

# From the Nurses' Desk...

## Dear Day Centre Families,

This month I want to provide you some information on foot care.

*When we are in love, we may be "swept off our feet." When we don't want to do something, we are said to have "cold feet" and a sensible person "has both feet on the ground."*

They say it is important to put "your best foot forward." That is why we must always remember to be kind to our feet. They support us each and every day. Years of wear and tear may be hard on our feet. Disease, poor circulation, poorly trimmed toenails, and wearing shoes that don't fit well may be a cause of concern. Foot problems are sometimes the first sign of more serious medical conditions such as arthritis, diabetes, and nerve or circulatory disorders. Your loved one with memory concerns may not be aware of changes and pain in their feet. Below you will find a few ideas on ways to help care for your loved one's feet.

## STEP IN THE RIGHT DIRECTION

Practice good foot care. Check your loved one's feet often, or have a member of your family check them. If there is a problem with their feet, the family doctor or a podiatrist (doctor who treats feet) can help.

One easy step to take is to have your loved one put their feet up when they are sitting down. This helps keep blood moving to their feet. Gentle stretching, walking and/or having a gentle foot massage can be helpful as well as relaxing.

A warm foot bath is soothing, but it is important to ensure that feet and toes are dry before putting on socks and shoes. Try to avoid pressure from shoes that don't fit well. Encourage your loved one to not sit for a long time or keep their legs crossed for too long.

## MAKE SURE SHOES FIT

Protect your loved one's feet by ensuring that they wear shoes whenever they go outdoors. Wearing comfortable shoes that fit well can prevent many foot problems.

Here are some tips for making sure shoes fit.

- Shoe size may change as we age so always have their feet measured before buying shoes. The best time to measure feet is at the end of the day when feet are largest.
- Most of us have one foot that is larger than the other - fit their shoe to the larger foot.
- Don't buy shoes by the size without trying them on first.
- Choose a shoe that is shaped like their foot. Styles like high heels or pointed toes may hurt their feet.
- Have your loved one stand up when trying on shoes to make sure there is about ½ inch between their toe and the end of the shoe.
- Don't buy shoes for them that feel too tight in hope that they will stretch.
- The upper part of the shoes should be made of a soft, bendable material to match the shape of their foot.
- Soles should give solid footing and not slip. Thick soles cushion their feet when walking on hard surfaces.
- Low-heeled shoes are more comfortable, safer and less damaging than high-heeled shoes.

## TO PREVENT INFECTION

- Keep their feet clean and dry.
- Be sure to dry the area between their toes.
- Change shoes and socks or stockings often to help keep their feet dry.
- If you notice any redness, swelling and or discharge see you family doctor as soon as possible.

The most important message to take away is to be kind to your loved one's feet and your own by giving them the attention and time that they deserve; after all they carry us along the path of life each and every day.

The last few things to mention to all family members are:

1. Cold and flu season is coming! Please refer to the September newsletter for a full article on this topic.
2. Please remember to let us know when your loved one has had the flu shot as we are recording this information.
3. Also if your loved one has a cold or the flu please keep them at home until they are well enough to return.

Best wishes,

**Madeline D'Arpino RN BScN**

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Enhancing Knowledge  
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# Day Centre For Seniors HEALTH & WELLNESS BULLETIN Winter 2014

## Manager's Message

### Dear Day Centre Members and Families,

Fall has quickly passed us by and we are well into our planning for the winter at the Day Centre! You will see many new winter themed programs on the calendar. Our program staff team continues to work hard to develop new and exciting programs for all of our members to enjoy.

We have started counting down to Chanukah and the holiday season. Please keep an eye on your mailbox for an invitation to our annual Chanukah Holiday Party! The party will be on December 17th from 4-6pm at the Bernard Betel Centre. We will have entertainment, music, games, prizes and of course latkes and other treats to enjoy! Day Centre members are welcome to attend along with two guests. If you already know that you are available to join us, you can RSVP to Alia at the Day Centre, 905-738-1128.

A few other reminders with the winter months coming, we do encourage our staff and members to get their flu shot. The shots are available from your family doctor, local pharmacy and community clinics. We do ask that if members are not feeling well, that they stay home to rest and not infect others. As well, please refer to the calendar for the holiday closures at the centre. Finally, if you are planning to travel this winter, please advise us as soon as possible. These arrangements can be made through Alia at reception.

I would like to wish each of you a very happy and healthy holiday season.

I am looking forward to seeing you at the holiday party!

**With sincere regards,**

Devora Waxman

Manager, Day Centre for Seniors

# From Your Social Work Team: Tessa and Emma

## CREATING COMFORTABLE LIVING ENVIRONMENTS

Thank you to MSW student Suzie Quan, completing her first year internship at the Day Centre, for researching and compiling this very thorough and helpful article, on behalf of the Social Work Team.

Comfort of the body, mind and soul is what most people desire, allowing for greater peace of mind. This is no different for loved ones living with dementia, who may not know where they are but may still know what they want in order to make life more comfortable. One way of enhancing their comfort level is by creating a dementia-friendly environment that can compensate for the deficits that the illness produces. Making some changes to their living environment can help to make a world of difference in their comfort levels by allowing them to feel more safe, secure and less agitated, stressed or confused with their surroundings, some of which are common responsive behaviours of those living with dementia.

The following are some of many options available in designing a calm, dementia-friendly living environment with a person-centred care approach, which puts the individual at the core of the design and modification. Keep designs personal and customized around a person's life with items from their past like family photos, sentimental objects, art, heirlooms, personalized music, to help create a sense of connectivity, belonging and meaning.

Because visual depth perception is limited, simple designs work best to lessen the stresses that come with living in busy surroundings where there are more stimuli than persons with dementia can handle.

### Simplify

- De-clutter... clear floors and counters and keep only practical things out in the open
- Label items with simple words or pictures
  - Label kitchen cabinets with pictures of dishes, drawers with pictures of utensils
  - Put a picture of a toilet on the bathroom door, place a picture of undergarments on underwear drawer
- Use signage for easy directions i.e. arrow symbol, exit, bathroom signs
- Each room should be clearly identifiable, such as no computers in kitchen, no TVs in bedroom
- Limit busy patterns such as stripes and zigzags
- Install white boards in visible spots with simple written instructions or reminders
- Leave toiletries and clothing for the next day out in the open, leave drinks and snacks in view
- Buy clothes that are easy to put on i.e. track suits, cardigans or pants with elastic waists... stay away from small buttons, laces and small zippers

### Safety

- Install door and drawer latches, exit monitors, handrails and grab bars in tubs and showers, shower bench, toilet commode, bedside bars, alarms, heat and smoke sensors, water shut off valves, water level sensors, temperature regulators, safety gates, case enclosures over thermostat controls, as appropriate
- Remove tripping hazards, household cleaning hazards, dark or loose rugs
- Allow for seamless transition from one room to the next with signage, varying paint colours
- Pad sharp table corners or consider using rounded tables
- Avoid using dark area rugs that may appear to look like bottomless pits
- Replace floor lamps with wall or ceiling lights to reduce clutter

### Colours and Contrast

- Use contrasting colors for easier differentiation. Examples are:
  - Use wall colors that contrast with the furniture in

the room

- Contrast white kitchen cabinets with red knobs or handles
- Orange window and door frames
- Red toilet seat over white toilet
- Table settings such as red plates against yellow place mats
- Paint rooms different colors
- Camouflage doorways by painting a scenic mural on doors that blend into walls for those who wander
- Colours can affect behaviours: Blue – calming and restful effect; Green – growth and life; Red – increase brain activity and appetite; Orange – nature and environment

### Lighting

- Natural daylight is the most comfortable and can reduce depression, apathy, fatigue and irritability
- Replace regular light bulbs with bulbs that mimic daylight such as “vita Lights” or Day Glow”
- Use timers to turn on lights in evening
- Nightlights or motion sensors and dimmer lights are recommended
- Keep drapes/blinds open during the day
- Reduce the number of lamps in the room; too many create too many shadows
- Light a path to the bathroom: run a path of sticky-backed reflector tape from bedroom to bathroom illuminated with several nightlights
- Use proper lighting for desk or reading area

### Reduce Noise

- Excess noise causes confusion, so avoid television or radios in the background, install soft carpets to reduce echoing effect, or textured wall hangings and soft cushions to absorb noise

### Furniture

- Aim for open, airy layout with a comfortable and practical setting
- Dedicate seating areas for therapeutic environment i.e. garden view from window
- Use open shelving in kitchen, living room, bedrooms

for easier visibility

- Ensure that furniture is sturdy
  - Height of chairs shouldn't be too low to the floor, they should have arms to be able to push up from, and should not be backward-tilting
  - Porch gliders that do not lift off floor could be soothing and relaxing and are safer than rocking chairs
  - Built-in shelves are safer than free-standing units
  - Wall décor should be soothing and comforting i.e. simple pictures of favourite scenes, children's artwork and textured fabric hangings such as soft carpet that can be stroked or touched
  - Reduce reminders of hobbies that people can no longer enjoy... encourage simple hobbies

### Mirrors

- Moving images may be frightening
- Remove or cover mirrors which may confuse and upset those who no longer recognize their own image
- Some may view reflection of self as though they've found a friend

The extent to which the above suggestions may help will vary from individual to individual depending on factors like type of dementia, stage and degree of impairment. Outcomes of some of these strategies have been a reduction in 911 calls, ER visits, outpatient visits, delayed institutionalization and reduced caregiver burden.

References:

*Oliverio, Romina, 2014. Dementia and the Environment: Optimizing Physical Spaces for People Living With Dementia Workshop*

*Rzeteiny, H., 2010. Memory Care Guidebook, Strategies and solutions for family caregivers, Nehmen-Kodner*

*State Government Victoria, 2014. Dementia-Friendly Environments. <http://www.health.vic.gov.au/dementia/>*

Please see the following special programs in December:

# December 2014

The saying “Time flies when you’re having fun!” definitely applies to us here at the day centre, and what a marvellous time we’ve had this year with each and every one of you. This season brings out the best in everyone despite the cold chilly weather. No matter what weather Ol’man winter hands us, nothing can stop the miracle of Chanukah. All around the world Jewish communities will celebrate Chanukah from Dec. 16th- 24th. For those families who will be celebrating Chanukah this month - May your candles burn long, and your celebration be joyous. May your table be filled with good food, and surrounded by those you love - Chag Sameach!!!

## ON BEHALF OF THE DAY CENTRE STAFF WE WOULD LIKE TO WISH EVERYONE A HAPPY HOLIDAY AND HAPPY 2015!!

This year the Day Centre will be having its annual Holiday Party at the Benard Betel Centre on Wednesday, December 17th, 2014 from 4-6pm. Please watch for your invitation in the mail. We are looking forward to celebrating with each and every one of you. For all of our members who will be celebrating their birthday this month we would like to wish you a Happy Birthday and Grand Celebration!

### Please See Below for Program Highlights:

#### Wednesday, December 3rd

Your Health Matters with our Nurse & Gentle yoga with Terri

#### Thursday, December 4th

Baking: Sugar Cookies for Chanukah & Program with Rabbi Marshall

#### Tuesday, December 9th

Travel Tales Tuesday

#### Wednesday, December 10th

Holiday Party Prep

#### Thursday, December 11th

Latke Making

#### Monday, December 15th

Travelogue to France

#### Tuesday, December 16th

Chanukah: A Musical Celebration

#### Wednesday, December 17th

ADP Holiday Party at Bernard Betel

#### Tuesday, December 23rd

December Birthday Celebration with Mickey Lewin

#### Monday, December 29th

Star of the Month: Humphrey Bogart

#### Wednesday, December 31st

New Year’s Eve Social

### Day Centre Closures:

#### Wednesday, December 24th

Closed Early at 3pm

#### Thursday, December 25th

Closed for Christmas

#### Friday, December 26th

Closed for Boxing Day

#### Wednesday, December 31st

Closed Early at 3pm

#### Thursday, January 1st

Closed for New Years Day

## Day Centre For Seniors



### STANDARD DAILY SCHEDULE

- 9:30..... Early Morning Program
- 10:00..... Morning Snack
- 10:15..... Coffee Schmooze
- 10:45..... Program A\*
- 11:30..... Seated Fun and Fit Exercise or Small Group Recreation Therapy Program
- 12:00..... Lunch
- 1:15..... Program B\*
- 1:50..... Program C\*
- 2:30..... Afternoon Snack
- 2:40..... Late Afternoon Program

*\*See the calendar for specific programs offered during these timeslots. When there are two or more activities offered at 10:45, 1:15, and 1:50, the member will choose the activity he or she wishes to participate in.*

*Birthdays are celebrated on a monthly basis.*

## MONDAY

**A:** Table Games; Dominoes; Inspirational Stories; Painting  
**B:** December Trivia; Creative Arts  
**C:** Sing Along; Computers 1:1

01

**A:** Table Games; Dominoes; Inspirational Stories; Beading  
**B:** Golf; Creative Arts  
**C:** Karaoke; Computers 1:1

08

**A:** Table Games; Dominoes; Inspirational Stories; Knitting  
**B:** **Travelogue to France;** Creative Arts  
**C:** Name that Tune; Computers 1:1

15

**A:** Table Games; Dominoes; Inspirational Stories; Winter Collages  
**B:** Bolongo Ball; Creative Arts  
**C:** Jewish Music; Computers 1:1

22

**A:** Table Games; Dominoes; Inspirational Stories; Knitting  
**B:** **Star of the Month: Humphrey Bogart;** Creative Arts  
**C:** Music Bingo; Computers 1:1

29

## TUESDAY

**A:** Bingo  
**B:** Bowling  
**C:** Name that Tune; Manicures; Cards & Games

02

**A:** Bingo  
**B:** **Travel Tales Tuesday;** Scrapbooking  
**C:** Sing Along; Manicures

09

**A:** Bingo  
**B:** **Lighting Chanukah Candle**  
**C:** **Chanukah: A Musical Celebration;** Creative Arts

16

**A:** Bingo  
**B:** **December Birthday Celebration with Mickey Lewin**

23

**A:** Bingo  
**B:** Ski Ball; Manicures  
**C:** Karaoke; Famous Russian Celebrity

30

## WEDNESDAY

**A:** **Health Matters;** **Gentle Yoga with Terri**  
**B:** Brain Gym Exercises; Men's Club: Cards with Ed  
**C:** Sing Along

03

**A:** Shuffleboard; Bingo Prize Preparation  
**B:** **Holiday Party Prep;** Men's Club: Cards with Ed  
**C:** Name that Tune

10

**A:** Where in the world Wednesday  
**B:** Creative Arts: Greeting Cards; Men's Club: Cards with Ed  
**C:** Music Bingo

17

4-6pm HOLIDAY PARTY

CHANUKAH

**A:** Crossword Puzzles; Classical Music  
**B:** Creative Storytelling; Men's Club: Cards with Ed  
**C:** Sing Along

24

**A:** Shuffleboard; Bingo Prize Preparation Program  
**B:** **New Year's Eve Social**

31

NEW YEARS EVE

## THURSDAY

**A:** Bowling; **Baking: Sugar Cookies for Chanukah**  
**B:** **Program with Rabbi Marshall**  
**C:** Jewish Music; Manicures; Flower Arranging

04

**A:** Bowling; **Latke Making**  
**B:** Gentle Stretches; Yiddish club  
**C:** Jewish Music

11

**A:** Bowling  
**B:** Brain Gym; Creative Storytelling; Manicures  
**C:** Sing Along

18

CHRISTMAS DAY  
CLOSED



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## FRIDAY

**A:** Ball Toss; Challah Baking; Russian Music Appreciation  
**B:** Shabbat Program & Sing Along

05

**A:** Darts; Challah Baking; Flower Arranging; Russian Music Appreciation  
**B:** Shabbat Program & Sing Along

12

**A:** Shuffleboard; Challah Baking; Flower Arranging; Russian Music Appreciation  
**B:** Shabbat Program & Sing Along

19

BOXING DAY  
CLOSED

# DAY CENTRE FOR SENIORS

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# December 2014