

From the Nurses' Desk...

Dear Day Centre Families,

Hope this newsletter finds you all doing well.

I would like to begin by letting you know that it is time to have your loved one see their family doctor to have the annual medical form completed for the Day Centre. A reminder that this is required on an annual basis. It is important that we have updated medical information on file. I have included a copy of the medical form. Kindly have it completed and returned to one of the nurses by August 1st.

The next part of the newsletter will focus on the lovely warm weather we are experiencing and ways to ensure your loved one does not experience the harmful effects of the sun during the summer months.

As we age, our skin becomes thinner, more fragile and unable to protect itself against the harmful effects of the sun. People with sensitive, older skin must take steps to protect their skin. Here are a few useful tips to help keep you "sun safe" all year round.

DON'T TAN AND DON'T BURN:

Use a sun shade or beach umbrella by the pool. Tanning and sunburn greatly increase your risk for skin cancer.

FAVOR SHADE OVER SUN:

The sun's rays are the strongest from 10 am and 4 pm. Try to be indoors or in shady areas during those hours.

APPLY SUNSCREEN DAILY:

Sunscreen is the most powerful skin care product you can use to protect aging skin. Dermatologists recommend that SPF 30 should be applied to exposed skin daily whether inside or outside the house. Harmful sunrays are actually able to pass through glass in your home!

MOISTURIZE YOUR SKIN:

Elderly skin is prone to dryness so it is very important to keep skin moist with a high quality lotion or cream.

WEAR PROTECTIVE CLOTHING:

Long-sleeved pants and shirts create excellent, inexpensive sun protection for elderly skin. The Canadian Cancer society suggests using specially designed UV hats and clothing that provide extra sun safety for times you wish to be outdoors.

USE PROTECTIVE ACCESSORIES:

Wear sunglasses, window shades and car window tints to protect you against the sun's rays.

SUN & MEDICATION – BEWARE:

Some over-the-counter and prescription medications may cause skin to be overly sensitive to the sun. Sunburn, blisters, rashes or swelling may occur. Some antibiotics, diuretics, anti-depressants, anti-psychotics, anti-diabetic drugs may cause this reaction. Side effects should be considered at all times.

DRINK PLENTY OF FLUIDS:

Drink plenty of fluids throughout the day to stay hydrated.

STAY INDOORS:

Stay indoors in the air conditioning when it is hot outside

Keeping your skin healthy can help you enjoy your "golden" years to the fullest.

Our best wishes,

**Madeline D'Arpino RN BScN
& Hong He RPN**

Baycrest Enriching Care
Enhancing Knowledge
Enlightening Minds



Day Centre For Seniors HEALTH & WELLNESS BULLETIN Summer 2014

Manager's Message

Dear Day Centre Members and Families,

I cannot believe that summer is almost here, after the long winter we experienced. We have lots of activities at the centre to help us enjoy this new season!

I wanted to update you on some further changes in our staffing. At the beginning of June, Janice Ocampo, our Recreation Therapist, will be returning to work at Baycrest as I mentioned in the previous newsletter. Janice has been with us since the centre opened in November 2009. Please join me in offering Janice our most sincere thanks for her hard work and dedication over the past several years. Janice has brought joy and light into the lives of our members through her programming at the centre. Janice, we wish you all the very best in your journey ahead! I am very pleased to tell you that Ilana Grosman has joined the Day Centre team as the Senior Recreationist. Ilana has been at the centre since the end of April and I know that many of you have had the opportunity to meet her already. Ilana comes to the centre with a background in Long Term Care

and has already proven to be a wonderful addition to the team! Also joining our recreation team is Catherine Timm. Catherine works part time at the centre five days per week. Catherine also works at our partner organization's Day Centre, The Alzheimer Society of York Region. We are thrilled to welcome Catherine to the centre! Finally, Giselle Bermejo has been hired as a part time Program Assistant. Giselle also has a background in Long Term Care and we are very pleased to welcome her as well. I am very confident that our amazing staff team will continue to deliver exceptional care and programming to our members!

If you have any questions or concerns about the centre, our staff or program, please contact me directly at the centre, 905-738-1128 or dwxman@circleofcare.com. I would be very pleased to hear from you.

With sincere regards,

Devora Waxman

Manager, Day Centre for Seniors

From Your Social Work Team: Tessa and Emma

RESISTANCE TO PERSONAL CARE / SHOWERING / BATHING

When we think of a warm shower or bath, most of us do so with pleasure, and consider it to be relaxing and energizing, leading to the pleasant sensation of feeling clean and fresh. This is not necessarily true for a person with dementia – for them it can be frightening, painful, and even humiliating. This is very common among people with Alzheimer's or other dementia. It is a major source of frustration for caregivers, especially in the heat of summer.

For most adults, bathing is something that we do alone. Needing help with what has always been a very private activity can result in feelings of unease and vulnerability, even if the person is not able to analyse, understand or verbalize these feelings. The result can be a battle of wills, which both the provider and the receiver of care can find both physically and emotionally demanding and exhausting. A person with dementia may exhibit various behaviours, including resistance (such as pulling away or trying to leave), agitation (such as crying, whimpering, yelling), and verbal and physical aggression (like threatening, cursing, hitting, pushing, and biting).

Some of the possible reasons for resistance to personal care include:

- inability to communicate preferences
- inability to understand the purpose or the need for a shower
- fear of water (spraying, stepping into, etc.)
- pain or other physical challenges
- invasion of privacy as described above
- invasion of personal space

- difficulty accepting the need for assistance, loss of control
- inability to recognize that the caregiver's actions are helpful, thus feeling threatened
- tension or lack of empathy on the part of the caregiver

It is essential to be flexible. Adjust the routine. Do not force the person to fit into our idea of normal. We provide care because of a life change that has decreased their ability to provide for themselves. Let go of standards that do not consider the person's changing cognition, skill, and physical abilities. We have to make adjustments to 'normal' routines and concentrate on maintaining comfort, dignity, health, and safety. There are many techniques that can be used in providing personal care to make it a less stressful and more pleasurable experience. Here are some helpful hints.

Communication between the individual and the caregiver is most important. Some of these suggestions apply equally to general communication, as well as specific to this situation:

- Smile and make eye contact
- Use a calm and friendly tone
- Talk about general topics, tell a story or joke, ask for advice, reminisce, distract
- Meanwhile tell them what you are about to do so they are not taken by surprise
- Use names of people, places, and things rather than pronouns like he, she, this, that
- Use the person's name frequently
- Use words that the person will likely understand
- Give step by step instructions and tell them what you're doing / about to do, especially when doing something intrusive or a big change, like turning on the shower
- Use one instruction or one question at a time
- Allow time for the person to process and respond
- Use gestures, point to objects, ask them to show you what they mean when necessary

- Provide reassurance, explanation, comforting statements
- Include humour and praise, "thank you"
- Avoid patronizing tone, negative, disapproving, or exasperated looks or comments

Person-centred approach:

- Be aware of the person's preferences for shower or tub bath
- Use gentle touch where appropriate
- Focus on the person rather than the task at hand
- Include your knowledge of their past preferences and routines and their personality
- Adopt a calm and unrushed manner
- Keep their body covered or as much as possible to keep warm
- Start by washing feet or face, intimate parts last; or, as appropriate
- Avoid wetting face, head or hair for as long as possible and do so only if necessary
- Consider the time of day that works best for the individual – morning / night, before or after meal, after exercise, before company, before going out
- Give a reason if necessary, such as your grandchildren will be coming, it's laundry day
- Provide massage or rest as appropriate
- Use authority figures to advantage, for example "the doctor said you need to bathe regularly"
- Focus on the person's feelings, not the facts. "I understand this is not pleasant. I will be as quick as possible."
- Stop when you sense or see resistance: "Did I do something wrong?"
- Acknowledge a complaint "I'm sorry, I didn't mean to hurt you."
- Avoid rubbing/scrubbing, use gentle circular motions with washcloth, and pat dry - do not rub
- Let the person hold onto something such as a cloth or bath buddy

- Encourage them to help as much as possible

Make accommodations for possible or known pain:

- Provide soft surfaces, place towels on shower seat to cushion for pain
- Use a heating pad (not electric in the bathroom)
- Use stretches or rest prior to shower
- Offer transportation, for example by wheelchair to shower area if appropriate
- Consider pain medication prior to shower if appropriate

Environmental factors:

- Set up the bathroom before bringing the person in, and remove clutter
- Make the environment attractive and warm
- Arrange for an assessment with an Occupational Therapist for correct equipment
- Remove mirrors (some people find mirror images disturbing / frightening)
- Check lighting – no glare, no looking directly into lights, reduce shadows
- Provide contrasting colours, such as bright tape around edges, coloured toilet seat, etc.
- Give them time to see and feel the bathroom, water, soap, towel
- Avoid unexpected changes in the temperature of the water
- Sing and/or play calming music
- Avoid loud, sudden or unusual noises

Trying one or more of these suggestions could make life a whole lot more pleasant for you and the person you are caring for. We certainly hope that it does!

If you have questions or concerns, please do not hesitate to contact your Social Worker, Tessa or Emma, and we will be most happy to assist you.

Please see the following special programs in June:

June 2014

Summer has arrived and with it comes the green, green grass, the bright bright sun and much, much more. While this winter was long, we made it through and now we can enjoy the next few months of warm weather. The Jewish community will be starting off June with a bang with the celebration of Shavuot. Erev Shavuot is on June 3rd and the last day is June 5th. Shavuot represents an outstanding event for the Jewish people – this is the day of receiving the Ten Commandments on Mount Sinai. Traditional meals on Shavuot are centered around dairy foods, such as yummy delicious blintzes. For those of you who will be celebrating – *Chag Ha Shavuot!* — *Happy Shavuot!!!*

On Sunday June 15th, we recognize all the men in the world who are fathers. The first Fathers Day was celebrated in 1910 and from every year since then, this day has been dedicated to all those wonderful memories. So for all you Dads out there I would like to share this special poem with you:

*Dad
Your life is full of loving deeds
Forever thoughtful of our special needs
Today tomorrow my whole life through
I will always love and cherish you.*

Highlights for this month:

Wednesday, June 4th

Gentle Yoga with Terri
and Baking: Shavuot Treats

Thursday, June 5th

Program with Rabbi Marshall

Wednesday, June 11th

Milestone Birthdays with Craig Rhunke

Monday, June 30th

June Birthday Celebration with Fisher and Son
featuring Pianist Nathan Rosen

Day Centre Closures:

Tuesday, July 1st

Day Centre CLOSED for Canada 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 members will choose the activity he or she wishes to participate in.*

Birthdays are celebrated on a monthly basis.

Outing participants will be selected in advance by staff based on the member's abilities and interests. We will inform the families directly of members being considered for upcoming outings.

MONDAY

A: Table Games; Russian Club
B: Active Games
C: Music Bingo

02

TUESDAY

A: Russian Club; Bingo
B: Super Quiz; Manicures
C: Jewish Music

03

EREV SHAVUOT

WEDNESDAY

A: Russian Club; Gentle Yoga with Terri
B: Armchair Travel; Knitting; Cards with Ed
C: Karaoke

04

SHAVUOT

THURSDAY

A: Russian Club; Active Games; Classical Music
B: Program with Rabbi Marshall
C: Sing Along; Men's Group

05

SHAVUOT

FRIDAY

A: Russian Club; Active Games; Small Group Relaxation Program
B: Shabbat Program

06

A: Russian Club; Table Games
B: Active Games; Knitting
C: Sing Along

09

A: Russian Club; Bingo
B: Brain Gym; Manicures
C: Jewish Music

10

A: Crossword Fun; Russian Club
B: Milestone Birthday Celebration with Craig Rhunke Entertainment

11

A: Russian Club; Active Games; Classical Music
B: Super Quiz; Men's Group
C: Karaoke

12

A: Russian Club; Active Games; Small Group Relaxation Program
B: Shabbat Program

13

A: Table Games; Russian Club
B: Active Games; Knitting
C: Karaoke

16

A: Russian Club; Bingo
B: Gentle Stretches; Manicures
C: Music Bingo

17

A: Crossword Fun; Russian Club
B: Brain Gym; Knitting; Cards with Ed
C: Jewish Music

18

A: Russian Club; Active Games; Classical Music
B: Brain Gym; Men's Group
C: Sing Along; Painting

19

A: Russian Club; Active Games; Small Group Relaxation Program
B: Shabbat Program

20

A: Russian Club; Table Games
B: Active Games
C: Sing Along

23

A: Russian Club; Bingo
B: Armchair Travel; Manicures
C: Karaoke

24

A: Crossword Fun; Russian Club
B: Super Quiz; Cards with Ed
C: Name That Tune

25

A: Russian Club; Active Games; Classical Music
B: Gentle Stretches; Men's Group
C: Jewish Music

26

A: Russian Club; Active Games; Small Group Relaxation Program
B: Shabbat Program

27

A: Table Games; Russian Club
B: June Birthday Celebration with Fisher and Son Entertainment, Featuring Nathan Rosen, Pianist

30



Baycrest Enriching Care
 Enhancing Knowledge
 Enlightening Minds

DAY CENTRE FOR SENIORS

Tel: 905-738-1128 · Fax: 905-738-1127 · #31-1600 Steeles Ave. W., Vaughan, ON L4K 4M2

June 2014