



August 2023

CARE NEWS

Monthly Newsletter of Care in Midstream

Keeping in touch

The warmer weather arrived in Gauteng a few weeks ago, and there is just something wonderful about the arrival of the new season. Spring is all about new beginnings and transformations; it's a season that symbolises fresh starts and new opportunities. After months of cold temperatures and short days that often result in many of us feeling the winter blues, spring reawakens us and our surrounding environment, bringing everything back to life.

The last four months of the year rush past as time is spent on work, events, holiday planning, and the general busyness of life. We encourage everybody to take a little time to slow down, to spend time with those you love, to make time for yourself, and to count your blessings as you share the joy of the most beautiful season with those around you.

The Care in Midstream team is honoured to be part of our residents and family's lives. Together, we are an extended care family. Thank you for this privilege!

Warm regards,
The Care in Midstream Team



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

SPRING IS IN THE AIR

Spring is truly the season of renewal. After a cold, harsh winter, nothing lifts our spirits like seeing early spring flowers popping up around us. As the weather warms and days get longer, our whole perspective shifts.

So, whether you celebrate spring on the 1st or 21st of September, or when you walk barefoot in the garden for the first time since the start of winter, or when you have the first evening braai – celebrate the new season and the beauty it brings!



“Despite the forecast, live like it’s spring.”

– LILLY PULITZER

Why Seniors Should Keep Celebrating

When it comes to enjoying a fulfilling life, few things add more meaning and joy than a social connection. Ask any senior about their most treasured moments, and they will talk about special occasions or shared moments with loved ones. From birthdays and anniversaries to Christmas and beyond, it's important to take every opportunity to spend quality time together and celebrate special events with our elderly loved ones.

Socialising is essential to happiness

A recent Harvard study tracked hundreds of people's happiness levels over 80 years. The results showed that the happiest people weren't those with more money, success or good looks. Instead, true happiness resulted from social well-being, community engagement, and close relationships throughout their lives. A link between decreased mental deterioration and meaningful human interaction was also found. Even genetics weren't considered as big an influencer of happiness.

It promotes a sense of belonging

Seniors often fall victim to feelings of isolation and loneliness. These emotions have been proven to negatively affect mental and emotional well-being, which can lead to physical decline. Celebrating special occasions with your elderly loved ones, they experience a sense of belonging, safety, love, and support. Even if you can't be there in person with your loved one, simply sending a card or making a phone call will remind them that they are loved and remembered.

Special occasions encourage seniors to reflect

Many seniors, especially those who struggle with memory decline, feel distanced from their past. Special occasions such as birthdays and anniversaries are the perfect time to reflect on life and the many experiences and milestones that led to this point. This enables them to appreciate their meaningful life and provides a sense of identity, self-worth and confidence.



Women's Month

The Care in Midstream ladies attended a Lovely Lavender Ladies Tea to honour the women in their lives.



"We do not remember days, we remember moments."

~ Cesare Pavese ~

Whacky Winter

Care in Midstream residents recently enjoyed delicious Wacky Winter treats to celebrate winter and welcome the start of the new season.





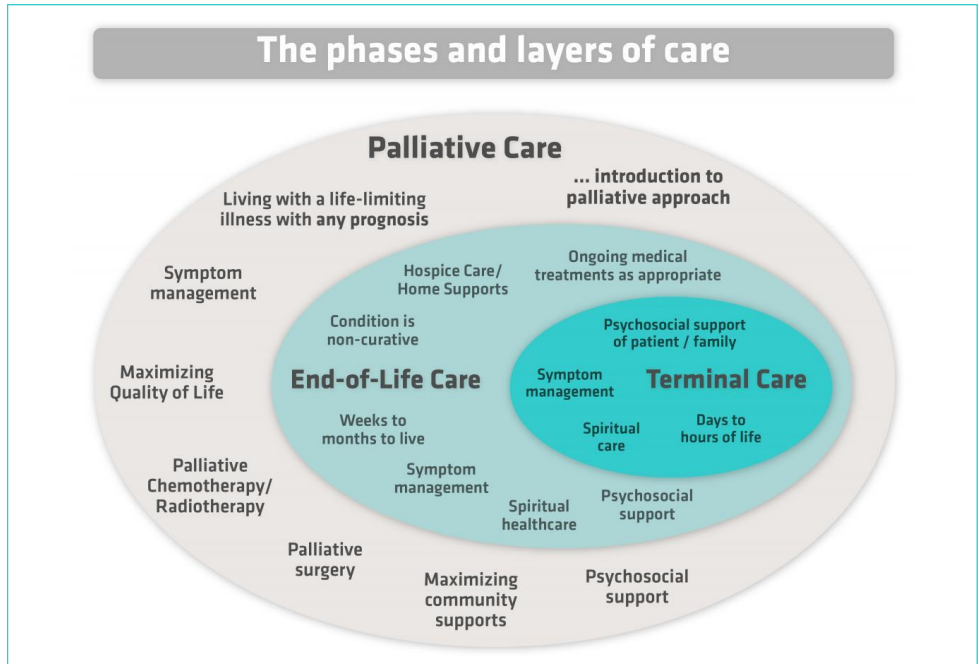
PALLIATIVE CARE

According to the World Health Organization, the global need for palliative care will continue to grow as a result of the ageing of populations and the rising burden of noncommunicable diseases and some communicable diseases. Early delivery of palliative care reduces unnecessary hospital admissions and the use of health services.

Please contact us for more information or to learn how you and your loved ones can benefit from palliative care – marketing@careinmidstream.co.za or 012 940 9380.

What is palliative care?

Palliative care is a healthcare approach that focuses on improving the quality of life for people with serious illnesses. Its main goal is to provide comfort and support to patients, addressing physical, emotional, and spiritual needs. Unlike curative treatment, which aims to cure the illness, palliative care focuses on managing symptoms, easing pain, and enhancing the overall well-being of the patient. It is provided by a team of healthcare professionals, including doctors, nurses, and social workers, who work together to ensure that patients and their families receive the care they need during difficult times.



SHORT TERM CARE

Many people are already planning their September and December holidays. Care in Midstream offers Short Term Care options for Assisted Living, Frail Care and Dementia & Alzheimer's Care.

Short Term Care (Respite Care) allows home caregivers to take a short holiday, attend to important business or allow them time to nourish their own health. It also allows families to take a break from their regular routine.

Holiday care can be the most valuable tool in avoiding caregiver stress and burnout. It helps to sustain the health of the primary caregiver and, in so doing, supports the health of the person receiving care.

Please contact us for more information.



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



RELAXATION TIPS FOR SENIORS

Most people's retirement years are the perfect opportunity to relax, spend quality time with loved ones, and dive into meaningful hobbies. However, ageing can also be a stressful experience. We face several challenges as we age, including declining physical health, a loss of independence, financial strain, and changes in our family structure. Chronic stress is a common problem for older adults, especially those going through significant life transitions.

Knowing how to relax and unwind is one of the keys to ageing happily and healthily.

Low-impact Exercise: Exercise is one of the best activities for stress management for people of all ages. Although physical activity may seem the opposite of relaxation, exercise has long-term mental health benefits. Working out allows you to channel anxious energy in a healthy way. It also causes your brain to release stress-relieving hormones, making life's challenges more manageable.

Socialising: Even the most introverted among us need quality time with friends and family. Socialising is an excellent way to relax and relieve stress. Sometimes, talking through stressful or frustrating situations can make you feel better. In other cases, simply connecting with people is helpful regardless of whether or not you actually speak about your stress.

Time in Nature: Spending time in nature is one of the best, but most underutilised relaxation tips. Being in nature can help you clear your mind and feel more grounded. It can even reduce the physical markers of stress, such as blood pressure and heart rate. Gardening is one great way for seniors to access nature. Even just one trip out in nature per week can help you feel calmer and relaxed overall.

Deep Breathing: Deep breathing can be a powerful relaxation strategy when feeling stressed, anxious, or overwhelmed. The technique activates your parasympathetic nervous system, which helps your body physically relax. As your body calms down, your mind also feels calmer and clearer.

Mindfulness Meditation: Mindfulness meditation has a wide variety of mental health benefits. You can practice mindfulness on your own, or you could use guided audio or video resources for support. The goal behind mindfulness is to be completely focused on the present moment. As thoughts float through your mind, you acknowledge them without judgment and then let them go. The meditation only needs to last for a few minutes a day for you to experience the relaxing benefits.

Art and Music: If you're artistic, pursuing a creative hobby can be a great way to relax each day. Seniors sometimes feel bored or aimless after retirement, so finding meaningful new hobbies is essential. Painting, drawing, or making crafts can be very soothing, and you end up with a beautiful final result. Music can be an excellent creative outlet, too. If you play an instrument, take some time daily to play your favourite pieces. If not, listen to your favourite songs when you feel stressed or anxious. Many seniors are particularly drawn to the music they listened to as young adults, but any songs that relax you are worth listening to.

