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124 Liberty Court
Dixon, IL 61021



Contact Information

Community Director—
Melissa Jones
Community Relations
Coordinator— Kelly Shroyer
Health Care Coordinator—
Stephanie Herwig
Life Enrichment— Amanda
Richardson
Maintenance Coordinator
— Rick Shroyer
Culinary Coordinator—
Dorothy Spratt
Lead Caregiver— Dawn
Hooper
Office Hours Monday-
Friday
8am-4:30pm

August Birthdays

Dianne -5th
Ken-28th

Norma-9th



Back to School Joke

Where do pencils come
from?
“Pennsylvania”

OUTINGS

To be determined at this time.
Sight seeing drives will take place
weekly as protocols are in place.

Have a Sight seeing drive request
please let us know where you
would like to go...

Notable July Activities!

*Exercise Class Daily 10 &
10:30am*

*Bingo Tuesdays and Thursday
@ 1& 2 pm*

Sightseeing Drives Weekly!

Full Activities on Calendar

*Beauty Shop open on Tuesdays
make your appointments
today.*

Professionally Managed by



Embracing Every Moment

Montessori Approach



The Montessori Based Dementia Program is designed to allow residents to be as independent as possible, able to make choices and who are treated with respect and dignity.

A Brain that does not receive social interactions becomes passive. By engaging them in activities throughout the day we reduce stress and unwanted behaviors.



Dementia Behaviors: Repetitive Phone Calling

By Ava M. Stinnett

Whether your loved one has been diagnosed with Alzheimer's disease or another type of dementia, it's important to know that confusion, memory loss, and difficulty performing everyday activities are common overlapping symptoms. A healthcare provider may use a simple three-phase model (mild/early, moderate/middle, and severe/late) to describe the progression of the disease. Although symptoms will vary for each person, learning more about how dementia unfolds over several years can guide you as you plan for a loved one's care.

In the mild to moderate stage, symptoms may include loss of awareness of recent events, personality changes, confusion about surroundings, and repetition of particular actions or behaviors. For example, some people with dementia make phone calls to their loved ones over and over again—particularly in the middle of the night or early morning. This might occur because they forget that they have already called; it's also possible that they're feeling insecure, anxious, or even bored and need to be occupied. Still others with dementia call just to make sure someone answers the phone. Medical professionals sometimes call this act of going through the motions of familiar activities "perseveration" (Rosenzweig, 2017).

As a loved one on the receiving end of the phone calls, it can be frustrating or distressing—even more so when your elder calls your neighbors, other relatives, or even physicians when they don't reach you after several unanswered calls. Additionally, the expense of long distance calls or overage of mobile phone minutes can become problematic. What steps can you take to alleviate this behavior?

First, talk with your loved one's healthcare provider to determine whether medication needs to be adjusted or if another type of treatment for dementia is warranted. It might help to get a phone with a number recognition display so that you, other family members, and friends can decide whether or not to answer. Switching ringers off at night is another option. While you may feel guilty about not answering every call, it's important to try to stop the repetitive calling—for you and for your loved one. Another option, depending on how far the disease has progressed, is to purchase a telephone that has no dial or buttons to place calls; the phone is for incoming calls only. In that case, however, you must first assess the situation to ensure that safety options are available in case of emergency.

If you can, create a pleasant diversion such as taking a walk, looking through a photo album, sorting and folding clothes, or listening to soothing music. Try to redirect by changing the focus from anxious behavior to a favorite pastime such as sanding wood, gardening, or providing a safe environment for cooking or baking. Once you can identify the emotion associated with the behavior (e.g., fear, anxiety, boredom, anger, loneliness), you can react to it instead of to the question or behavior. Taking time to express words of reassurance, understanding, and caring can do wonders to ease the challenges of being a caregiver.

Sources

Rosenzweig, A. (2017, May 26). *Perseveration in Alzheimer's and Other Dementia: Getting Stuck*. Retrieved from <https://www.verywell.com/perseveration-98602>

The Alzheimer's Association. (2017). *Repetition and Alzheimer's*. Retrieved from <http://www.alz.org/care/alzheimers-dementia-repetition.asp>

The Care Support Services. (2012, January 8). *Repetitive behaviors and the frustration they present to the dementia caregiver*. Retrieved from <http://thecaresupport.com/repetitive-behaviors-and-the-frustration-they-present-to-the-dementia-caregiver>

Face Covering Do's and Don'ts:

DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

- ✗ Use if under two years old
- ✗ Use surgical masks or other PPE intended for healthcare workers



cdc.gov/coronavirus