



2024 - Edition 7

CARE NEWS

Care in Midstream Newsletter

Keeping in touch



Joyce Hilfer said: "Life is made up of a few moments all strung together like pearls. Each moment is a pearl, and it is up to us to pick the ones with the highest lustre. If we do not have time to do great things, take a few gentle moments and do small things in a great way."

Each day, we have the opportunity to pick a handful of pearls. Pearls of moments strung together that become our day. The joy of each moment is not just ours to cherish; it is a gift we can share with those around us.

As we approach the end of the year, we encourage everyone to share moments that count with others. Everyone needs a few special pearls to bring joy to their day!

***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

There is so little time. We need to make every moment count.

Shannon Delany

© Shannon

Make Every Moment Count

By Paul Martin

Make every moment count and you'll be happy, you will find true meaning in your life, when you learn to utilize each moment, the simple things will bring you peace of mind.

Make every moment count and be productive, be useful in a kind and helpful way, you will find that happiness comes easy, and you'll be content each moment of the day.

Make moments count throughout the day, instead of simply passing time away, make moments count and you will find, the secret of possessing peace of mind.

Make every moment count and life will lead you, to a secret world you never thought you'd find, you will find your life will be worth living, as the whisperings of Love delight your mind.

Make every moment count and you'll be happy, your understanding will be growing every day, with every step you take along life's highway, you will be helping others find their way.

Make every moment count by concentrating, on peace and joy and blessings from above, make every moment count by making choices, that lead you to a wondrous world of love.



Making Moments Count



The grade 7 learners from Midstream Ridge Primary School recently visited Care in Midstream. They treated the residents by sharing snacks, music and one-on-one conversations. The residents loved the interaction with the youngsters, and they look forward to future visits.



As part of our Spring Day celebrations, we hosted a picnic for our Frail Care residents. Everyone enjoyed being outside in the sun where we had a braai and played games.



The Care in Midstream staff enjoying the run-up to one of the Springbok rugby games.



Care in Midstream residents enjoying the outdoors and the beautiful spring weather.



The Care in Midstream residents welcomed Spring with a special morning of fun and celebration.

Cyber Security for Seniors

October is Cyber Security Month

Many seniors struggle to get acquainted with digital technology, specifically when it comes to cyber security. Older adults are often exposed to online financial scams and fraud, becoming soft and easy targets for online scammers and fraudsters.

To protect themselves and their hard-earned money in retirement, seniors need to acquire basic cyber security skills and be aware of the risks and dangers of online threats.

Phishing, Vishing and Smishing Frauds

The fraudsters trick victims into providing personal details like credit/debit card numbers, passwords, OTP, etc. and steal their hard-earned money under the pretext of offering gifts, prizes, low-cost medications, card renewal, etc.

Insurance Policy Fraud

Seniors are targeted and defrauded by insurance schemes where a relationship manager convinces the victim to buy several policies and finally dupe the victim of their lifetime savings.

Social Media Attacks

Hackers create fake accounts to connect to seniors while posing as friends or grandchildren, to later convince them to part with money, gifts, vouchers, etc.

Romance/Dating Fraud

Older adults' loneliness is exploited to deceive them into fake relationships and later persuade them to seek money in some form.

Important safety and security measures for seniors:

- Do not give away financial information (OTP, passwords, credit or debit card details) over the telephone or the Internet.
- Use telephones with caller identification, and do not be tricked by callers disguising themselves from banks asking for your sensitive financial details like OTPs, passwords, etc.
- Only shop online if you are familiar with the website.
- Visit only known and trustworthy websites and avoid unfamiliar websites, which may have programs that take personal information without consent.
- Avoid downloading or opening attachments and emails from unknown sources.
- Banks or other financial companies will never ask for your username, password or bank details.
- Avoid making charitable contributions over the telephone.
- Avoid using open and unsecured Wi-Fi.
- Understand the basics of computer/mobile and internet security.
- Be careful when using social media accounts, and do not publicly share private and personal information.
- Always log out of your computer when you are not using it.
- Always have a lock, password or fingerprint to access your mobile phone.
- Have two-factor authentication to prevent hackers from accessing your account.
- In case of doubt, always ask a trusted person to assist and support you with online activities.





SEPTEMBER IS WORLD
ALZHEIMER'S MONTH

Each September, people unite from all corners of the world to raise awareness and challenge the stigma that persists around Alzheimer's disease and all types of dementia.

In 2024, the focus was on the attitudes to dementia worldwide. The 2024 campaign and World Alzheimer Report, which was launched on the eve of World Alzheimer's Day, 20 September, challenged why so many people still wrongly believe that dementia is a part of normal ageing. This reason alone highlights how important public awareness campaigns, like World Alzheimer's Month, are for changing perceptions and increasing existing public knowledge around Alzheimer's disease and dementia.

The 2024 World Alzheimer's Month campaign centred around the taglines *Time to act on dementia*, *Time to act on Alzheimer's*. The global awareness-raising campaign focused on attitudes toward dementia. It sought to redress stigma and discrimination which still exist around the condition while highlighting the positive steps being undertaken by organisations and governments globally to develop a more dementia-friendly society.



Why Seniors Need Family Support

Family isn't just a word; it's an entire world for many people. The support and encouragement from a beloved family member can bring happiness even in tough times. For seniors who age alone, a moment and a word from family can make a significant difference.

Family Support for older people plays a key role in seniors' well-being. Though this seems simple, these minor oversights can become more significant issues and lead to health concerns.

Four Key Benefits of Family Support for Seniors


- Improve immune system
- Boost mental health
- Assure life satisfaction
- Offer emotional support

Nine Ways Families Can Promote Better Health for Seniors

- Plan social meals
- Do video calling
- Offer help with small tasks
- Listen to them
- Teach them when required
- Organise surprises
- Take them out
- Accompany them to doctor and hospital visits
- Plan some fun activities

Seniors are our precious treasures, and their presence enriches our lives in many ways. Family support is pivotal to you and your loved one's well-being. If you are unavailable or need ideas to strengthen the bond with your seniors, consider choosing a companion or caregiver.





If laughter is the best medicine, then talking is the second best

Engaging in daily conversation - whether a simple chat about the weather or a deep and meaningful conversation, can help improve seniors' mental and physical health. We all know what it feels like to be lonely. It makes our world a little greyer and happy moments duller since we can't share them with someone. Unfortunately, winter is a time when many people experience loneliness and isolation. Shorter days, longer nights, and fewer outdoor activities lead to spending more time indoors, often alone.

Social Connections Help Improve Cognitive Abilities

Staying socially connected reduces the effects of ageing on cognitive abilities. Just like doing crossword puzzles, talking to friends is like exercise for your brain. Through storytelling, seniors can identify and understand the themes and goals that have driven their lives. This often improves their self-esteem by granting them the choice and control they had in their youth. Research has also shown that in addition to helping people deal with negative feelings, reminiscing may ignite parts of the brain that would otherwise remain dormant, ultimately boosting overall recall and memory.

Social Connections Improve Physical Health

No doubt, staying connected socially improves your overall physical health. Regardless of your age, there is a relationship between social isolation and physical health. Having daily conversations is particularly important as one ages.

Improve Mental Health

Maybe it goes without saying that spending time with others makes you happier, but your relationships' profound effect on mental health must not be underestimated. People with more robust networks have lower levels of anxiety and depression, improved empathy, and higher self-esteem. This, in turn, makes other people more likely to trust you and want to connect with you, creating a positive feedback loop.

Social Connections Foster Belongingness

Surprisingly, it's the conversations you have with total strangers that can drive your sense of community. While you might think you want to be left alone or hate small talk, research demonstrates otherwise. Generally, individuals who strike up conversations with strangers - whether it's in a shop or just with a passer-by - report having a much more positive overall experience while taking care of mundane tasks.

“Friendship is based on the oldest and most intrinsic human awareness that there is more to life than just ourselves.” - Christopher Hansard



Benefits of Socialising

- Better mental health - it can lighten your mood and make you feel happier
- Lower your risk of dementia - social interaction is good for your brain health
- Promotes a sense of safety, belonging and security
- Allows you to confide in others and let them confide in you

Care in Midstream provides the following services:

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



It's hard to summon words when someone dies

Though it may be the first thing that springs to mind, “I’m sorry” isn’t always the best thing to say. It implies responsibility in some way and is not as comforting or empathetic as other ways of showing support.

“I can’t imagine how hard this is for you, and I’m sending you all my strength and love.”

One of the worst things to tell someone who’s grieving is that you know exactly what they're going through. Even if you've also lost a loved one - maybe you're a widow consoling someone who has newly obtained that title - every loss is unique.

“Please accept my condolences.”

It sounds simple and maybe even generic, yet the sentiment works well when you’re talking to someone you don’t know well or when you’re too surprised by the bad news to string any other words together.

“Your husband was a wonderful person. I have this cherished memory of him when [explain a thoughtful memory].”

It is a beautiful way to cherish their memory and show that you loved them. If you don’t have a story of your own, you could invite your friend to share one of their favourite memories if they feel up to it. There’s sometimes a misconception that talking about the deceased will be too painful—when, in fact, the opposite is often true.

“Is it OK if I stop by in a few days with lunch? I know the kids are involved in a lot of activities. Do you need any help getting them to school?”

Acts of service can be invaluable, especially in the early days of grief, when someone's energy is completely drained. They have to tend to so many things, and taking something off their plate not only says, ‘I’m here for you, and I’m supporting you,’ but it truly helps reduce the burden on them.

“I'm holding space for you in my heart.”

People aren’t always in the habit of telling others that they’re “holding space” for them. Yet it is a powerful way to convey that, while you can’t make their pain better, you will be present with them as they navigate through it.

Grief is just love with no place to go.
-Jamie Anderson -



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