

From the Nurses' Desk...

Dear Day Centre Families,

After such a warm and beautiful summer it is hard to believe that fall is just around the corner and so is the cold weather. Unfortunately the colder weather brings **the cold and flu season** so we must be prepared for the viruses that may come our way. As you know, older people are more at risk for the harmful effects of the flu virus and that is why it is important to receive the annual flu shot from your family Doctor. The flu shot is usually available by the middle of October and it is important to let your family Doctor's office know to call you when it arrives.

You also know the flu is highly contagious and can be transmitted by shaking hands with someone who has the virus, being close to someone who coughs or sneezes and/or if you touch a contaminated surface and then touch your eyes, nose or mouth. Pneumonia can be the most serious complication of the flu especially for the elderly with weakened immune systems and complex medical health issues. As well people with dementia may not be able to tell you exactly how they are feeling so it is important to pay close attention to their symptoms and if in doubt have your loved one assessed by their family Doctor.

A cold and the flu are both caused by viruses, but flu symptoms will come on quickly and be more severe. The flu may cause severe headaches, body aches, as well as a high fever that may last up to 4 days, with fatigue and weakness lasting as long as 2-3 weeks.

A cold on the other hand may cause a runny and stuffy nose, sneezing and nasal congestion, with sore throat and dry cough. None of these symptoms are pleasant but the flu is more debilitating and that is why we want to prevent it as much as possible.

At the Day Centre we recommend:

- avoiding contact with people who are ill
- careful hand washing (may prevent 80% of viruses)
- avoid touching eyes, nose and mouth
- coughing or sneezing in your folded elbow rather than your hand

As the flu can be very debilitating for seniors, we strongly recommend your loved one stays home if they are ill to get the rest their body needs to recover quickly and to prevent the spread of illness to others at the Day Centre.

Follow these simple tips to stay healthy!

Best wishes,

Madeline D'Arpino RN BScN



Day Centre For Seniors HEALTH & WELLNESS BULLETIN Fall 2014

Manager's Message

Dear Day Centre Members and Families,

I hope you had a wonderful summer.

The summer was a time of transition and change for us at the Day Centre. In June we said farewell to Janice Ocampo, our Recreation Therapist and welcomed Ilana Grosman and Catherine Timm to our Recreation Team. I know that many of you have had the opportunity to meet them and seen what a tremendous job they are doing, along with Christina Drepaul, to develop new and exciting programs for our members.

In July we hosted a volunteer recognition event to celebrate the contributions of our amazing volunteers, and in August we had several summer socials to celebrate the warm weather! Looking ahead to the fall you will see several new programs featured on

the calendar including challah baking on Fridays and programming in honour of Rosh Hashana, the Jewish New Year. These programs can be enjoyed by all members at the centre!

Please note the Day Centre closures on the calendar. Contact the centre if you wish to add any extra days in lieu of the closures. We do have some spaces to accommodate these requests at this time. For those celebrating, I wish you a very happy and healthy new year, Shana Tova!

With sincere regards,

Devora Waxman

Manager, Day Centre for Seniors

From Your Social Work Team: Tessa and Emma

WANDERING

Following the recent tragic death of an 82 year old woman killed on Highway 400 in the early hours of the morning, it seems appropriate to address the problems associated with wandering, as well as some measures that can help. This lady was reported missing to York Regional Police around the time of the collision, police said. Her family told police that she had been suffering the onset of dementia for the past year. While she had previously gone wandering during the day, this was the first time she had wandered at night.

As Alzheimer's disease and other related dementias progress, it can sometimes become more common for someone with the disease to become disoriented even in their familiar surroundings and get lost. Some people have difficulty remembering their home address and phone number, and also may struggle to communicate clearly. When this occurs it poses a serious safety risk for your loved one, and can be a source of major stress and worry for you.

Here are some options to consider that will help lessen the risk or facilitate dealing more effectively with the situation if someone has wandered or gone missing.

Safely Home

This registry was developed by the Alzheimer Society of Canada and the Royal Canadian Mounted Police (RCMP), and is now operated by MedicAlert. If a person should get lost or wander, this registry enables Police from anywhere in Canada and the United States to access confidential information to assist in finding the person and assisting them to return home.

This registry provides a bracelet and has a monthly fee. Applications are available online at <http://www.alzheimer.ca/en/Living-with-dementia/Day-to-day-living/Safety/Safely-Home>, or can be obtained from the Social Workers at the Day Centre.

After registering, it is important to ensure that the member wears his/her bracelet at all times, and also that you keep a current photo on hand and update it every six months.

York Region Wandering Registry with York Regional Police

This is a free-of-charge registry for people residing within York Region. The registry works to assist the Police to identify a lost person quickly and return them to their loved ones quickly.

The application includes submission of a recent photograph. Applications are available by calling The Alzheimer Society of York Region, 1-888-414-5550. The Day Centre Social Workers can also provide an application form.

Project Lifesaver – York Regional Police

Project Lifesaver International is a non-profit organization that has received world-wide recognition for its public safety program. It uses a tracking device that has been proven to save lives because it leads police to the missing people in minimal time. A person registered with Project Lifesaver wears a personalized wristband that emits a tracking signal. When the Police are notified that the person is missing, a Search and Rescue Unit team responds to the area where the lost person was last seen and searches the area with a mobile location tracking system.

For more information, please see <http://www.yrp.ca/default.aspx?pg=be7b1ce8-ff78-420f-9f7f-90bdce1ccb72#sthash.EBkqOZ1a.dpuf>

Finding Your Way

There is a new Ontario website service called Finding Your Way, which includes helpful information such as community service numbers in Ontario, along with helpful hints and practical information. Resources include tips on how to prevent people from going missing and what to do if it happens. To learn more, visit www.findingyourwayontario.ca.

Some other tips

If you are worried about your loved one wandering and leaving the home you can also consider other preventative measures, like the following.

- Place locks in unusual or hard to see places. For example, install a second lock at the top or bottom of exit doors that might be difficult for your loved one to spot. The kind of locks that are used for child safety can often be appropriate.
- Tie a bell to the front and/or back door which would make a noise each time the door is opened and closed to alert you.
- Put the home alarm on at night and set it to beep when an exit door opens.
- Clearly mark doors with signs like "Bathroom" to reduce the need for the person to search.

What to look out for

It is important to look out for clues that might suggest potential wandering behavior. Examples of this might be when someone mentions needing to "go to work" or "go home".

Wandering behaviours often increase when people are in unfamiliar environments, are left alone, become more disoriented than usual, or express a desire to go somewhere. Please be cautious when taking your loved one to unfamiliar places and leaving them unattended.

It is helpful to carry with you a recent photograph in your purse, pocket or on your cell phone so that if your loved one wanders off, they can be identified easily.

If a person with dementia goes missing...

- Call 911 or your local police
- When Police arrive, have relevant information ready such as a photo, description of what the person is wearing, the colour, make and license number of the car if they are driving
- Inform Police if the person has a Safely Home bracelet, so they can call the 24-hour hotline for info on possible locations and other vital medical and member information.

If you have any concerns or questions about this or other caregiving topics, or for further information, please do not hesitate to call Tessa or Emma and we will be happy to assist you!

For those celebrating the High Holidays, we send our best wishes to you and all those near and dear to you for a Happy New Year – Shana Tova!

SPOUSAL CAREGIVER SUPPORT GROUP STARTING IN OCTOBER

A support group for caregivers 55+ caring for spouses with dementia or physical illness.

Topics include:
changes in relationships, coping strategies, burnout, future planning and community supports and services

Please contact us for details.