



2024 - Edition 6

# CARE NEWS

Care in Midstream Newsletter

## Keeping in touch

Throughout the chilly, dry, and dusty July, the Care in Midstream residents and staff were blessed with many heartwarming experiences and bright moments of happiness. Several Nelson Mandela initiatives highlighted the impact of small (and big!) acts of kindness. We share some of these experiences in this newsletter.

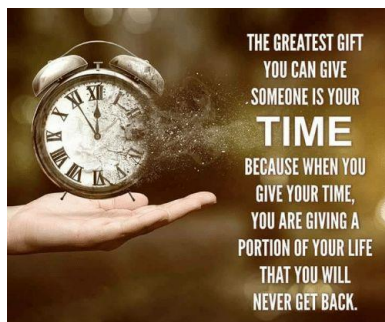
Winston Churchill said, "We make a living by what we get, but we make a life by what we give."

Helping others adds so much to our lives, yet many believe they have nothing to give. Time – we all have time, which can make the most significant difference to others and you. Every day is an opportunity to spread kindness. Don't stop now!

We wish all women a happy Women's Month as we celebrate the strong and inspiring women of South Africa.

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

*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)*



## Small Kindnesses

*By Danusha Laméris*

I've been thinking about the way, when you walk down a crowded aisle, people pull in their legs to let you by.

Or how strangers still say "bless you" when someone sneezes, a leftover from the Bubonic plague. "Don't die," we are saying.

And sometimes, when you spill lemons from your grocery bag, someone else will help you pick them up. Mostly, we don't want to harm each other.

We want to be handed our cup of coffee hot, and to say thank you to the person handing it. To smile at them and for them to smile back.

For the waitress to call us honey when she sets down the bowl of clam chowder, and for the driver in the red pick-up truck to let us pass.

Only these brief moments of exchange. What if they are the true dwelling of the holy, These fleeting temples we make together when we say, "Here, have my seat," "Go ahead—you first," "I like your hat."

# One Day Is One Day And Then, The Dream Became A Reality!

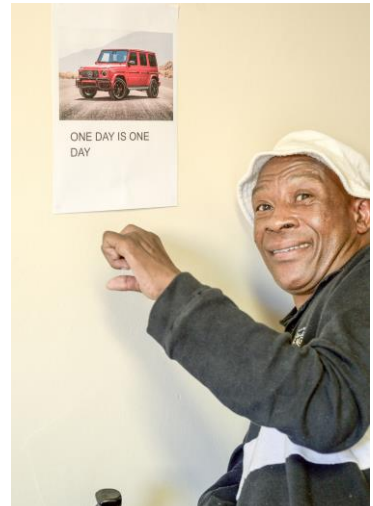
Dreams can give us a purpose and encourage us to focus on something bigger and bolder than what our daily lives provide. When a dream comes true, it can be a life-changing experience. Ask Andries Madoda, and he will agree.

Andries Madoda (53) has been a Care in Midstream resident for a year. Originally from Boksburg, Andries worked as a hoist operator at Kusile Power Station. Following a motor vehicle accident, he sustained a spinal injury and became wheelchair bound.

While he misses his wife and four children (two boys and two girls), Andries expresses his gratitude: "I am grateful for the good care I receive and the fact that everything that I need is accessible. From a doctor who comes to visit to the physio that helps me to become stronger, it is amazing that my wife can come and visit over weekends."

One of Andries's dreams - to drive a Mercedes-Benz G-Class - takes pride of place in his room. When one of the Care in Midstream staff saw it, they decided to do everything possible to make his dream come true. Calls were made, plans hatched, and then the big day arrived.

On 18 July, Andries, accompanied by care staff, visited Mercedes-Benz Centurion. The dealership staff gave Andries and the team a warm welcome and showed him around the dealership. With the aid of his frame, Andries moved from one vehicle to the next - the excitement was tangible! He was able to sit in a brand-new G-Class and was taken for a drive in the exceptional vehicle.



*Andries Madoda  
and his dream*

Andries was elated, "I was amazed. I thought I was dreaming, and my heart was shaking. I am so grateful. Having my dream come true was fantastic. It gave me hope to know that dreams do come true. Thinking about this and knowing normal people like me can have this. I always say you must dream big. If you dream big and fall, you can always get up again."



*Care in Midstream extends its gratitude to Mercedes-Benz Centurion and everybody who helped to make Andries Madoda's dream a reality.*



**Thank you to Sandy Alben from Eternal Moments Photography & Design for this month's beautiful photographs.**



Staying in touch with loved ones is an integral part of our daily lives. For James Nthusetsang, a Care in Midstream resident, staying in touch with his family was a struggle. To enjoy daily WhatsApp chats with his wife, family and friends, James needed a new phone. We reached out to Chatz Connect Midstream, and the friendly staff jumped at the opportunity to 'connect' James. They gifted James a brand-new phone!

We took James to collect the phone, and it was smiles all round. James can now stay in touch with his loved ones. A big thank you to Chatz Connect Midstream – *please visit them at Square @Midstream.*

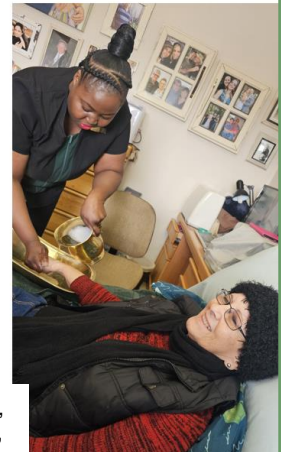


## Staying Connected!



TROUVILLE  
BOUTIQUE DAY SPA

## The Gift of Touch



Left to right, Carike Kruger (Care in Midstream), Rhona Erasmus (Trouville Boutique Day Spa), Maryke Jacobs (Care in Midstream)

A heartfelt thank you to Rhona Erasmus and her wonderful staff from Trouville Boutique Day Spa! As part of their Nelson Mandela Day outreach, they visited Care in Midstream and spoiled several of our residents with treatments in the comfort of their rooms. Our residents enjoyed it immensely, and we look forward to welcoming the ladies from Trouville Boutique Day Spa back to Care in Midstream, where they will bring joy to more of our residents.

*Visit the spa's website at [www.trouvillespa.co.za](http://www.trouvillespa.co.za)*



## Grey Matter Matters

There are many types of brain and spinal cord tumours. The tumours are formed by the abnormal growth of cells and may be benign or malignant. Benign brain and spinal cord tumours grow and press on nearby areas of the brain. They rarely spread into other tissues and may recur.

Every person diagnosed with a brain tumour will have different symptoms and a unique journey to a diagnosis.

While some people do not develop symptoms that indicate a tumour, others may have symptoms that worsen over time, eventually leading to a diagnosis. Others still may feel perfectly fine but experience sudden symptoms, such as a seizure, which leads to a quick and unexpected tumour diagnosis.

The following is a list of common symptoms that, lone or combined, can be caused by a brain tumour (malignant or non-malignant):

- Behavioural changes
- Cognitive changes
- Dizziness or unsteadiness
- Double or blurred vision
- Frequent headaches
- Hearing impairment
- Morning nausea and vomiting
- Seizures, weakness or paralysis

### Facts About Brain Tumours

- There are over 120 different types of brain tumours, making effective treatment complicated.
- A brain tumour is a growth of abnormal cells that are either within or around the brain's structure.
- Non-malignant tumours account for almost two-thirds of all primary brain tumours.
- Because brain tumours are located at the control centre for thought, emotion, and movement, they can dramatically affect an individual's physical and cognitive abilities and quality of life.

## Every Human Has Rights

At Care in Midstream we are passionate about treating our residents with dignity and respect. We share a short extract from The Elderly Act:

“The Elderly Act, Act 13 of 2006, regulates the approach to older persons. An extract from the Government Gazette, 2 November 2006, Older Person's Act:

Chapter 2 of the Act creates an enabling and supportive environment for Older Persons.

7. Older Persons enjoy the rights contemplated in Section 9 of the Constitution of the Republic of South Africa and may not unfairly deny the request to:

7 (j) to access opportunities that promote their optimal level of social, physical, mental, and emotional well-being.

The Alzheimer's Bill of Rights is a set of internationally recognised principles, which every person diagnosed with Alzheimer's disease or dementia deserves:

- To be treated like an adult and not a child.
- To be loved, respected and always have their dignity maintained.
- To care for individuals well trained in Alzheimer's care.”





# Frontotemporal Dementia Signs and Symptoms

**Frontotemporal dementia (FTD) is the fifth most common cause of dementia. It affects the frontal and temporal lobes of the brain. It is sometimes called frontal lobe dementia and used to be known as Pick's disease. The affected areas of the brain control personality, emotions, behaviour, executive functioning, and speech. FTD tends to start at younger ages. At first, frontotemporal disorders leave other brain regions untouched, including those that control short-term memory.**

## Diagnosing frontotemporal dementia

There isn't a single test that explicitly diagnoses FTD. Doctors must try to identify specific characteristics while ruling out other possible causes, like liver or kidney disease. Diagnosing in the early stages can be challenging because the symptoms often overlap with those of other conditions.



## Signs and symptoms of frontotemporal dementia

The most common signs and symptoms of frontotemporal dementia are extreme changes in behaviour and personality. People typically have one type of symptom in the early stages of FTD. As the disease progresses, more symptoms will appear as more parts of the brain are affected.

Common behavioural and personality symptoms include changes in personality and mood, avoiding socialising or being unwilling to talk, repetitive or obsessive behaviour, lack of inhibition or lack of social tact, a decline in personal hygiene, lack of judgment, apathy, lack of awareness, loss of empathy, changes in eating habits, and putting things in the mouth or trying to eat inedible objects

People with FTD can usually keep track of day-to-day events and understand what's happening around them; they typically keep their language skills and memory until late in the disease.

Typical speech and language symptoms include difficulty finding the right word or calling objects by the correct name, trouble with reading and writing, losing the ability to understand or put together words in a spoken sentence, and speaking in a very hesitant or ungrammatical way. Common movement symptoms include tremors, rigid muscles, muscle spasms or weakness, poor coordination and difficulty swallowing.

## The difference between Alzheimer's and frontotemporal dementia (FTD)

- Most people with frontotemporal dementia are diagnosed between ages 45 and 65. The majority of Alzheimer's cases happen in people over age 65.
- With FTD, problems with memory may show up in advanced stages. In Alzheimer's, memory problems show up early in the disease and tend to be a more prominent symptom.
- Changes in behaviour are an early sign of FTD and often are the first noticeable symptoms. Behaviour changes are also common as Alzheimer's progresses, but they usually occur later in the disease.
- Problems with spatial orientation (like getting lost in familiar places) are more common with Alzheimer's than with FTD.
- Hallucinations and delusions are also more common as Alzheimer's progresses, but not very common in FTD.
- People who have FTD often have more problems speaking, understanding speech, and reading than people with Alzheimer's.

Care in Midstream provides the following services:

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



# Seasonal Allergies in Ageing Adults

**Seasonal allergies, such as hay fever, affect millions of people each year. However, managing these allergies in elderly adults can present unique challenges. As we age, our immune system becomes less robust, which can change how our bodies react to allergens.**

## What are Seasonal Allergies?

Seasonal allergies are immune system responses triggered by exposure to allergens such as pollen from trees, grasses, and weeds. Common symptoms include sneezing, runny or stuffy nose, watery eyes, and itching of the nose, eyes, or roof of the mouth. While these symptoms are often minor for many, they can be particularly troublesome for elderly adults, possibly exacerbating other health issues.

## Why are Elderly Adults Affected Differently?

Older individuals may face increased complications from seasonal allergies due to several factors.

**Ageing immune system:** The immune response can be slower and less effective, making it harder to cope with allergens.

**Chronic conditions:** Many ageing adults have chronic conditions such as asthma or chronic obstructive pulmonary disease (COPD), which can be worsened by allergy symptoms.

**Medication interactions:** Medications can interact in ways that exacerbate allergy symptoms or reduce the effectiveness of allergy treatments.

## Managing Seasonal Allergies

### Avoidance of Allergens

- Keep windows closed during high pollen seasons to keep allergens out
- Use air purifiers to reduce indoor allergens
- Limit outdoor activities when pollen counts are high

### Medications

- Antihistamines: These can help relieve sneezing, itching, and runny nose but might cause drowsiness or interact with other medications.
- Nasal sprays: Steroid nasal sprays can reduce inflammation in the nasal passages and are generally safe for adults.
- Decongestants: These should be used cautiously as they can raise blood pressure and lead to other heart-related issues.

### Immunotherapy

This involves a series of allergy shots that can help the body build resistance to the effects of allergens. It's a long-term solution that might be suitable for some elderly patients.

## Regular Check-ups

Regular visits to an allergist or healthcare provider can help monitor the effectiveness of the treatment plan and make adjustments as needed.



## Diagnosis of Seasonal Allergies

Proper diagnosis is crucial. Symptoms of seasonal allergies can be mistaken for other conditions, such as respiratory infections or reactions to medications. An allergist can provide an accurate diagnosis and tailor treatment plans considering age, health status, and other medications.