



2024 - Edition 4

CARE NEWS

Care in Midstream Newsletter

Keeping in touch

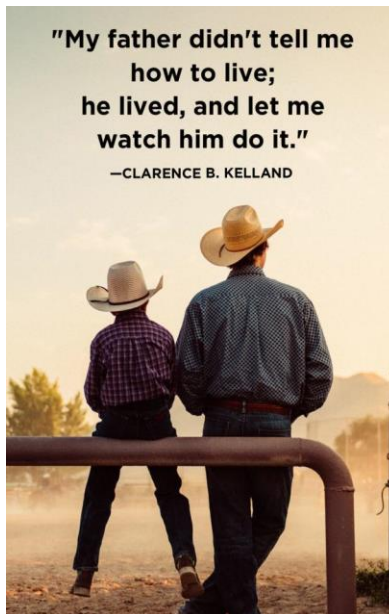
Busyness has become a part of our lives, and many people need help remembering a time when they weren't constantly busy. Busyness steals not just our personal time but also our joy. We must make a concerted effort to slow down and smell the proverbial roses.

We need to rediscover the things that bring us joy. Each person has a different source of joy – take time and rediscover yours. Busyness also robs us of our human connections. We need to rekindle our friendship and family time. Life is short, and you never know when the next opportunity will be to spend time with loved ones.

South Africa celebrates Father's Day on 16 June. It is a day to celebrate all our community's fathers and father figures. If you are blessed to have a father in your life, enjoy this special day with them. If you live far away, make that telephone call!

Just a friendly reminder that if you have a cold or flu, please limit contact with seniors who are very susceptible to infections during the colder months. Please wear a mask, wash your hands regularly, and visit the doctor if you have a fever or other persistent symptoms. Let's all do our best to stay healthy this winter.

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



Life Lessons

By Joanna Fuchs

You may have thought I didn't see,
Or that I hadn't heard,
Life lessons that you taught to me,
But I got every word.

Perhaps you thought I missed it all,
And that we'd grow apart,
But Dad, I picked up everything,
It's written on my heart.

Without you, Dad, I wouldn't be
The person I am today;
You built a strong foundation
No one can take away.

I've grown up with your values,
And I'm very glad I did;
So here's to you, dear father,
From your forever grateful kid

*Father's Day
16 June 2024*

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

International Nurses Day

International Nurses Day is celebrated annually on 12 May - the anniversary of the founder of modern-day nursing, Florence Nightingale's birthday.

Care in Midstream celebrated our nurses who bear the true spirit of humanity. The women and men who bring hope to a hopeless world, love to where it is needed most and a helping hand to the helpless. We salute you - thank you!



*"Nurses dispense comfort, compassion, and caring without even a prescription."
-Val Saintsbury-*



Three Stages of Dementia: What to Expect as the Disease Progresses

A big challenge and source of stress in Alzheimer's disease and dementia is the uncertainty. Nobody can predict what will happen with an older adult's cognitive ability, behaviour, or preferences or when these changes will occur. However, understanding the three stages of dementia - early, middle, and late - gives a sense of what to expect and can be used as guidelines for planning for the future.

Early – Mild Dementia

In the early stage, a person with dementia might still be able to live independently. They might still be able to drive, work, and socialise. They may have memory lapses, like forgetting familiar words or the location of everyday objects. Other people may start noticing that the person is having difficulty, experiencing memory loss, or something 'seems off'.

Symptoms may include: struggling to find the right word or name; finding it difficult to do everyday tasks in social or work settings; forgetting something that they just read; frequently losing or misplacing things; increasing trouble with planning or organising; and making decisions with uncharacteristically poor judgement.

Middle – Moderate Dementia

The middle stage of dementia is usually the longest and can last for many years. As dementia progresses, the person will need an increasing level of care. In this stage, one might notice that they get words mixed up, are often frustrated or angry, or act in unexpected ways, like refusing to bathe. Damage in the brain can make it difficult to express themselves and do everyday things.

Symptoms may include: forgetting things that happened recently or significant life events; being moody or withdrawn, especially in social situations or when something requires too much thought; not remembering significant things like their address, telephone number, high school, etc.; getting confused about where they are or what day it is; needing help choosing appropriate clothes for the season or occasion; changing sleep patterns, like sleeping during the day and being restless at night; an increased risk of wandering and getting lost; personality and behaviour changes, including paranoia, delusions, and compulsive, repetitive behaviour like hand-wringing.

Late-stage Dementia

In the final stage of dementia, people progressively lose the ability to engage in the world, hold conversations, and control their muscles. Their memory and cognitive skills continue to worsen, and one might see significant personality changes or the fading of personality altogether.

At this stage, people with dementia typically: need 24/7 help with daily activities and personal care; have increasing difficulty communicating; lose awareness of recent experiences and their surroundings; gradually and progressively lose physical abilities, including the ability to walk, sit, and swallow; become more likely to develop infections, especially pneumonia.

A person with dementia doesn't always fit into one stage. Dementia uniquely affects each person and changes different parts of the brain to varying points in the disease progression. Plus, different types of dementia tend to have different symptoms.



Care in Midstream provides the following services:

Assisted Living | Frail Care | Dementia & Alzheimer's Care
Short Term Care | End of Life & Palliative Care



Staying Hydrated This Winter

Staying hydrated is a year-round commitment essential to our overall health and well-being. However, hydration is often overlooked in winter when the lack of the summer heat's telltale reminders can lead to unnoticed dehydration. Heating systems also dry out the air more than air conditioners and fans.

The colder months, with their lower temperatures and less physical exertion, can give a false sense of hydration security. As we age, our bodies' ability to preserve water is reduced, and our sense of thirst weakens, making seniors especially vulnerable to winter dehydration.

Signs of dehydration in seniors may include fatigue, confusion, dizziness, and reduced skin elasticity. Low-intake dehydration in seniors is often associated with worse cognition, lower quality of life, longer and more complicated recovery from illnesses, and more hospital visits.

Make Water Part of Your Routine

To combat winter dehydration, it is essential to make hydration a part of your daily routine. Regular reminders can be set on your phone or written on your calendar to drink water throughout the day. Carrying a water bottle can also be a visual cue to drink water frequently. Try to drink a glass of water or other drinks with every meal.

Enjoy Water-rich Foods

One effective way to enhance hydration is by incorporating water-rich foods into your diet. Soups and stews, in addition to being warming and comforting winter foods, are excellent sources of hydration. Fruits like oranges and vegetables like cucumbers and celery are also hydrating. These options not only provide an added layer of hydration but also contribute to a balanced diet, promoting overall health.

Drink Warm Beverages

Drinking warm beverages is a practical and enjoyable way to stay hydrated in winter. Tea, for example, can be particularly beneficial. Not only does it provide the necessary fluid, but herbal teas can also offer additional health benefits. However, ensuring these beverages are decaffeinated is crucial, as caffeine can act as a mild diuretic, potentially leading to dehydration.



Pure water
IS THE WORLD'S
FIRST AND
FOREMOST
MEDICINE.

SLOVAKIAN PROVERB

