



2024 - Edition 3

# CARE NEWS

Care in Midstream Newsletter

## Keeping in touch

The beautiful summer days are making way for the equally magnificent autumn days. Autumn brings a special magic – gorgeous colours, milder weather, and a reminder that the earth needs to rest. We should all follow this cue and make time for rest and renewal.

South Africa celebrates Mother's Day on the 12th of May. Mothers are the epitome of love, generosity, and sacrifice; they endure all hardships and work non-stop to provide solace to their children. To celebrate their commendable strength and selfless care, Mother's Day is a special occasion to honour their efforts. If you are blessed to have a mother or mother figure in your life, celebrate this special day with them. Life is fragile, and we don't know what tomorrow holds.

***Be loved and blessed,  
The Care in Midstream Team***



12 May

*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)*

## On an Autumn Day

*By Nedelcu Alina*

On an autumn day, the world is ablaze,  
With colours red, orange, and gold,  
The leaves dance and twirl in the breeze,  
The air is crisp, with a hint of chill,  
As the sun sets early in the sky,  
The sound of rustling leaves is still,  
As nature prepares to say goodbye.

The trees stand tall, like pillars of strength,  
Their branches reaching toward the heavens,  
Their leaves are a testament to their length,  
A sight that fills us with reverence.

On an autumn day, the world is transformed,  
Into a place of magic and wonder,  
As nature puts on a show unadorned,  
We're left to admire and ponder.

So let us savour this fleeting time,  
Before winter comes with its icy grasp,  
And cherish the beauty of autumn's prime,  
As we bask in its warm and gentle clasp.

As the leaves crunch underfoot,  
The earthy scent of autumn fair,  
A treasure worth the pursuit.



# The Care in Midstream Family

**THANK YOU!**

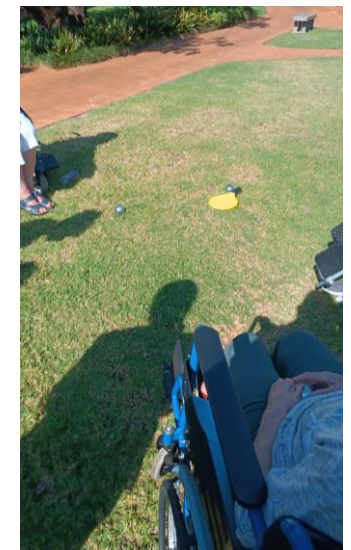
A big thank you to **Charlotte van der Merwe** from Hoedspruit who donated a beautiful selection of hand-made fidget blankets and gloves to the Care in Midstream residents. Fidget blankets are sensory blankets that include various sensory objects to help keep dementia sufferers' hands busy and provide both soothing and stress-relieving benefits.



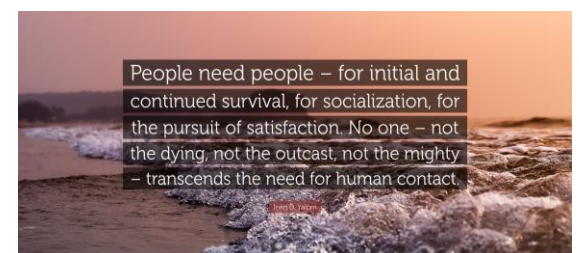
Thank you to everybody who ensured that our residents enjoyed a happy and blessed Easter.



The Care in Midstream residents participating in arts and crafts, and games. These activities support our philosophy of active ageing.



The Care in Midstream residents enjoying the beautiful autumn weather and participating in organized outdoor games.



People need people – for initial and continued survival, for socialization, for the pursuit of satisfaction. No one – not the dying, not the outcast, not the mighty – transcends the need for human contact.

# Strokes: Signs and Symptoms

A stroke is a serious, life-threatening medical condition that happens when the blood supply to part of the brain is cut off. Strokes are a medical emergency, and urgent treatment is essential. The sooner a person receives treatment for a stroke, the less damage is likely to happen. A stroke can happen to anyone, of any age, at any time. Knowing how to spot the signs of a stroke in yourself or someone else is vital.

## How to Identify a Stroke

The FAST acronym - Face, Arms, Speech, Time - is a test to quickly identify if someone is having a stroke.

- Face weakness: Can the person smile? Has their mouth or eye drooped?
- Arm weakness: Can the person raise both arms?
- Speech problems: Can the person speak clearly and understand what you say?
- Call an ambulance or paramedics if you see any of these signs.

Acting FAST will give a stroke victim the best chance of survival and recovery. Ambulance paramedics are trained in strokes and will ensure the person receives emergency medical care and specialist treatment.

## Other Symptoms of a Stroke

The FAST test helps spot the three most common symptoms of a stroke. But there are other signs that you should always take seriously. These include:

- Sudden weakness or numbness on one side of the body, including legs, hands, or feet
- Difficulty finding words or speaking in clear sentences
- Sudden blurred vision or loss of sight in one or both eyes
- Sudden memory loss or confusion, and dizziness or a sudden fall
- A sudden, severe headache

## Types of Strokes

There are two main ways that strokes can happen: ischemia and hemorrhage.

**Ischemic Strokes:**  
These strokes are caused by blockage of an artery (or, in rare instances, a vein). About 87% of all strokes are ischemic.

**Hemorrhagic Strokes:**  
These are strokes caused by bleeding. About 13% of all strokes are hemorrhagic.

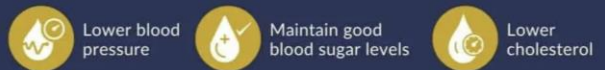
## STROKE SYMPTOMS

Remember, recognize and act fast



## Reducing Chances of Recurrent Strokes

### CONTROL RISK FACTORS



### CULTIVATE HEALTHY LIFESTYLE



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



# The Role of Palliative Care at the End of Life

**The goal of palliative care is to relieve the suffering of patients and their families by the comprehensive assessment and treatment of physical, psychosocial, and spiritual symptoms experienced by patients. As death approaches, a patient's symptoms may require more aggressive palliation.**

While dying is a normal part of life, death is often treated as an illness. As a consequence, many people die in hospitals, alone and in pain. Palliative care focuses primarily on anticipating, preventing, diagnosing, and treating symptoms experienced by patients with a serious or life-threatening illness and helping patients and their families make medically important decisions.

The ultimate goal of palliative care is to improve the quality of life for both the patient and the family, regardless of diagnosis. Although palliative care, unlike hospice care, does not depend on prognosis, as the end-of-life approaches, the role of palliative care intensifies and focuses on aggressive symptom management and psychosocial support.

Helping patients and their families understand the nature of illness and prognosis is crucial to palliative care near the end of life. Additionally, palliative care specialists help patients and their families to determine appropriate medical care and to align the patient's care goals with those of the healthcare team. Finally, establishing the need for a medical proxy, advance directives, and resuscitation status is integral to palliative care at the end of life.

Patients near the end of life may experience extreme symptoms that include physical, spiritual, and psychosocial suffering. Palliative medicine aims to prevent and manage these symptoms while optimising the quality of life throughout the dying process.

Factors critical to seriously ill patients include adequately controlling pain and other symptoms, avoiding prolongation of the dying process, achieving a sense of self-control, finding meaning in life, and relieving the care burdens of family and loved ones while strengthening and completing those same relationships. As death becomes nearer, the symptom burden increases while the patient and family's tolerance of physical and emotional stress decreases. Primary palliative care interventions should take precedence at this time, and the focus on restorative care should decrease.

The role of palliative care at the end of life is to relieve the suffering of patients and their families by comprehensively assessing and treating the physical, psychosocial, and spiritual symptoms they experience. As death approaches, a patient's symptom burden may worsen and require more aggressive palliation. As comfort measures intensify, so does the support provided to a dying patient's family. Once death has occurred, the role of palliative care focuses primarily on the support of the patient's family and grief.



Many patients imagine that death comes suddenly, but for many, the knowledge that one's death is imminent comes first. Those with this awareness often must complete certain tasks to allow a peaceful death, such as offering forgiveness, being forgiven, acknowledging regrets, finding closure in professional and community relationships, and saying goodbye to family and friends.

**Care in Midstream provides Palliative Care and End of Life Care. Please contact us for information or to set up an appointment to view our facilities.**



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