

Jefferson Memory Care

“A happier life for everyone”

January/February 2016



**Christmas
2015**

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 1st Anniversary!!

JMC celebrated our 1st anniversary with an open house on Nov 19th



**Great Food,
Family
Friends
And Fun!**



Music by Bahama Bob



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Resident of the Month

The Resident of the Month for January is Dennis Renz. Dennis worked in accounting at APV Crepaco for 27 years. A father of two, he enjoyed fishing, hunting and doing anything outdoors. Congratulations Dennis on being the January Resident of the Month.



Shining Star Award Samantha Prisk



The Shining Star for December was Samantha (Sam) Prisk. Sam was chosen as our Shining Star for showing dedication and reliability to her job, along with the compassionate care she provides for our residents. Sam's quick sense of humor brings about a bright spot on even our most challenging days! Thank-you Sam for everything you do!

Alzheimer's Myths

Myth 1: Memory loss is a natural part of aging.

Reality: As people age, it's normal to have occasional memory problems, such as forgetting the name of a person you've recently met. However, Alzheimer's is more than occasional memory loss. It's a disease that causes brain cells to malfunction and ultimately die. When this happens, an individual may forget the name of a longtime friend or what roads to take to return to a home they've lived in for decades.

It can be difficult to tell normal memory problems from memory problems that should be a cause for concern. The Alzheimer's Association has developed. If you or a loved one has memory problems or other problems with thinking and learning that concern you, contact a physician. Sometimes the problems are caused by medication side effects, vitamin deficiencies or other conditions and can be reversed with treatment. The memory and thinking problems may also be caused by another

Myth 2: Alzheimer's disease is not fatal.

Reality: Alzheimer's disease has no survivors. It destroys brain cells and causes memory changes, erratic behaviors and loss of body functions. It slowly and painfully takes away a person's identity, ability to connect with others, think, eat, talk, walk and find his or her way home.

Myth 3: Only older people can get Alzheimer's

Reality: Alzheimer's can strike people in their 30s, 40s and even 50s. This is called younger-onset Alzheimer's. It is estimated that there are more than 5 million people living with Alzheimer's disease in the United States. This includes 5.2 million people age 65 and older and 200,000 people younger than age 65 with younger-onset Alzheimer's disease

Myth 4: There are treatments available to stop the progression of Alzheimer's disease

Reality: At this time, there is no treatment to cure, delay or stop the progression of Alzheimer's disease. FDA-approved drugs temporarily slow worsening of symptoms for about 6 to 12 months, on average, for about half of the individuals who take them.

Administration Corner

“Never stop doing little things for others. Sometimes those little things occupy the biggest parts of their hearts.”

2016 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.

Also, if you notice anything in your loved one’s room that does not belong to them, please bring it to the front office so we can find the true owner.

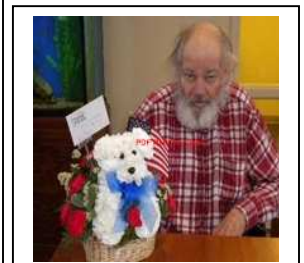
Thank You!!

To Edna and Butch Reganess:

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



More JMC Fun.....



JMC Valentine’s Party

**Saturday, February 13,
2016**

1:30pm

In the JMC Bistro

**Family and Friends are
Welcome**

We hope you all can join us for an afternoon of romance, snacks, and music by Alan Graven.

Notes from Dietary

Happy New Year's to one and all!

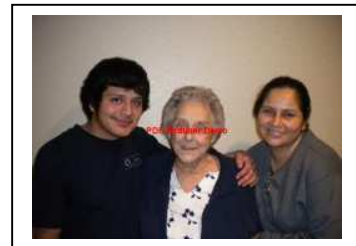
With the holidays behind us, it's time for many to think of "New Year's resolutions". A common resolution is to eat healthier. There are many opinions, books, etc. on how to do this best. However, there is a simple way to look at "diets" in general. This includes a variety of nutritious foods and maintain moderation overall.

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 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.

Environmental Services

The JMC Environmental Services team is hard at work keeping the building cleaned and the walks free of ice and snow. Dalton and Maria would like to wish everyone a safe and happy New Year! Please continue to let us know if we can be of assistance in any way.



January/February Events and Activities

Every Wed Morning: For the Love of Music, Music Therapy

Every Thursday Afternoon: BINGO

1/5 Music by Dick Larson

1/7 Monthly Birthday

1/12 Music Steven Doyle

1/19 Winter Luau Music by Bahama Bob

1/27 Resident Council

1/29 Music by Michael Gruber

2/2 Music by Gemini Entertainment

2/9 Mardi Gras Party: Music by Bill Hill

2/13 Valentine's Party with Music by Alan Graveen

2/16 Music by Bahama Bob

2/23 Music by Cowboy Bob

2/24 Resident Council

Welcome New Staff:

Kaitlyn Bowen RCC

Alexandrea Calloway RCC

Leslie Ordaz RCC

Maria Rocha Housekeeper

Mazie Smith RCC

Candance Yunker RCC

Samantha Roehl – Dietary Aide

Welcome new Residents:

Charlotte Frankiewicz

Donald Ritter

Mildred Beltmann

Marlene Ells



Resident Birthdays



1/19 Dennis Renz
1/20 Donna Behnke
1/22 David Maahs
1/25 Stanley Wolff
1/31 Gary Gawthorp

2/5 Shirley Thorstead
2/16 Elaine Cloute
2/21 Marj Tremain
2/21 Dale Koch

Staff Birthdays

1/26 Nancy Q

