

# Jefferson Memory Care

“A happier life for everyone”

May/June 2015



The “Elvettes”

## 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 Hosts Community Events

Jefferson Memory Care hosted The Elvis Show on March 21<sup>st</sup> and an Easter Egg Hunt on April 3<sup>d</sup>



Music by Alan Graveen

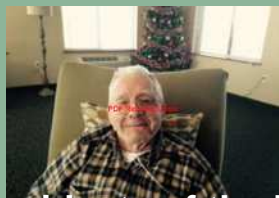
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### Jefferson Memory Care

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## Residents of the Month

Our May Resident of the Month is Robert Walther. Robert and his wife Luella lived in Jefferson, WI and raised three children, Janet, David and Daryl. Robert worked as a meat cutter and enjoyed listening to talk radio, watching sporting events, playing cards and listening to Polka music.



June Resident of the Month is Erik Cederberg. Erik is a successful businessman who comes to JMC from Cambridge WI. Erik and his wife Charlene enjoy traveling, playing cards, music, games and socializing with friends and family.



## Shining Star Award Nancy Longoria



Our shining star for the month is one of our NOC RCCs, Nancy Longoria. When talking to Nancy about what she does at JMC it is very apparent that she has so much love for our residents. She has been described by other staff members as very pleasant to work with and as having an energy that is hard to keep up with! We are VERY lucky to have her here with us.

## Eight Reasons Why Meaningful Activities Are Important for People with Dementia

When you think about activities for people who have Alzheimer's and other types of dementia, what comes to mind? Maybe you conjure up an image of a group of people doing exercises in their chairs, or watching Lawrence Welk TV shows together. While these are indeed ways to provide activities, there are more possibilities out there, and there are important reasons to provide meaningful activities. Too often, people with dementia, whether at home, an assisted living or a nursing home, are under-stimulated and unengaged in life. They may half-heartedly page through a magazine that holds no interest for them, or have the TV on to a program that their caregiver chose. Meaningful activities- those that engage the person's attention and connect with their interests- are critical in the provision of care for those with dementia. Consider the following eight reasons why it's important to offer a variety of meaningful activities for people living with dementia:

### 1. Mental Stimulation

Providing activities that engage the brain is good for all of us, and all the more so for people who are living with dementia.

### 2. Physical Activity and General Health

Some activity programs involve physical movement, which can benefit the body and the brain.

### 3. Social Interaction

Activities facilitate socialization, an important aspect of mental health.

### 4. Improved Sleep Habits

Activities can provide a routine for the day, which can in turn improve sleeping at night. If a loved one sits in a chair all day and does not participate in any type of activity, it's likely she'll fall asleep several times throughout the day.

### 5. Improvement in Self-esteem

Self-esteem- how people feel about themselves- often takes a beating when someone has Alzheimer's or other dementias.

### 6. Decrease Depression and Anxiety

Engaging people with dementia in activities can reduce symptoms of depression and anxiety.

### 7. Minimize Behavioral Challenges

A study published in the American Journal of Geriatric Society demonstrated a significant decrease in challenging behaviors such as shadowing, repetitive questioning, agitation and argumentative interactions when activities that were of interest and at the right skill level were offered to people with dementia.

### 8. Caregiver Benefit

If the benefits listed above are not enough to convince you that meaningful activities are important, consider the benefit the caregiver experiences. If your resident is actively engaged, you will spend less time responding to problematic behaviors and more time enjoying positive interactions with him or her.

# Administration Corner

We have had some exciting happenings here at Jefferson Memory Care!

Elvis was in the building and we invited the community to take part in the event. Be sure to check out the pictures on our website! There was hip-shakin' and Blue Suede Shoe tapping that filled our bistro. The next event we had was open to the community is our Easter Egg hunt on April 3<sup>rd</sup>. Word has it that there was even a cameo appearance by the Easter Bunny himself!

Jefferson Memory Care is participating in the **Jefferson City Wide Rummage Sale** on Saturday May 2<sup>nd</sup> from 7 am- 4 pm in our Bistro area. All items for sale have been donated by staff, friends and family members of our residents. The proceeds from the sale will go to the Alzheimer's Association. If you have items to donate or would like to come in and browse for a bargain you will be supporting a great cause.

Hillary Holman, MBA  
Community Relations/Administration

## Notes From Resident Health Services

With the warming weather approaching, it is time to start thinking about sunscreen. The sun's damaging UV rays can harm the skin in as little as 15 minutes. It is important to put on sunscreen before going outside. You will need to reapply sunscreen after two hours if you are swimming or sweating. Applying sunscreen will not only protect you from skin cancer, but also protect you from painful sun burns.

Rachel Westermeyer, RN



## In Honor of Mother's Day: "Patsy Cline Tribute Show"

**When:**

Tuesday, May 12, 2015 at 1:30pm

**Where:**

JMC Bistro

**Who:**

All Residents, Family, Friends and Staff

**Cost:** Free

**JMC will be honoring Mothers with an afternoon of "tea and crumpet's" and the music of Patsy Cline, performed by Karen Wickhman**

## Notes from Dietary

Happy Spring Everyone! So nice to see smiles on the faces of residents sitting out in the sun. Waiting for grill food and lots of warm weather! I was able to sit with the residents one afternoon and discuss their favorite dishes. One family brought in some family cook books to share. This was fun and we now have some great new recipes. It is always nice to have family members share their family favorites! Serving the best food possible is our goal. Sometimes this brings challenges in memory care. If we involve residents in the daily planning, it makes a big difference to them. We are here to do the best for all our residents and their families. Enjoy the sun, the birds and the food!

Susan Strese, Nutritional Services

## Environmental Services

Spring is in the air here at Jefferson Memory Care! Some of our families have already begun to put out bird feeders. We have added two feeders to the courtyard and are going to be adding a grill for those nice days to cook some burgers and brats. Also I am happy to announce we have a new addition to housekeeping. Bridget Tietz, she will be helping out on rooms cleans 3 days a week. She will be an awesome addition as she always has a smile on her face and is a very good helper. If there is anything any of you need help with please feel free to just ask. Here's to a Great Spring!

Sally Cali  
Environmental Services Coordinator



## March/April Events and Activities

**Every Monday Afternoon:** For the Love of Music-Music Therapy

**Every Thursday Afternoon:** BINGO

5/1 JMC Welcome Party/Resident of the Month

5/2 JMC Rummage Sale to benefit Alzheimer's

5/5 Cinco de Mayo, Music by Bill Hill

5/6 Monthly Birthday Party

5/12 In honor of Mother's Day: Music by Karen Wickham

5/17 Music by Steven James

5/19 Music by Dick Larson

5/21 Community outing to Ebert's Greenhouse

5/26 Music by Bahama Bob

6/5 Welcome Party/Resident of the Month

6/9 Music by Steven Doyle

6/10 Monthly Birthday

6/12 Music by Michael Gruber

6/16 Cowboy Bob and his dog Buddy

6/23 In Honor of Father's Day: Ice Cream Social and Music by Bahama Bob

6/25 Outing to Concord Zoo and Picnic

## Welcome New Staff:

Shannon Fuchs RCC3

Kori Gainey RCC3

Angela Jones RCC3

## Welcome new Residents:

Dennis Renz

Shirley Webb

Judith Richards

Lilla Breyer

## Resident Birthdays:

5/10 Irene Mussotter

6/14 Herbert Schroedl

## Staff Birthdays:

6/3 Janelle G.

6/27 Jennifer L.

6/25 Amanda H.

6/30 Rachel W.

6/27 Marie vL.