

July/August 2017

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.



Our Residents Enjoying Lunch with the Locals!

JMC @ Busy Barns



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



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Resident of the Month

Shelia Cox:

Congratulations to Shelia for being our resident of the month for June! Shelia loves to garden and take care of the courtyards here at Jefferson Memory Care. Shelia enjoys talking with just about anyone, and she loves having company when she is planting and watering the plants!

Kristina Quest:

Kristina is our resident of the month for July! Kristina loves to participate in all of our activities, and she loves learning more about nature and history. Kristina is a people person and loves to share a good laugh. Say hi to her!



SHINING STAR AWARDS!

June – Mary Moulding

Mary Moulding is our shining star for June! She has been a leader on both AM and PM shift, and is a favorite amongst residents and staff. She is always smiling and completes her work promptly and efficiently. Watch for her, and congratulate her on this great accomplishment!

July – Shareen Kinatader

Shareen has been an excellent addition to our team, and a real leader in the kitchen! She is our AM Cook, and is always looking to help the residents in any way she can! Whenever she can help and add her expertise to a situation, she does! Congratulations, Shareen!

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 other issues.

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

Welcome to summer! We have been lucky that the heat hasn't been too extreme, but still comfortable to enjoy what summer has to offer! Our residents have been enjoying the nice weather too – visits to Busy Barn, Balloon Volleyball competitions, and frequent visits to our courtyard to check up on the gardens! Whether you're a resident or family, staff, or community member – remember how important it is to wear sunscreen and stay protected! Thank you all for everything that you've done for our community!

**Noelle Wiebusch,
Administrator**

Notes From Resident Health Services

Our residents have been enjoying the warmer weather here in Jefferson. We would like to remind everyone to keep cool and hydrated during the warmer weather. Make sure to spend some time outside, and wear plenty of sunscreen and a hat.

**Rachel Westermeyer,
Registered Nurse**

COOKING CLUB CREATIONS!!!



***JMC Dine & Dash!
Come Celebrate Summer!***

Thursday, July 13th

Dine & Dash

**In the JMC Bistro
Family and Friends are
Welcome**

**We hope to see you for our
event!!**

Business with the Bikers:

Date: July 16

**Come Enjoy Lunch and a
Presentation from Our Local
Harley Chapter!**

Wed's Outing:

July 21st



Dietary

Candy Olsen, Nutritional Services Coordinator:

As summer comes around to JMC, we are looking to give the residents plenty of dining options, in order to make sure everyone has plenty of energy for the more active months ahead. We have enjoyed trying new things, and we have heard a lot of good feedback with our new options. We love to get new ideas for our options, and we welcome family and friends to come dine with us!

Environmental Services

Dennis Wellnitz, Environmental Services Coordinator:

We have been keeping pretty busy over summer. We have been changing some landscaping to make sure that the grounds stay beautiful for summer. The residents have enjoyed being outside and watering the plants, as well as feeding the birds. We are looking forward to a gathering some vegetables that were planted. Have a happy summer!

Resident Birthdays

July:

6th – Sharon RW.
7th – Gary L.
10th – Margaret H.
10th – Sharon D.

August:

3rd – Norma E.
4th – Sandy R.
8th – Bernie T.
10th – Karen D.
25th – Steven S.
26th – Mary S.

Staff Birthdays

July:

6th – Alex W.
16th – Laurie K.
27th – Maria S.

August:

1st – Tanya B.
12th – Ami D.
12th – Candy O.
25th – Maria R.

March/April Events and Activities

Every Tuesday Morning: Bible Study
Every Thursday Morning: BINGO
Every 2nd Thursday Afternoon: Pet Therapy

July 4th: Independence Party
July 6th: Resident Council
July 11th : Music Doctors
July 13th: Resident Council
July 13th: Dine N' Dash Event
July 16th: Business with the Bikers
July 18th: Bahama Bob, Island Music
July 20th: Bill Webb, Classical & Modern Piano
July 21st: Wedl's Outing
July 25th: Dick Larson
July 27th: Bill and Bonnie Stevens
August 1st: Patricia Stone, Blue Accordion
August 3rd: Bill Hill
August 8th: Jessie Walker
August 10th: Al Anderson
August 15th: Bahama Bob, Island Music
August 17th: Bill Webb, Classical & Modern Piano
August 22nd: Karen Wickam, Patsy Kline
August 24th: Randy Kiel, Old Time Rock'n Roll
August 29th: Cowboy Bob, Country Music
August 31st: Resident Council

WELCOME NEW STAFF:

-Tim Loesing, RCC
-Ashley Rodriguez, Dietary Aid
-Leah Fields, RCC
-Michelle Stone, RCC3
-Pricilla Heredia, RCC

WELCOME NEW RESIDENTS:

Shirley Ellis *Lois & Duane Padfield*
Carol Lindemann *Helen Reed*
Linda Nordberg *June Stamas*
Sharon Day

In Loving Memory....

† *Dorothy Smith*