

From your Social Work Team: Tessa and Isabella

THE POWER OF A SMILE

“Smiling is infectious, you catch it like the flu, when someone smiled at me today, I started smiling too.”

The power of smiling has been discussed and described endlessly in writing, in song, and in research studies. The song, “*When you’re smiling, the whole world smiles with you*,” has been recorded by many singers, including Louis Armstrong, Judy Garland and Frank Sinatra. Probably just reading that last sentence has caused the song to start up in your head. The effect on another person when you smile at them is almost always positive, and has a tendency to spread the positive effects to those around. While this is true of people in general, it is especially valid for people living with dementia, and this has been shown in research studies as well as personal accounts.

“The smile is a powerful tool in life. A powerful nonverbal communication tool. You can convey a powerful message with a smile. And, you don’t need to say a single word to get the message across.” — Bob de Marco, Alzheimer’s Reading Room

Some of the positive effects of smiling are:

- When you smile at someone, they tend to smile right back at you
- Smiling can cause your body to release endorphins, serotonin, dopamine and other “feel-good” indicators
- Smiling can lower blood pressure, heart rate and relax the body
- Smiling reduces stress
- Smiling encourages trust
- Smiling and laughter have both been shown to lessen pain
- Smiling makes people look more attractive and younger
- Smiling can change your mood, and likewise the mood of another person

In Australia the SMILE Study (Sydney Multisite Intervention of LaughterBosses and ElderClowns) was done of the effects of smiles and laughter for long term care home residents with dementia.. The results demonstrated that there was a decrease in agitation

and an increase in happiness and positive behaviours. This effect on agitation can be compared to the effect of medications, but without the negative side effects.

All indicators show that smiling at a person living with dementia elicits a positive response in the person, usually resulting in them smiling back at you. This makes the person feel better, and in turn helps to make you feel better and more positive.

“Though most research refers to the effect of smiling among the general public, we could assume the same applies to smiling at a person who has Alzheimer’s. In fact, smiling at a person with Alzheimer’s may be even more important, especially smiling at people who no longer talk and where nonverbal communication may be the only form of communication.” — Marie Marley

In keeping with the theme of this newsletter, let’s tie this in to the topic of mealtimes and eating. Bob de Marco, of The Alzheimer’s Reading Room, suggests making eye contact and smiling before and while eating. He recommends sitting opposite your loved one with dementia, making eye contact and smiling, and waiting for them to smile back at you. “Then start eating without talking. Hopefully they will follow your lead. Be patient, you might have to do this for a while before it starts working. Get the smile back.”

“Smile at each other. Smile at your wife, smile at your husband, smile at your children, smile at each other - it doesn’t matter who it is - and that will help to grow up in greater love for each other.” — Mother Teresa

References:

<http://www.alzheimersreadingroom.com/2013/04/dementia-care-and-smile.html>

<http://www.alzheimersreadingroom.com/2015/02/16-ways-get-dementia-patient-eat-more-food.html>

Smile and Others Smile with You: Health Benefits, Emotional Contagion, and Mimicry. <http://positivepsychologynews.com/news/emiliya-zhivotovskaya/200809271036>

<http://www.alz.org/alzwa/documents/042214enews.pdf>

<http://bmjopen.bmj.com/content/3/1/e002072.abstract>

Baycrest

Enriching Care
Enhancing Knowledge
Enlightening Minds



Day Centre For Seniors HEALTH & WELLNESS BULLETIN

Spring 2015

Manager’s Message

Dear Day Centre Members and Families,

Welcome to the Spring edition of our newsletter!

I hope that by the time you are reading this the snow has started to melt and the weather is warming up!

I am excited to let you know that we have added a new piece to our newsletter this month. Trevor Heer, Circle of Care’s Registered Dietitian has written a piece with information and tips about nutrition and dining. I hope that you will find this information helpful. If there are topics that you would like Trevor to write about in the future, please let any of our staff know and we will pass it along.

Looking ahead to April, the centre will remain open during Passover except Friday, April 3rd when we will be closed for Good Friday. We will also be closed on May 18th for Victoria Day.

In April we will also say farewell to our students Suzie, Jennifer and Sabrina who have been working with us at the centre since September. Please join me in thanking them for all of their hard work and contributions to the centre this year. We wish them all the very best as they pursue their academic and professional careers.

One final reminder that our Winter promotion is on until the end of March. Members can add one extra day at no extra charge through to the end of March. Please call Alia at, 905-738-1128 if you wish to add a day.

We are looking forward to celebrating many holidays and special occasions at the centre in the coming months! Please see the enclosed calendar for all of the details.

My very best wishes for a happy and healthy spring,

Devora Waxman
Manager, Day Centre for Seniors

Day Centre for Seniors

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Alzheimer Society
YORK REGION

JIAS
TORONTO
Jewish Immigrant Aid Services

Reena
Central Local Health
Integration Network

Ontario
Central Local Health
Integration Network

FOOD FOR THOUGHT

Tips and Strategies to Help Promote Healthy Eating and Good Nutrition in People Living with Dementia

Trevor Heer, RD

Eating is often easy and effortless for many, but for people living with dementia, it can be anything but simple. Of the estimated 44 million people living with dementia worldwide, many experience difficulty with eating, drinking and maintaining a healthy weight. Progressive brain damage, decreased functioning and memory loss can challenge a person's nutrition and eating habits. Research has shown that dementia often leads to under nutrition and weight loss. It has also been shown that weight loss and under nutrition can cause greater cognitive and functional impairment, increased risk of morbidity, hospitalization and mortality. Recognizing and addressing eating and drinking difficulties is important in ensuring good nutrition and preventing under nutrition and weight loss in people living with dementia.

Dementia and its Effects on Eating and Drinking:

As dementia progresses, a person may need more help with eating and drinking. It may be difficult to:

- Remember how to use cutlery
- Recognize what to do with food
- Put food in the mouth
- Chew and swallow food and liquids
- Differentiate between edible and inedible items.

A person living with dementia may also struggle to eat a healthy balanced diet because they may:

- Lose interest in eating and drinking
- Have a poor appetite
- Forget to eat or drink
- Overeat
- Crave certain foods more than usual.

Tips for Promoting Healthy Eating at Meal Times:

Promoting healthy eating and good nutrition helps to keep people feeling good both cognitively and physically. Below are some tips that caregivers can use to help promote healthy eating at meal times.

Meal Planning:

- Involving the person in grocery shopping and meal planning helps to establish a regular routine. Making monthly schedules for grocery shopping, creating simple plans for cooking and making meal menus assists in promoting regular eating and good nutrition.

Make Meal Times Social:

- Meal times are just as much about social interaction as they are about eating. It allows for people to talk about the day and reminisce about the past. Dining with others can give a person living with dementia something to look forward to and reduce feelings of isolation and depression. Whenever possible, include the person in family dinners, meals with friends and celebrations.

Strategies to Help Overcome Meal Time Challenges:

As dementia progresses, meal times can become more and more difficult for the person and the caregiver. Below are some strategies that caregivers can use to respond to meal time challenges.

Skipping Meals or Forgetting to Eat:

- Call and cue the person to eat at regular meal times (e.g. breakfast, lunch and dinner)
- Post reminders about meal times around the house
- Set an alarm to remind the person to eat

Difficulties Identifying Eating Utensils, Foods and Self-Feeding:

- Cue the person on how to use various utensils (e.g. forks, spoons etc.) by demonstrating their use and explaining verbally using simple directions (e.g. "pick up your fork, place some food on it and bring it to your mouth")
- Use utensils that are easy to hold and use
- Ask the person if he/she needs some assistance, if necessary, put the utensil in their hand and help them in bring food to their mouth
- Look for chewing and/or swallowing difficulties, if noticed call their doctor immediately
- Provide food that is colourful and easy to identify and distinguish from other foods on the plate

Lack of Concentration:

- Try to limit distractions by having meals in a quiet and calm environment (e.g. turn off the TV, radio etc.)
- Simplify the table; consider removing centrepieces, flowers and condiments and only set the table with

the required eating utensils

- Use colored (e.g. blue, red etc.) tablecloths that contrast with dishes to help visual impairment
- Serve meals one course at a time to prevent confusion and feelings of being overwhelmed

Dehydration:

- Water should be drank throughout the day to promote hydration
- Offer fluids (e.g. soups, juice, decaf coffee and decaf tea etc.) often
- Limit fluids before bedtime to help prevent the person from waking up throughout the night

Decreased Appetite/Weight Loss:

- Try to create appetizing meals and eat with the person to promote regular eating
- Prepare the person's favorite meals more often to help stimulate their appetite
- Try small frequent meals and snacks
- Schedule regular doctor and dental appointments to ensure proper dentition, chewing and swallowing
- Eat at the person's pace, don't rush meal times
- Schedule regular appointments with your doctor or dietitian to see if nutritional supplements (e.g. Ensure, Boost etc.) are an option

Refusing/Spitting Food Out:

- Speak with the person to see if he/she is refusing or spitting out food due to:
 - Disliking the taste or texture
 - Trying to express that the food is too hot/cold
 - Needs help to eat
 - Has forgotten how to chew or swallow
- Check the temperature and the texture of the food
- Remind the person how to eat the food through verbal cues and demonstrations
- Schedule regular appointments with the person's doctor to see if a speech language pathologist (SLP) is needed to assess chewing and swallowing

Since dementia is a complex disease that differs from individual to individual, not all of the above suggestions may relate to your loved one or your client. But through identifying challenges and using the tips and strategies listed in this article, you can help to promote healthy eating and good nutrition in people living with dementia.

Nursing Addition

Strategies employed by staff at the Day Centre to ensure our clients receive the maximum benefit from the foods they eat are as follows:

- All clients are assessed prior to beginning the program to determine food preferences and/or the need for a special diet
- All food coming into the Day Centre is kosher from the Betel Centre
- All food is prepared with no added salt or oil, and is diabetic friendly with no added sugar
- Special dietary requests such as thickened fluids and pureed food may be accommodated
- All food is portion controlled
- Food temperature is checked prior to serving to ensure appropriate temperature
- Staff assist clients as necessary ie.
 - 1) Soup may be served in a cup
 - 2) Food may be cut into small pieces
 - 3) Fluids may be thickened
 - 4) Cutlery may be removed to prevent distraction
 - 5) Separate eating area may be accommodated
 - 6) Positive encouragement to eat and enjoy the lunch time meal
 - 7) Soft back ground music to provide stimulating environment for clients
 - 8) Ongoing professional nursing monitoring to ensure clients safety during meal time

If a client should have dietary concerns while at the Day Centre, nursing staff will bring this to the attention of family members and recommend client see their family doctor and/ or have a swallowing assessment. It is also very important to let nursing staff know if there are any dietary changes and or needs that may need to be accommodated at the Day Centre.

References:

Alzheimer's Society of Canada. (2012). *Meal Times*. Retrieved from http://www.alzheimer.ca/~ /media/Files/national/brochures-day-to-day/day_to_day_meal_times_e.pdf

Alzheimer's Disease International (ADI). (2014). *Nutrition and dementia: A review of available research*. Retrieved from <http://www.alz.co.uk/sites/default/files/pdfs/nutrition-and-dementia.pdf>

Dr. Heather Keller. (2011). *Nutrition and dementia*. Retrieved from <http://www.drheatherkeller.com/index.php/nutrition-dementia/>

Please see the following special programs in March:

March 2015

No winter lasts forever, no spring skips its turn and this month is no exception. I would like to welcome everyone to our first month of Spring, March. The first official day will be Friday, March 20th. As the sun puts a smile on your face there is much more to be celebrated, Jewish communities all around the world will be celebrating Purim March 4th and March 5th. Purim is the most jubilant holiday and includes the spirit of fun and austerity in equal measure. In the spirit of Purim, the Day Centre has planned many activities for our members keeping in with the joyous mood. For all of our members celebrating Purim – *May fun, merriment and laughter keep you on high spirits and may your Purim celebrations be unforgettable – Ah Fraylechin Purim! A joyful Purim to you all!*

As we continue to celebrate, the Day Centre staff would like to send out warm birthday wishes to all of our members and staff celebrating their birthdays in March – To keep the heart unwrinkled, to be hopeful, kind, cheerful, humble- that is the triumph over getting older – **HAPPY BIRTHDAY!!!**

Special Dates to Remember:

Monday, March 2nd

Purim Program:
Mishloach Manot

Tuesday March 3rd

Purim Program:
Purim Greeting Cards

Wednesday March 4th

Program with Rabbi Marshall

Thursday, March 5th

Baking for Purim:
Hamantashan Cookies

Purim Celebration with
Deborah Staiman

Social Work Week Thank You
Presentation

Monday, March 9th

Travelogue to Florida

Tuesday, March 10th

Chair Dancing with Terri

Thursday, March 12th

International Women's Day

Monday, March 16th

Men's Group: Basketball

Tuesday, March 17th

St. Patrick's Day Social

Wednesday, March 18th

What's in a Name?

Thursday, March 19th

Craft: Spring Butterflies

Monday, March 23rd

Star of the Month: Glen Miller

Tuesday, March 24th

March Birthday Celebration
with Sima Entertainment

Wednesday, March 25th

Infamous People in History

Monday, March 30th

If at First You Don't Succeed

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/cards; Dominoes/Rummi-Q; Inspirational stories; Beading
B: **Purim program: Mishloach Manot**; "You be the judge"
C: Sing along; Computers 1:1

02

A: Table games/cards; Dominoes/Rummi-Q; Inspirational stories; Knitting
B: **Travelogue to Florida**; Creative arts
C: Name that tune; Computers 1:1

09

A: Active games
B: **Men's group: Basketball**; Creative arts
C: Karaoke; Computers 1:1

16

A: Table games/cards; Dominoes/Rummi-Q; Inspirational stories; Scrapbooking
B: **Star of the month: Glen Miller**; Creative arts
C: Music bingo; Computers 1:1

23

A: Table games/cards; Dominoes/Rummi-Q; Inspirational stories; Painting
B: **If at first you don't succeed**; Creative arts
C: Music appreciation; Computers 1:1

30

TUESDAY

A: Bingo
B: **Purim program: Purim greeting cards**; Cards & board games
C: Music appreciation

03

A: Bingo
B: **Chair dancing with Terri**; Board games & cards
C: Sing along

10

A: Bingo
B: **St. Patrick's day social**
C: Irish song sing along

17

A: Bingo
B: **March Birthday party with Sima Entertainment**

24

A: Bingo
B: Tea & trivia; Card games & dominoes
C: Name that tune

31

WEDNESDAY

A: February trivia; Music appreciation
B: **Program with Rabbi Marshall**; Men's club: cards with Ed; Manicures
C: Music bingo

04

A: Wheel of Fortune; Montessori activities
B: Miss Manners discussion; Men's club: cards with Ed; Manicures
C: Karaoke

11

A: Crossword puzzles; Musical biography
B: **What's in a name?**; Men's club: cards with Ed; Manicures
C: Music appreciation

18

A: **Infamous people in history**; Montessori activities
B: Gentle stretches; Men's club: cards with Ed; Manicures
C: Name that tune

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Enriching Care
Enhancing Knowledge
Enlightening Minds

THURSDAY

A: Bowling; **Baking for Purim: Hamantashan cookies**
B: **Purim celebration with Deborah Staiman; Social work week - thank you presentation**; Manicures

05

A: Bowling
B: **International Women's Day program**; Finish that tune
C: Jewish music; Manicures

12

A: Bowling
B: **Craft - Spring Butterflies**
C: Music from around the world; Manicures

19

A: Bowling
B: Brain gym
C: Karaoke; Manicures

26

Erev purim

Purim

FRIDAY

A: Baseball toss; Challah baking; Flower arranging
B: Shabbat program & Sing along

06

A: Shuffleboard; Challah baking; Flower arranging
B: Shabbat program & Sing along

13

A: Golf; Challah baking; Flower arranging
B: Shabbat program & Sing along

20

First day of spring

A: Bolongo ball; Challah baking; Flower arranging
B: Shabbat program & Sing along

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DAY CENTRE FOR SENIORS

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March 2015