



September 2023

# CARE NEWS

Monthly Newsletter of Care in Midstream

## Keeping in touch

September was a busy month for Care in Midstream, and we extend our gratitude to all our families, residents, caregivers, associates and friends for their support. We have so much to be grateful for! In a world where complaining comes easier than saying thank you, we encourage everybody to take a moment to express and celebrate the good things in their lives.

September is World Alzheimer's Month. And while science struggles with this terrible disease, we focus on providing our residents with a loving environment and the best possible care.

The end-of-year buzz is already in the air, and many people are planning their December holidays. Care in Midstream provides Short Term Care options for Assisted Living, Frail Care and Dementia & Alzheimer's Care. This allows families to take a break from their routines while knowing that their loved ones are receiving the best possible care during the holidays.

**Warm regards,  
The Care in Midstream Team**

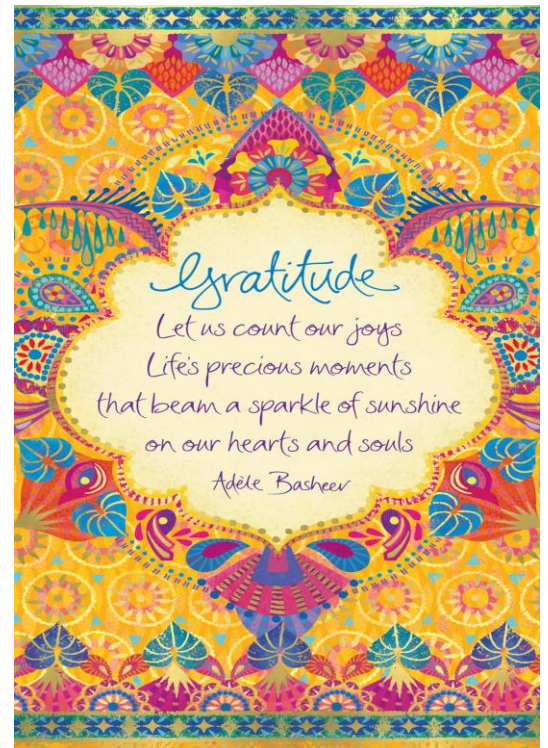
### Three Ways to Practice Gratitude

- Notice good things, look for them, appreciate them.
- Savour, absorb and really pay attention to those good things.
- Express your gratitude to yourself (write it down) or thank someone.



### Gratitude

*is a positive emotion that involves being thankful and appreciative and is associated with several mental and physical health benefits.*



*gratitude*

*Let us count our joys  
Life's precious moments  
that beam a sparkle of sunshine  
on our hearts and souls*

*Adele Basheer*

*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](mailto:marketing@careinmidstream.co.za)*

## Celebrating Spring

The Care in Midstream residents enjoyed pottering in the garden and planted some beautiful flowers to brighten up the patio.

It is important to remember that Care in Midstream is not a home away from home, it is our residents' home.



## 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.



## World Alzheimer's Day

A group of volunteers treated the Care in Midstream residents to a cupcake decorating session as part of World Alzheimer's Day.



## Administrative Professionals Day

A token of appreciation for our administrative superheroes – without them we will be completely lost! Thank you for keeping the wheels turning.





# WORLD ALZHEIMER'S DAY

**Alzheimer's is a brain disease that causes problems with memory, thinking, and behaviour.**

Alzheimer's is the most common form of dementia. It causes memory loss and the loss of other cognitive abilities severe enough to interfere with daily life. It is not a normal part of ageing. The most significant known risk factor is increasing age; most people with Alzheimer's are 65 and older. When Alzheimer's affects a person under 65, it is referred to as younger-onset or early-onset Alzheimer's.

1 September 2023 marked the start of the 12th Annual World Alzheimer's Month, and World Alzheimer's Day was celebrated on 21 September 2023. This annual awareness-raising campaign focuses on the continued importance of challenging the stigma that still surrounds dementia worldwide.

The key theme for the 2023 World Alzheimer's Month is *Never Too Early, Never Too Late*.

**ALZHEIMER'S DISEASE**  
SIGNS AND SYMPTOMS

- MEMORY LOSS
- MISPLACING ITEMS
- DIFFICULTY IN DECISION MAKING AND JUDGING
- REDUCED ABILITY IN UNDERSTANDING VISUAL IMAGES
- CONFUSION WITH TIME AND PLACES
- MOOD SWINGS
- REPETITIVE SPEECH AND WRITING ISSUES
- DIFFICULTY IN PROBLEM SOLVING
- SOCIAL WITHDRAWAL
- INABILITY TO COMPLETE COMPLEX TASKS

**Care in Midstream** provides advanced Dementia and Alzheimer's Care. Central to our service offering is providing the appropriate care level for each resident. Our multi-disciplinary team - including a social worker and occupational therapist - conducts a comprehensive assessment before admission to establish the required level of care. Regular assessments ensure that the level of care is adjusted in line with the resident's needs. Scheduled group activities support our approach of delivering holistic care.



**Alzheimer's Request**

Do not ask me to remember;  
don't try to make me understand.  
Let me rest and know you're with me,  
kiss my cheek and hold my hand.

I'm confused beyond your concept,  
I'm sad and sick and lost.  
All I know is that I need you  
to be with me at all cost.

Do not lose your patience with me  
do not scold or curse or cry.  
I can't help the way I'm acting;  
I can't be different though I try.

Just remember that I need you,  
that the best of me is gone.  
Please don't fail to stand beside me,  
love me 'til my life is gone.

Source: Internet

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



# DEMENTIA AND PHONE CONVERSATIONS

## How can we more successfully talk on the phone with someone with dementia?

Baby boomers and Gen-Xers are a very mobile generation. Not many of us live in the same city or town we grew up in, so many of us are trying to stay in touch with ageing parents who live far away. We can't just drop by to see how they are doing.

For many families, the primary means of contact is still the telephone because using Skype and Facetime requires learning new skills. But when a parent is experiencing dementia or even mild cognitive impairment, having a good phone conversation becomes difficult.



So, how can we have positive phone experiences with someone with dementia? Of course, we expect that, due to memory loss, people who have dementia will have trouble recalling what they did earlier in the day, let alone what's been happening during the past week. At first, you may find that it helps to ask leading questions by including a fact or two (i.e., "Dad, did you have coffee with your friend George this morning?"). In the earlier stages of dementia, memories sometimes become available when we prompt with a few facts.

## Focus on communicating your love

Not only do we need to keep in mind that the ability to use recall will fade away, but we must remember that people experiencing dementia sometimes recall dreamed events as being real because they become unable to distinguish between dreams and reality. We should not assume they are purposefully misleading us. Rather than focusing on what's true or false, it is better to spend our time on the phone communicating our love and desire to spend time with them. We shouldn't expect verifiable facts from someone losing memory and rational thought. What someone with dementia says has happened is possibly true but not necessarily true. So don't correct or question the validity of what your loved one says. Focus on what matters: that you love them and enjoy talking with them.

## Pass along a positive mood

Treat a phone call as your chance to brighten your parent's day. When they recall their own experiences, use your calls as a chance to tell them what you've been up to the past week. Recall and retell a favourite memory from your childhood or your times together that you know were happy times for them, too.

## Prepare topics beforehand

Before you call, write down several incidents from your week you know your loved one would enjoy hearing. You can stay on the phone longer, avoid awkward pauses, and honestly communicate with them. Every time they return to asking about the weather or how you are, take that as your cue to share another anecdote. When someone with dementia makes a general comment about the weather or how nice it is to hear from you, they are trying to keep the conversation going without the aid of memory. They are not communicating a lack of interest.

Most importantly, remember that moods seem to last longer for people who have dementia than for those of us with healthy brains. If you take care of providing the stories and anecdotes for your conversation, your loved one will experience companionship and love - and not feel that they have failed at conversation. They will retain a sense of being loved that will last long after you hang up.