



# West Ridge Breeze

## *From Richard's Desk*

I would like to invite you to attend the Annual Alzheimer's Disease and Dementia Education Conference held August 10, 2011. There is an evening session for caregivers starting at 5:00 p.m. and ending at 8:30 p.m.

Dr. Susan Schultz, a professor of psychiatry at the University of Iowa Carver College of Medicine will present "Current Progress in Understanding and Treating Alzheimer's". This session will provide the most up-to-date research findings, as well a review of the next wave of emerging treatments. David Troxel, M.P.H., is a past execu-

tive member of the American Public Health Association, and is a member of the Ethics Advisory Panel for the USA Alzheimer's Association. Mr. Troxel will present "Traveling the Caregiver's Journey". He addresses the Best Friend's philosophy of dementia care and highlights his journey as a professional working in dementia as well as a family caregiver.

He offers insight and reflections on the care giving journey. The final program for the evening will be a discussion on effective communication between health care providers and family caregiv-

ers.

Free respite care will be available on site for persons with dementia. You must register in advance for respite care. Please call 1-800-272-3900.

There will be a professional day conference on August 11, 2011 from 8:30 to 4:30 p.m. Both conferences will be held at The Hotel at Kirkwood Center. If interested in registering, go online to [www.alz.org/eci](http://www.alz.org/eci) or you may call 1-800-272-3900.

The summer months are flying by. Remember to stop and see those you love.

Richard

### Special points of interest:

- Briefly highlight your point of interest here.

## *Suggestions from Sarah*

Featured Community Resource:  
Aging Services Inc.  
Provides case management, chore and home

repair, respite program , transportation for medical appointments, grocery store and food markets, mental health services.

For more information on the community resource call Aging Services at 398-3644.  
[www.agingservicesia.org](http://www.agingservicesia.org)

## Nursing Notes

In the final chapter of the series "Coping with the Nursing Home Decision" I am going to discuss the reactions to the losses residents experience when they have to leave their homes and their possessions and enter a nursing facility. Each resident is an individual and each copes or reacts in a different way. Some of the questions which affect people and their reactions to losses are: How have they dealt with other losses in their lives? Did they seek help and support? Did they internalize the loss and limit their connections with other people? Have they customarily been positive thinkers? Do they have a strong faith? How is their self-esteem? The answers to these questions will influence the way they respond to entering a nursing facility—a major loss in their lives.

One of the most common and also most difficult reactions to loss is anger, a feeling which can override every other feeling, such as sadness, hurt, loneliness, guilt, and others. Anger

is a cover feeling in that it allows a person to hide all other feelings underneath it. People experiencing anger will often push blame onto others, usually the ones who help them the most. If they can push blame, they can avoid dealing with their own feelings.

A reaction of anger to these losses may cause further losses, such as a break in the relationship between child and parent, which can cause the burden for both to be much heavier. Losing a child through death or anger can be one of the most difficult losses that we ever experience in our lives. Our children are among our most precious possessions. Loss through anger is very difficult for the children as well as for the parents, and will often stop all interaction between them. These broken relationships are sometimes not mended creating much hardship as the parent eventually dies and the child grieves. Dealing with this as a family member working with loss through anger, requires

one to let go of the things in this interaction that are not your problem. Seek counseling or use someone as a "sounding board". You need to have a support person who is non-judgmental and who will allow you to tell your story and share feelings without trying to stop you or change your thinking.

Another major reaction to all of these losses is to withdraw from participation in all activities, even eating meals. Because of having to face so many changes while often having physical problems too, it is just too difficult to reach out again for new friends, new ideas, or new thoughts. Instead of attempting anything new, the residents will simply stay in their room or in their bed, hoping that it will all go away. Sometimes family and friends will want to change them or cure them which is not possible. Patience is the key word in this type of situation. We cannot change someone else—only ourselves. We need to accept the resident where they are and

what they are doing and encourage and support them. Listen to them as they complain or grieve about their losses. The more they talk and get it out into the open, the less they hold it in, which causes sadness and pressure.

Regression is another way the residents deal with losses. It is a way for them to return to a time and place where they felt safe and loved. They become so involved in that safe time that they apply the names and actions of many years ago to friends and others in today's life. Even if corrected, they will not change. They are focused on the safe past. People who are using regression need to be accepted and listened to.

Donna



## Chuck's Corner

This month we will be having our ductwork professionally cleaned by Americlean. They will be throughout the building for approximately 2 weeks. Mike from Maintenance will be the project coordinator, working with their crew. Some of the areas will be done in the evening hours to eliminate any disruptions of mealtimes and office areas, but the rest will

be done during daytime hours. All ductwork and equipment will be thoroughly cleaned and a sanitizing process will be done to ensure high-quality indoor air as per NADCA standards/compliance. Please feel free to visit with us if you have questions. We've been assured there will be no dust or control or noise issues.

Carpet extraction is also scheduled for the hallways on 9/1-9/2/11 as per our regular maintenance schedule each year. Weekly and monthly carpet-cleaning is done in-house.

Schools will be starting soon. I hope all you parents are looking forward to your children's "boredom" and summer

vacations coming to an end!

From all of us in Environmental Services,  
Thank You for letting us serve you and being a part of your families!

Chuck



## Critter Corner

The Pet Show on July 14 was a great success. Thank you to all the adorable and very well behaved dogs and their owners who participated.

There has been some confusion on how to use the Dinner and a Movie cards. The initial information that was received when the cards were ordered was that you only had to present the

card at the retailer to receive your discount. After having a problem when I tried to use my card, I called the company again. The person I spoke to when ordering misinformed me of how to use them. After you register the card at [www.enjoyaccess.com](http://www.enjoyaccess.com), you will have to click on the business you wish to visit and print out a coupon to use when you

make your purchase. You can print more than one coupon at a time but can only redeem one coupon per visit.

The cards are good until September 30, 2012 and are good in any city in the U.S. You only have to type the city where you wish to redeem your coupons and businesses for that city will appear. I have sent cards to my

grandchildren in Virginia and my family in Illinois and the state they have had no problem using them.

I apologize for any problems you may have had. Cards are still available for \$10.00 each.

Kathy Hughes,  
Pet Committee



## Food For Thought

When I think of summer, I think of gardens and my dad, who had the best garden around. The Dietary staff and I

have a small garden that has tomatoes, onions, a variety of peppers and fresh herbs. We can't wait to be able to use

the produce in the kitchen for our meals.

As always, if you have any new ideas please

call me.

Becky

