

Jefferson Memory Care

"A happier life for everyone"

January/February 2015



Welcome Santa

Jefferson Memory Care

When a loved one encounters memory issues, unique challenges arise for the person affected and their family members. We at Jefferson Memory Care know the emotions they experience and the importance that human kindness plays in helping. We also believe that assuring the resident's personal dignity is the cornerstone of providing care.

Jefferson Memory Care

Christmas Party

Jefferson Memory Care held our first Christmas Party on December 23th.



Music by the Opals



Family
Friends
And Fun!



Jefferson Memory Care

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Volunteer With Us!

The Opportunities are endless:

1:1 visits with Residents
Checkers
Musical Performances
Decorating
Making Crafts
Storytelling
Game and Card Playing
Pet Therapy

Please contact Kelly Buss at 920-541-3520 or email me at kbuss@jeffersonmemorycare.com if you are interested in volunteering at JMC.



Shining Star Award Susan Strese



Our building would not have been as beautiful if it was not for Susan, who donated many of the Christmas decorations adorning the halls and living areas. Susan's dedication, caring and compassion for both the residents and her co-workers is limitless. Not to mention, she is one of the best cooks around!

Thank-you Susan for everything you do!

Helping the person with Alzheimer's communicate

People with Alzheimer's and other dementias have more difficulty expressing thoughts and emotions; they also have more trouble understanding others. Here are some ways to help the person with Alzheimer's communicate:

Be patient and supportive.

Let the person know you're listening and trying to understand. Show the person that you care about what he or she is saying and be careful not to interrupt.

Offer comfort and reassurance.

If he or she is having trouble communicating, let the person know that it's okay. Encourage the person to continue to explain his or her thoughts.

Avoid criticizing or correcting.

Don't tell the person what he or she is saying is incorrect. Instead, listen and try to find the meaning in what is being said. Repeat what was said if it helps to clarify the thought.

Avoid arguing.

If the person says something you don't agree with, let it be. Arguing usually only makes things worse — often heightening the level of agitation for the person with dementia.

Offer a guess.

If the person uses the wrong word or cannot find a word, try guessing the right one. If you understand what the person means, you may not need to give the correct word. Be careful not to cause unnecessary frustration.

Encourage unspoken communication.

If you don't understand what is being said, ask the person to point or gesture.

Limit distractions.

Find a place that's quiet. The surroundings should support the person's ability to focus on his or her thoughts.

Focus on feelings, not facts.

Sometimes the emotions being expressed are more important than what is being said. Look for the feelings behind the words. At times, tone of voice and other actions may provide clues

Administration Corner

“Never stop doing little things for others. Sometimes those little things occupy the biggest parts of their hearts.”
2015 is here and there will be plenty to look forward to in the New Year as our Jefferson Memory Care family grows with staff and residents. We are looking at a pretty busy January but I want families, residents and staff to know that my door is always open and I even if I am not here I am available by phone or email.

Sincerely,
Hillary Holman, MBA, Administrator,
hholman@jeffersonmemorycare.com

Notes From Resident Health Services

As winter is upon us already, make sure your loved one has all the winter gear to keep them warm inside and outside. For outside – Gloves, Hat, Winter Coat, Boots. For inside, warm clothes such as sweaters, warm socks, slippers, robes, warm pajamas.

Thank You!!

To Pastor Brandon
Each Thursday morning, residents are offered group and one-on-one time for devotion, reflection and Bible Study. We are very fortunate to have Brandon as a regular part of our JMC family.



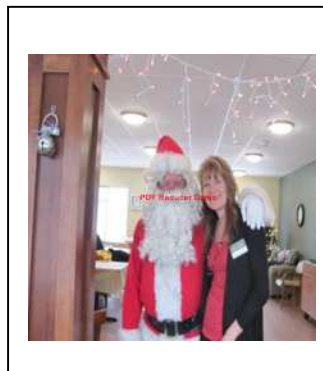
More JMC Fun.....



Mardi Gras Party

When:
Tuesday, February 17, 2015 at
1:30pm
Where:
JMC Bistro
Who:
All Residents, Family, Friends and
Staff
Cost: Free

JMC will be hosting a **Mardi Gras party** and hope you all can join us for an afternoon of authentic food, fun and music by **Bill Hill**.



Notes from Dietary

Happy New Year's to one and all!

With the holidays behind us, it's time for many to think of "New Year's resolutions". A common resolution is to eat healthier. There are many opinions, books, etc. on how to do this best. However, there is a simple way to look at "diets" in general. Include a variety of nutritious foods and maintain moderation overall. Too much of any food; good, bad or otherwise can lead to issues. Usually, there is no need to use extreme diet fads, etcetera to maintain a healthy body and lifestyle. A healthy diet will also assist you in preventing a visit from the seasonal flu bugs. Keeping yourself healthy is a large piece in keeping your loved ones healthy as well. Some of our resident's may not be able to fight off infection as easily as the general public.

Maintaining our residents nutritional status can be challenging at times due to factors associated with memory care. If you know of family favorite menus or even recipes that your loved one enjoyed in the past, we welcome you to share them with us! We will adjust our menu to include these favorites. We love to see our residents enjoy their meals especially with old time favorites!

We also welcome any suggestions and comments you may have regarding meals and dining. Khris Perks, Nutritional Services Coordinator

Environmental Services

Here at Jefferson Memory Care we have had a nice warmer than normal winter so far, so haven't had to do much shoveling or salting as of late. We have only been open for a short period so we haven't had any real issues yet. We did our 1st Fire Drill this past month with the residents and all went smoothly. Will be doing mock drills, either, fire, tornado, missing residents, etc. Once a month so that staff and residents become very familiar with them all. I hope all our staff, residents, and their families had a Very Happy and Safe New Year! Here's to looking forward to a New Year with many fun things coming up.

Sally Cali, Environmental Services Coordinator

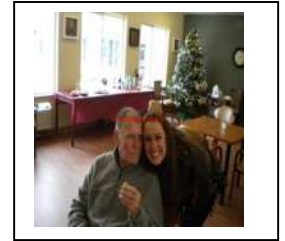
Resident Birthdays



1/3 Bob Walther

Staff Birthdays

No Birthdays this month



January/February Events and Activities

1/2 Welcome to Jefferson Memory Care Party

1/8 Music by the Opals

1/14 Monthly Birthday

1/15 Music by the Opals

1/20 Winter Luau. Music by Bahama Bob

1/22 Music by the Opals

1/28 Resident Council

1/29 Music by the Opals

2/2 Music Therapy begins each Monday

2/3 Music by Dick Larson

2/5 Music by the Opals

2/6 Welcome to Jefferson Memory Care Party

2/17 Mardi Gras Party. Music by Bill Hill

2/19 Music by the Opals

2/24 Music by Bahama Bob

2/25 Resident Council

2/26 Music by the Opals

Welcome New Staff:

Janelle Gard, Nutritional Aide

Savannah Buss, RCC3

Dwight Getfield RCC3

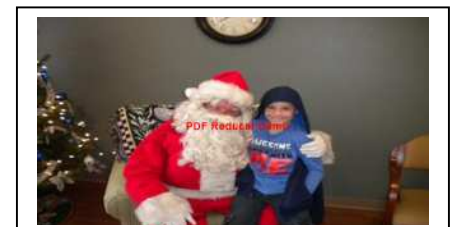
Shirley Kostroski, RCC

Jessica Schmidt RCC

Welcome new Residents:

Dorothy Faber

Bob Walther



More Christmas Photos

