



Royal Innovation: Alzheimer's Care at Royal FALMOUTH Third Floor News

Fall, 2011

Change is in the Air...

Activities Play Major Role in Third Floor's Day

Fall is upon us, and the Third Floor at Royal Falmouth Nursing & Rehabilitation Center is gearing up for all the great days of the season with meaningful activities and events for our residents. Halloween and Thanksgiving are fast approaching, and residents are looking forward to enjoying seasonal activities surrounding these holidays, not to mention the innovative daily activities designed to engage the senses and tap into family traditions enjoyed at this time of the year. Our individualized activities programming plays an integral role in creating structure that enriches the lives of our residents while honoring the uniqueness of each individual. You may have seen two new faces in the activities department, who are most often on the first and second floors, but occasionally lend a hand on the third floor. They have expressed their dedication to the program and the residents, with one of our new staff members putting it this way: *"I love it. It is rewarding and I leave here feeling I am doing something that makes a difference."* As always, we welcome friends and family to join loved ones for activities, as this offers a meaningful opportunity to engage and interact with family in a failure-free environment.

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Education and Awareness

November, 2011

Part 1: National Alzheimer's Disease Awareness Month

Alzheimer's disease or A.D. was acknowledged as more than "senile dementia" by German psychiatrist Alois Alzheimer in 1901 when he identified the first case in a 51 year-old woman he called "Auguste D." Upon the woman's death in 1906 he identified microscopic black flecks, later known as plaques that were adhered to brain slices. We have come a long way in understanding A.D. since 1906, but we still have a ways to go. In addition to these plaques, neuro-fibrillary tangles were found to be the other "hallmarks" of A.D. The tangles are formed by Tau protein that twists around the inside of the nerve cell forming tangles and decreasing the amount of the neurotransmitter, acetylcholine in the brain. Acetylcholine is a "memory enhancing" excitatory neurotransmitter, which, due to its wide distribution, causes wakefulness and attentiveness.

While an autopsy was, and still is, the definitive diagnostic indicator for A.D., the development of powerful neuro-imaging technologies now allows doctors and scientists to see the progressive structural changes that occur in A.D. In 2011, the national Institute on Aging (IAS) revised the diagnostic criteria for A.D. for the first time in 27 years, reflecting a growing understanding of the disorder and efforts to identify the disease at earlier stages.

Alzheimer's disease numbers:

- An estimated 5.1 million Americans have Alzheimer's disease
- More than 140,000 Massachusetts residents have Alzheimer's disease
- More than 10,000 Cape and Islands residents have Alzheimer's disease.
- The cost of Alzheimer's in the United States has been estimated at \$100 billion each year.

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Calling All Gardeners! The Garden Club is Here!

The leaves may be turning and the air is cool at night, but that only gives us more reason to bring the outdoors in with our Garden Club! With weekly deliveries of fresh flowers from Allen's House of Flowers and the talents of our residents, we have begun creating centerpieces, and otherwise decorating and imbuing the unit with the smell and sight of fresh floral arrangements.

In addition, with just our hands, pots, soil and seed, we will be coaxing to life a variety of flowers and herbs to brighten and freshen our perch at the back of the third floor. We welcome supplies, and as always you are encouraged to join us in our horticultural endeavors!

Our Cooking and Baking Program is Back and Better Than Ever!

The heat of the summer put a damper on our use of the kitchen. We had to substitute the blending of fresh fruit smoothies for baking brownies and pies. What a hit! Of course, fall has now come to Falmouth and we are eager to put the kitchen to good use. Over the past month our residents have baked and enjoyed home-made pies, apple butter croissants, potpourri and various other deliciously tasty treats.

Starting in October, we will begin a monthly inter-generational cooking and baking program on the Third Floor. Preschool-aged children from Tender Years Child Care are invited to join our residents for a morning of cooking and baking on the last Friday of each month!

We are looking forward to adding variety to our cooking program and welcome recipes from friends and family. Our kitchen has a stove top, oven, bread maker, griddle, and crock pot. Fall is a time for soups and stews, root vegetables, pumpkins and cranberries. What are some of your favorite recipes?

A Day in the life...

At Royal Nursing & Rehabilitation Center of Falmouth

By Jack White

Tippy wakes up with a hug and a smile from the nurse's aids. She likes to watch TV for an hour or so before breakfast is served at 8am. The nurse on duty gives Tippy her medication while she spends time talking with her to see how she's feeling.

After breakfast, residents on Tippy's wing go to the Group Room, where they watch a movie, play a game, or listen to someone read aloud. There is lots of hustle and bustle, chatter,

and smiles and comforting hugs from the friendly staff.

Before heading to the dining room for lunch, residents get cleaned up; women get their hair done so they look and feel good for lunch. Visitors and aides assist with the feeding, ensuring that everyone has enough to eat and drink.

Tippy loves to go for strolls, so after lunch I bring her through the building. Everyone knows Tippy. Friendly hellos and waves are exchanged. We usually take a trip to Dunkin Donuts, where Tippy loves her coffee as much as she enjoys people watching. At this point in the day, Tippy is a little tired and looks forward to taking a nap when we get back to her room. After a little rest, Tippy will gladly sit and watch a movie or play trivia with the group.

Soon enough, dinner is served. Tippy likes the food, which I agree is really good, and the caring staff always ensures she gets her fill. The chef even comes up to the dining area to make sure everyone was satisfied with his creations.

Tippy's days at Royal are full. She's a wonderful, loving person and as her dear friend I'm so happy that she's so well taken care of by the attentive and considerate staff members at the Royal Nursing & Rehabilitation Center of Falmouth.

RESIDENT SPOTLIGHT

It is sometimes easy to forget that our residents come from all walks of life and have diverse and interesting experiences. Some prefer the quiet of their rooms to rest. Others are energetic and active participates in our programs. Midge is a stand-out member of our little community. She can be found in her corner of the activities room directing those around her, playing Bingo, doing crafts projects, baking or simply sitting back and taking in her surroundings.

Here you will find a woman who is a former state employee and very active politically in her hometown of Carver. In addition, she was a successful seamstress. Midge has demonstrated many interests and diverse talents throughout her life. She is accomplished in many regards. And she continues today to demonstrate an energy and desire to be involved that is reflective of who she is and how she has lived her life. She remains engaged and involved.

Midge is a constant reminder that our residents have a past, a present and a future. Midge's sister, Ina, eloquently expresses her belief that despite the disease and many losses, "they are people, like you and I, who have lived and had lives of their own."

CALENDAR OF EVENTS

OCTOBER HIGHLIGHTS!

LORI PILLA ON GUITAR AND PIANO

FIRST FLOOR DINING ROOM
OCTOBER 14TH AT 10:30AM

CHUCK DEE ON THE KEYS...

FIRST FLOOR DINING ROOM
OCTOBER 17TH AT 10:30AM

OCTOBER FEST

FIRST FLOOR DINING ROOM
OCTOBER 18TH AT 2PM

Join your loved one for a feast followed by German beer and treats.

HALLOWEEN PIZZA PARTY

FIRST FLOOR DINING ROOM
OCTOBER 31TH AT 2:30PM

NOVEMBER SPECIAL EVENT!

ALZHEIMER'S AWARENESS MONTH

NATIONAL MEMORY SCREENING DAY

ROYAL FALMOUTH NURSING & REHABILITATION CENTER
TUESDAY NOVEMBER 15TH
9:00-11:30AM AND 1:00-4:00PM

A proactive approach to identifying early cognitive impairment and associated potential problems, memory screens will be offered through Alzheimer's Services of Cape Cod & the Islands. Screens take approximately 30 minutes.

Please RSVP with Alzheimer's Services at: (508) 775 – 5656

REGULAR MONTHLY PROGRAMMING...

BIRTHDAY PARTY WITH ROGER C.

FIRST FLOOR DINING ROOM
4TH FRIDAY OF THE MONTH AT 2PM

DEMENTIA SUPPORT GROUP

2ND FLOOR SOLARIUM

1ST THURSDAY OF EACH MONTH AT 1:30-3:00PM

Providing residents' loved ones with information, resources and a safe, understanding place to talk about their experiences and learn new ways of coping with life stressors and life losses. Call for information: Helen Malinowski, MSW, LCSW: (508) 495 – 5251

INTERGENERATIONAL COOKING

3RD FLOOR KITCHEN, BACK DINING ROOM

LAST FRIDAY OF THE MONTH, 10:30-11:30AM

Preschool children from Tender Years Child Care are invited to join Third Floor residents for an hour of cooking and baking.

HAIRDRESSER - MELONIE GRADY

2ND FLOOR SOLARIUM: TUESDAY AND WEDNESDAY AFTER 2PM

CHAPLAIN - LYNN SHAW

AT ROYAL FALMOUTH ON WEDNESDAYS

MORE NOVEMBER AND DECEMBER SPECIAL EVENTS TO FOLLOW

- One in 10 families will be touched by Alzheimer's disease.

Part II: National Family Caregivers Month

Alzheimer's disease (A.D.) affects more than the individual. Caregivers play an integral role in the lives of persons with A.D. The role of the main caregiver is often taken by the spouse or another close relative. Increasingly, it is the adult child who bears the burden of care. The burden of a loved one with A.D. on the caregiver is great: socially, psychologically, physically and/or economically.

Difficult, demanding behaviors and mood issues can be physically and emotionally taxing for caregivers. These may include depression, hallucinations, delusions, sleep irregularity, walking difficulties, and a behavioral disturbance known as Sundowning. Sundowning is an increase in confusion, restlessness, or agitation that occurs late in the afternoon or evening in some people with AD. Pacing, or wandering often increases during this time of day. The person may become upset, disoriented, hear things that are not there and believe things that are not true. As a result of these behaviors, and the social and economic burden of being a caregiver, dementia caregivers in particular are subject to high rates of physical and mental disorders.

While home care is often the preferred and first care option selected by people with A.D. and their families, there may come a point when care at home is no longer safe, and no longer meets the needs of your loved one and/or you as a caretaker. In fact, nearly two-thirds of nursing home residents have dementias. Yet, making the decision to move your loved one out of their home is never easy. It is never easy seeing them change as the disease progresses. Please feel free to join our dementia support group for friends and families of our residents. It is held the first Thursday of each month from 1:30 to 3pm in the 2nd floor Solarium.

Alzheimer's Fundraising and Awareness Efforts

You may see staff members wearing denim at Royal Falmouth Nursing and Rehabilitation Center on Fridays this November. We will be conducting a fundraising effort throughout the month to raise money for Alzheimer's Services of Cape Cod and the Island and raise awareness of Alzheimer's disease. Staff may wear denim for a small donation and will receive a purple Alzheimer's Awareness bracelet.

Royal Health Group has also continued its participation in several fundraising events this past summer, including the 2011 "Walk, Rock and Roll at the Royal," which contributed funds to Alzheimer's Services of Cape Cod and the Islands. RHG hosted the 10th Annual Royal Charitable Foundation Golf Classic.