



Winter
February 2012

Elizabeth Rapp-Steltz Director

Hope everyone is doing well. I am adjusting to my new role at SarahCare. It's challenging but I am sure I will get through it in time. I am still always here for you if you need me as I was in the past.

I wanted to make mention of our homecare. We do have participants that already use our home care but we have some good news and that is the new owners have hired new staff so we can accommodate our families when they have a need for our homecare services. Take it from me, we have a good thing going and I would know this as I spent many years in the home care field. So I know what some homecare companies lack. The number one thing they lack is: they get anyone of their staff to take open shifts. It's whoever say's yes first gets the shift. So a lot of times their staff is a complete stranger to their client. Here we make sure that our homecare staff does some hours in the center so

they get to know our participants and that way there are no strangers in their homes. You would never get that from any other homecare company. So please keep us in mind and think of us when you would like a "Date night out" with your significant other, or you want to go catch a flick, go to your grandchild's sporting event or a play in peace, whatever you want or need.

If you are having new problems at home with your loved one please let us know so we can see if we have any suggestions or can help. That's what we are here for. Please know things are fine here. It's great to have the owners Tynetta and Prentis here. It helps a lot. They can see what we actually need or want and what you want or need. We all have the same goals in mind and the same caring hearts. So if you need us just come see us.

Happy Valentines Day!
Beth

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Reminder:

Please label coats/jackets. We are still having issues with no names on the coats/jackets.



Dawn's Delectable Delights....



Nursing Notes

By:
Marlene O'Donnell
Nurse Director



SLEEP AID FOR DEMENTIA

Happy February everyone! This is the month of LOVE! Sometimes it is hard to think about this when some of us struggle with their loved ones not sleeping and therefore you are not able to sleep. This issue is a common one and one that takes a huge toll on caregivers. Nighttime sleep disturbances and night wandering are common problems with dementia.

If your mom or wife is napping during the day, she will be less tired at night. If they are coming to SarahCare please rest assure we are doing our best to keep them up and very active during the day. It is very important that your loved one is awake and engaged during the day to prevent them from falling asleep during the day. If your love one takes medications that make them drowsy, speak to their doctor to see if they can be taken before bedtime. If you can increase your loved one's exercise during the day, with regular walks outdoors, that might help tire them out more. Make sure your loved one uses the bathroom before going to bed to decrease the chances of them waking up to go to the bathroom during the night.

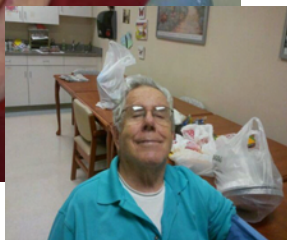
Some of the sleep disruptions that we see associated with Alzheimer's may not necessarily be circadian rhythm based.

Sleep may be disrupted due to pain or other unmet needs. Sometimes, sleep disturbances in Alzheimer's are related to a disruption of the circadian rhythm. Melatonin and light therapy are two ways to help regulate the cycle once the other issues are dealt with.

PLEASE MAKE SURE YOU ARE GETTING YOUR LOVED ONES ANNUAL PHYSICAL AND TB CHECKS TO ME ON THE ANNIVERSARY OF THEIR LAST ONE. THE FORMS TO TAKE TO THE DOCTOR ARE MAILED OUT IN PLENTY OF TIME REMINDING YOU OF THIS AND, THEREFORE, GIVING YOU PLENTY OF TIME TO MAKE SURE THEY GET BACK TO ME ON TIME!

Blessings to You All, Marlene

Smiling is so good for your health.
Ask Roy, Jack, Helen, and Eleanor.



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**Blessings to You All,
Marlene O'Donnell
Nurse Director**

Activity Fun by: Jamie Mullen, Activity Director



Happy Valentines Day!

We will be having our annual Valentines Day party on Tuesday February 14th. Please send in valentines with your family members to be given out to friends here at Sarahcare.

It's going to be a lot of fun. Staff will be bringing in baked foods and if you would like to send something in please do.

As the new activity director I have made some changes to the activity schedule. We will now have morning workshops. These workshops will be small and focus on individualized attention. .The workshops are:

Woodworks with Kristy. Thursday

Dawn's Delectable Delights. Tuesday

Art 101 with Kerri . Monday

Green Thumb Thyme with Carol. Wednesday

Sports with Mike. Friday

Chill with Carla. Friday

Sewing Circle with Ty

We will also be offering a menu of afternoon activities. Instead of one group activity we will have 3 smaller ones. This way people have the option of choice. We will also be going the Lehigh Valley Senior Center at least twice a month. The center offers many activities for our participants to enjoy. In the spring and summer months we will be going to Berkleigh golf course. I will give more information on that in March.

Every month now we have a participant of the month. For February I would like to Congratulate our Debra. She so much deserves this honor.

Winter Olympics Winners!!

Connie, Katie, Debra, Betty O Fern, Gerri and Daisy.

