



2024 - Edition 2

CARE NEWS

Care in Midstream Newsletter

Keeping in touch

Sociologists define more than eleven types of family structures, and then go a step further to explain the synergies and dynamics between the different members of each family structure. But family is so much more than what we find in a science paper. On the 1st of April, South Africa celebrates Family Day, and it is a good time to take a moment to think about the definition and value of family.

Family is, first and foremost, our blood relations. But can friends be considered family? Yes, you can absolutely consider friends as family! Friends who are like family offer the same emotional support and loyalty that you expect from blood relatives. For seniors, whose families often live far away, their friends and carers are their primary family members—the people who are there to witness their daily lives, share in the highs and lows, and, most importantly, accept them for who they are.

Let's celebrate our families on this special day – our traditional families AND our family of friends.

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

The Love of a Family

Author Unknown

The love of a family
Is life's greatest blessing,
A shelter from the storm,
A warmth in the cold.
It is unconditional,
A never-ending bond,
A source of strength and hope,
A love that will never grow old.



FAMILY WHERE
LIFE BEGINS AND
LOVE NEVER
ENDS.....



Family Day, 1 April 2024

Family Day allows families to spend quality time together and engage in activities that promote togetherness and bonding. This includes anything from a family picnic or a day out to playing games, watching movies, or simply talking and sharing stories.

It is the perfect opportunity to reach out to family members who you do not see often or who live far away.

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 Care in Midstream Family



Care in Midstream recently hosted an Open Day to introduce and showcase our Specialised Frail Care Services.

If you need more information about our services or want to view our facilities, please contact 012 940 9380.



Introvert or Extrovert?

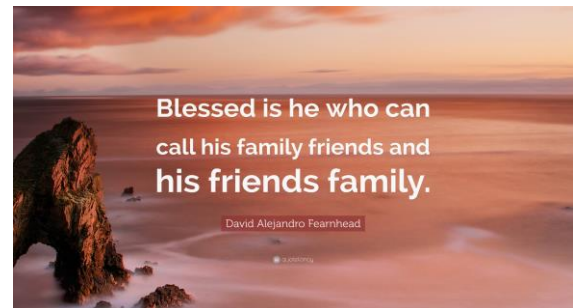
It doesn't matter if you're an introvert and are comfortable with alone time, or an extrovert who thrives on social interaction – both types of personalities need to socialise to stay healthy. Four benefits of social activities for seniors.

- Leads to increased physical activity and improved physical health.
- Decreased risk of mental illness.
- Boosts immune system.
- Promotes a positive outlook on life.

Connection with others promotes a feeling of purpose and belonging. This leads to increased happiness, fulfilment, and a positive mindset. All of this is worth the effort of making new friends, talking to others, and getting out of the house. Senior living communities provide the perfect environment to be around others like yourself with similar interests and hobbies.



A flash back to Care in Midstream residents celebrating the Month on Love during February.



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.



The Care in Midstream residents enjoying the taste of summer – fresh fruit salad!



The Profound Benefits of Friendship for Seniors

As the golden years approach, the importance of maintaining social connections becomes more evident than ever. For older people, friendships are more than just companionship; they hold the key to enhanced well-being and a higher quality of life.

The Value of Friendship for the Elderly

Friendship is an ageless treasure that offers many benefits, regardless of one's stage in life. However, for older people, these benefits can be even more significant. Social isolation is a prevalent concern among seniors, often leading to feelings of loneliness and depression. Genuine friendships counteract these negative emotions though.



Emotional Support: Friends offer a safe space to share feelings, concerns, and joys. The simple act of conversing with a friend can boost mood and alleviate emotional stress.

Mental Stimulation: Engaging in conversations and activities with friends keeps the mind active and sharp. Intellectual challenges help prevent cognitive decline.

Sense of Belonging: Friendships foster a sense of belonging and inclusion. This connection reduces feelings of isolation and enhances overall happiness.

Physical Health: Believe it or not, friendships can positively impact physical health. Social interactions can lower the risk of chronic diseases and strengthen the immune system.

Confidence Boost: The support of friends encourages seniors to pursue hobbies, interests, and new experiences, boosting their self-confidence and sense of purpose.

Longevity: Studies have shown that seniors with strong social networks tend to live longer, healthier lives. The power of companionship transcends age.

Challenges Faced by Seniors in Fostering Friendships

While the benefits of friendship are undeniable, seniors often encounter obstacles that make it difficult to maintain or establish new connections. Mobility issues, health concerns, and losing family and loved ones can all contribute to a shrinking social circle. Additionally, geographical distances can separate lifelong friends in today's fast-paced world, making regular interactions challenging. Seniors are encouraged to reach out and include others in the friendship circle.

Friends as Family



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



How to Keep Family Relationships Strong with Alzheimer's

If you're wondering how you can better serve your parent or relative who's living with Alzheimer's disease, you can feel relieved that some of it is in your hands. Simply showing your face, having a conversation and participating in activities together can do wonders for those with dementia and Alzheimer's.

One of the signs of developing Alzheimer's is withdrawing from social interaction. This could be due to the embarrassment of forgetting conversations as they happen, ceasing to attend to personal hygiene and some of the other symptoms that come with cognitive decline. Keeping the brain sharp and engaged through social activity benefits all ages, but it's essential for seniors facing dementia.

How Can an Alzheimer's Diagnosis Affect a Family?

Alzheimer's is more than just a disease; it is a change of lifestyle. It can bring about stress for a family as they figure out how to best care for their relative amid the tragedy of watching someone they love and admire deteriorate mentally. At times like this, it's crucial to remember what's important and work through differences so the loved one gets the care they deserve.

An Alzheimer's disease diagnosis - like any illness - can stir up feelings of anger, resentment, anxiety, sadness, frustration and fear. Big decisions regarding care, finances and living arrangements now stare the family directly in the face, all while they are forced to accept that things will never be the same. With Alzheimer's, family support is of the utmost importance.

How to Tackle Alzheimer's as a Family

There are ways to ensure everyone gets involved and does their part. Responsibilities can be laid out in a list, and family members can take turns performing each task according to strengths, emotional capacity, and resources. Some decisions, such as whether the loved one should return to live with a family member or live in an assisted living facility, can be made as a group.

Decisions like this and others should be made at regular family meetings, where questions, concerns, and comments can be addressed, and each family member is afforded the opportunity to bring up new ideas for the best care. Everyone should be willing to compromise, and the meetings should be adjourned with every family member clearly understanding what course of action was agreed upon. Also, it's very important to include the loved one with Alzheimer's whenever possible. That way, they can feel included in what will happen to them.

It is also essential, during meetings or otherwise, to communicate honestly with family about how you're feeling and not to criticize others when they do so. Expressing feelings should be carefully considered so as not to place blame on others. Keep in mind that everyone is on the same side and only wants the best for whoever has Alzheimer's.

You can also educate yourself about the disease to get a better sense of what your loved one is going through. There is a lot of Alzheimer's information for families out there. Spend time as a family outside of the meetings where you discuss care and needs, as it's important to show one another that you still enjoy each other's company. Finally, be patient; things will get easier as you and your family adapt to the new reality.

Family

