



October 2023

CARE NEWS

Monthly Newsletter of Care in Midstream

Keeping in touch

South Africans are still riding the wave of euphoria following our Springboks' win of the 2023 Rugby World Cup. The nail-biting games and media frenzy united our rainbow nation and brought young and old together to support our team. The men in green lived up to the challenge and delivered on our hopes and dreams. It is now up to us to take the energy from the field into our daily lives and communities. By working together and supporting each other, we can achieve the vision of a better life for all South Africans. As we approach the festive season, we challenge everybody to do their part to improve the world.

The holiday season is fast approaching. Please get in touch with us if you require short term care for a loved one over the holidays. Our short-term care provides peace of mind for families who travel over the holidays.

*Warm regards,
The Care in Midstream Team*

Short Term Care

The holiday season is just a few weeks away. 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 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 is a 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.](#)



We can all contribute to making this world a safer, happier and more joyful place by being more mindful of our thoughts and actions and living our lives to the best of our ability.

When we recognise the positive impact that we have on others' lives and that they have on ours, the world becomes a brighter place.

It really is the little things we do on a daily basis that have the most significant impact. So, start today and be the change you wish to see in the world.

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

Bok Friday

The Care in Midstream residents and staff celebrating Bok Friday with a lovely braai. Thank you to everybody who contributed to the very special day.



OPEN DAY SAVE THE DATE

Care in Midstream is hosting an
Open Day on

24 November 2023

where we will welcome families and
friends to view and experience the
services and facilities we provide.


More details to follow.



At Care in Midstream, we are a family!

“Family isn't always blood. It's the people in your life who want you in theirs; the ones who accept you for who you are. The ones that would do anything to see you smile and who love you no matter what.” “Family is not defined by our genes, it is built and maintained through love.”

- Maya Angelou -



A person with dementia is a person *first and foremost*, very much alive and deserving of our respectful appreciation, compassion and support. Like everyone else, they have unique personalities, needs and preferences. By focusing on personhood rather than illness, we (as a community) can enable and engage them, enrich their lives, and make them smile.

- Dementia Daughter

NINE REASONS TO SMILE

By Mark Stibich, Ph.D.

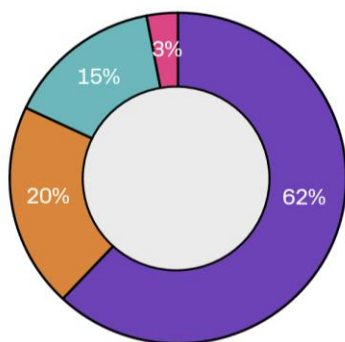
It is not always easy to muster a smile, but smiling is a great way to make yourself stand out while helping your body to function better. Smile to improve your health, your stress level, and your attractiveness.

- 😊 **Smiling Makes Us Attractive** - We are drawn to people who smile. There is an attraction factor - we want to know a smiling person and figure out what is so good.
- 😊 **Smiling Changes Our Mood** - Next time you are feeling down, try putting on a smile. There's a good chance your mood will change for the better. Smiling can trick the body into helping you change your mood.
- 😊 **Smiling Is Contagious** - When someone is smiling, they lighten up the room, change the moods of others, and make things happier. A smiling person brings happiness with them.
- 😊 **Smiling Relieves Stress** - Stress can really show up in our faces. Smiling helps to prevent us from looking tired, worn down, and overwhelmed. When you are stressed, take time to put on a smile.
- 😊 **Smiling Boosts Your Immune System** - Smiling helps the immune system to work better. When you smile, immune function improves, possibly because you are more relaxed. Prevent the flu and colds by smiling.
- 😊 **Smiling Lowers Your Blood Pressure** - When you smile, there is a measurable reduction in your blood pressure. Give it a try if you have a blood pressure monitor at home.
- 😊 **Smiling Releases Endorphins, Natural Pain Killers and Serotonin** - Studies have shown that smiling releases endorphins, natural painkillers, and serotonin. Together, these three make us feel good. Smiling is a natural drug.
- 😊 **Smiling Lifts the Face and Makes You Look Younger** - The muscles we use to smile lift the face, making a person appear younger. Don't go for a facelift; try smiling your way through the day - you'll look younger and feel better.
- 😊 **Smiling Helps You Stay Positive** - Try this test: Smile. Now, try to think of something negative without losing the smile. It's hard. When we smile, our body sends the rest of us a message that “Life is Good!”



DEMENTIA

Not a single disease, but an umbrella term for diseases characterised by a decline in memory, language and other thinking skills that impact everyday activities. Caused by damage to brain cells which interferes with the ability of those cells to communicate with each other. Symptoms start out slowly and gradually get worse.



Alzheimer's disease: Caused by the buildup of two abnormal protein structures in the brain called amyloid plaques and neurofibrillary tangles, which disrupt communication between brain cells.

Vascular dementia: Caused by interrupted oxygen flow to the brain, causing brain cells to die.

Lewy body dementia: Caused by Lewy bodies - abnormal structures found in the brain's cortex, which is responsible for thinking, perceiving and understanding language.

Frontotemporal dementia: Caused by degeneration of brain cells located in the frontal and temporal lobes of the brain, which control personality, judgment, emotion and language.

SYMPTOMS*	RISK FACTORS	PREVENTION
<ul style="list-style-type: none"> • Short-term memory problems • Difficulty with words • Difficulty with problem-solving • Disorientation or confusion • Challenges with visual information • Poor judgement/decision-making <p><small>*Symptoms depend on the type of dementia.</small></p>	<ul style="list-style-type: none"> • Family history • Age • Prior head injury • Lack of healthy diet and exercise • Heavy smoking or alcohol use • Poor heart health 	<ul style="list-style-type: none"> • Keep your mind active • Quit smoking and limit alcohol • Manage heart health • Be socially and physically active • Get quality sleep • Maintain a healthy diet

Parts of the brain that can be impacted by dementia:

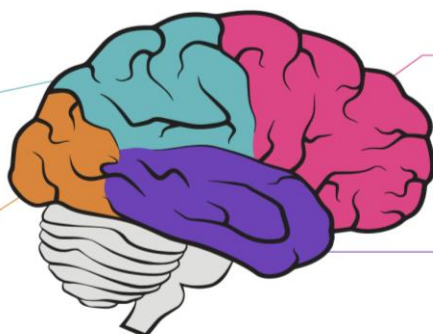
Which part of the brain is impacted depends on the type of dementia.

PARIETAL LOBE

Ability to perceive touch and pressure, temperature and pain perception, awareness of body in space

OCCIPITAL LOBE

Controls vision and perception of visual stimuli



FRONTAL LOBE

Voluntary movement, concentration, memory, emotions, judgement, impulse control, problem-solving

TEMPORAL LOBE

Creates new memories, navigates spaces, perception of emotions, controls emotions and aggression

Care in Midstream provides advanced Dementia 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.

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



DO'S AND DON'TS FOR VISITING SOMEONE WITH DEMENTIA

Older adults with Alzheimer's or dementia still enjoy having visitors. But it takes skill for both sides to have a positive experience when visiting someone with Alzheimer's or dementia. So, set visitors up for success by sharing some do's and don'ts beforehand. Having a great visit and understanding more about dementia might even encourage family and friends to visit more often.

Do's and don'ts for visiting someone with Alzheimer's or dementia:

DO

- Keep your tone and body language friendly and upbeat.
- Don't speak too loudly.
- Make eye contact and stay at their eye level.
- Introduce yourself even if you're sure they must know you. "Hi, Grandma, I'm John, your grandson."
- Speak slowly and in short sentences with only one idea per sentence. For example: "Hi Mary. I'm Jane, your friend." Or "What a beautiful day. The sunshine is nice, isn't it?"
- Give them extra time to speak or answer questions; don't rush the conversation.
- Use open-ended questions because there are no right or wrong answers.
- Be comfortable with sitting together in silence. They may enjoy that just as much as talking.
- Follow their lead; don't force conversation topics or activities.
- Validate their feelings. Allow them to express sadness, fear, or anger.
- Enter their reality. Go with the flow of the conversation, even if they talk about things that aren't true.
- Share and discuss memories of the past. They're more likely to remember things from long ago.
- Come prepared with an activity, like something to read aloud or a photo album to look at.
- Give hugs, gentle touches, or massage arms or shoulders if the person gives permission and enjoys it.



DON'T

- Don't** say, "Do you remember?" This can cause anger or embarrassment.
- Don't** argue. If they say something that's not correct, just let it go.
- Don't** point out mistakes. It just makes them feel bad and doesn't help the conversation.
- Don't** assume they don't remember anything. Many people have moments of clarity.
- Don't** take mean or nasty things they say personally. The disease may twist their words or make them react badly out of confusion, frustration, or anger.
- Don't** talk down to them. They aren't children, and you should show the proper respect.

Tips for planning visits:

- Limit visitors to one or two people at a time. Too many people can be overwhelming.
- Schedule visits for the time of day when your older adult is usually at their best.
- Minimise distractions by keeping the environment calm and quiet. Turn off the TV or loud music and ask non-visitors to go to another room.