finding joy in little things is the practice of cultivating gratitude and contentment in one's life.

It involves actively seeking out the positive aspects of one's surroundings and circumstances, no matter how small or seemingly insignificant they may seem.

Doxa Deo Midstream support various activities at Care in Midstream. Please support their event.



Why caring for older people is our responsibility?

They are our parents: We are because of our parents. They have made many sacrifices to make a good home for us. They cared for us when we needed them, and now that they need us, we are responsible for caring for them.

They taught us values: They weathered many storms through life and built a strong future. All of their struggles are lessons to us. By caring for them while spending quality time, we can discover values and learn from their experiences.

They need to feel a sense of purpose: Our elders have served a great purpose while building our foundation. As they age, their purpose shouldn't be ignored. We should also aim to give them a sense of purpose along with proper care.

They are approaching the end of life: It is a fact that the more we age, the closer we are to the end of life. Unfortunately, we cannot reverse time; however, helping loved ones be at peace will help them lead happy lives.

They love us unconditionally: Our elders love us unconditionally, regardless of what we become or do. Of course, they may get upset with us from time to time. However, they love us no matter what. This kind of love is hard to find anywhere else, so let's love our elders and be their strength and support.

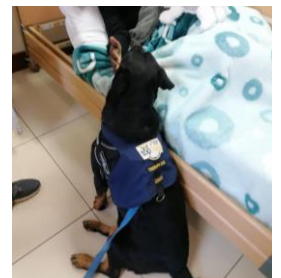
Activities

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



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.



Palliative Care, because quality of life is a priority...

Palliative care provides practical and emotional support to those with a terminal illness. It can be offered at any point after a terminal diagnosis and is designed to provide holistic care as the patient comes to terms with the symptoms of their condition. Palliative care helps the patient to experience the best possible quality of life in the time they have left through supporting them physically and emotionally at home.

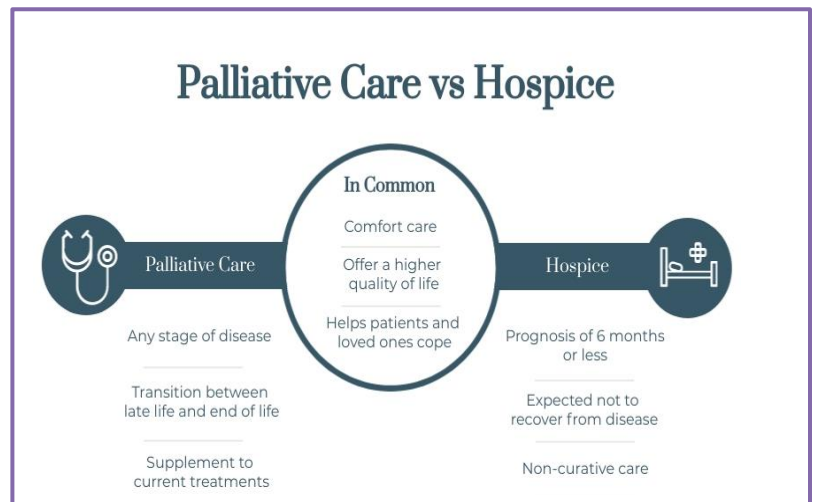
Palliative care includes:

- Personal care
- Symptom management
- Administering of medication
- Preparing of meals
- Valued companionship
- Mobility support

Benefits of palliative care:

- Enjoy a comfortable environment
- Remain close to loved ones
- Receive one-to-one support
- Personalised symptom relief
- Personalised care plan
- Peace of mind for the family

Palliative care can be provided at any point after the diagnosis, including alongside treatments, therapies and medicines aimed at controlling the patient's illness.



Care in Midstream provides quality Palliative Care. For more information, contact us on 012 940 9380 or marketing@careinmidstream.co.za

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

10 Reasons Physical Touch is Important for Seniors



Some of us love to hug, while many introverts recoil at the thought. Regardless of your initial reaction to being touched, many overlook the importance of this basic human function.

Even the most basic act of reaching out and touching someone on the arm or shoulder has an impact. Other examples include hugs, pats on the back or holding hands.

Touch Starvation

We know that humans need physical contact for their mental health, so what happens when they don't get enough? The resulting condition is called 'touch starvation'. The COVID-19 pandemic and its resulting isolation highlighted this issue. Particularly in the case of those who live alone or in care facilities, being cut off from people has a huge effect. Yes, it helps to video chat and employ other survival techniques, but all the virtual gatherings in the world can't fill the void left by touch starvation.

Physical Touch and Mental Health

When you have positive physical contact with someone, your body produces oxytocin - known as the 'feel good' hormone. Additionally, you increase your levels of dopamine and serotonin, which help regulate your mood and reduce anxiety.

Effects on Physical Health

Since our physical health is so closely tied to our mental health, it stands to reason that touch also has physical benefits.

No other form of communication is as universally understood as touch. The compassionate touch of a hand or a reassuring hug can take away our fears, soothe our anxieties, and fill the emptiness of being lonely. *-Randi G. Fine-*

When your body releases those hormones mentioned above, helping to reduce stress and the rest of your body has positive effects. First, your immune system gets a boost. Next, your heart rate slows, and your blood pressure goes down. Improvement in mood also makes it more likely for you to seek physical activity, which we know has a significant effect on your health.



How to Know if You Are "Touch Starved"

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Touch starvation is a real thing. Here are some signs you may be affected:

- Loneliness
- Feeling depressed
- Anxiety
- Stress
- Poor relationships
- Difficulty sleeping
- Avoiding attachment

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Benefits of Physical Touch

1. Stress management
2. Less anxiety
3. Reduced rate of depression
4. Combat loneliness and isolation
5. Expand trust
6. Inspire positive thinking
7. Immune system boost
8. Lower heart rate
9. Lower blood pressure
10. Higher rate of physical activity