

October 2021

Reflections

at Garden Place

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Celebrating October

Resident Counsel Meeting
October 1

Walk2EndALZ
Oct 2 9am Registration (see staff
member for details)

Elmer S. Birthday
October 3

Misty Hustedde Birthday
October 9

Red Hat Society Induction
October 12

Holy Cross prayer club
October 14

Gentleman's Club Induction
October 19

Mike W. Birthday
October 19

Father Carl Immaculate
Conception Mass
October 20

Kristin B Birthday
October 24

Holy Cross prayer club
October 28

Halloween Party
October 29

Happy Fall ya'll!

We are so ready for some cooler weather! We have so many fun projects and events this month!

For starters- Father Carl has graciously visited us and shared fellowship with our residents. He has agreed to come every 3rd Wednesday of the month. We are happy to have him!

**Be on the lookout for:
A costume party
Pumpkin activities and
FOOD FOOD FOOD! 😊**

In September, the staff donated to Angel Arms. Below is a small portion of what was donated to kids that needed our help.



October Employee Spotlight:
Allison Ramsey



Allison is a day nurse that has been with us for 6 years. She has a beautiful daughter, Quinn. She just started Kindergarten this year. She lives in the country with her husband, Jake. She has 2 dogs, Remi and Daisy. Allison loves anything outdoors. Hunting, 4-wheeling, swimming, and bonfires. One of her co-workers said this about Allison. "Alli is one of the most caring people I have ever met. Her empathy for others makes her an amazing nurse." Allison, we love you and appreciate all that you bring to our team!

October Resident Spotlight:
Barb Hecht



Barb has been part of our amazing family for 2 years. Barb is one of those residents that makes it feel like she has been a part of us forever. From her yoga pants to her fur coat- Barb is a classy lady! Barb loves coffee (4 sugars), Cheerios and chocolate candy. Barb is loved by the staff as well as the other residents. We are so happy to have her with us! We love you Barb!

The Dementia Minute:

Tips for communicating with a person with Dementia:

1. **Set a positive mood for interaction.** Your attitude and body language communicate your feelings and thoughts more strongly than your words do. Set a positive mood by speaking to your loved one in a pleasant and respectful manner. Use facial expressions, tone of voice, and physical touch to help convey your message and show your feelings of affection.
2. **Get the person's attention.** Limit distractions and noise—turn off the radio or TV, close the curtains or shut the door, or move to quieter surroundings. Before speaking, make sure you have her attention; address her by name, identify yourself by name and relation, and use nonverbal cues and touch to help keep her focused. If she is seated, get down to her level and maintain eye contact.
3. **State your message clearly.** Use simple words and sentences. Speak slowly, distinctly, and in a reassuring tone. Refrain from raising your voice higher or louder; instead, pitch your voice lower. If she doesn't understand the first time, use the same wording to repeat your message or question. If she still doesn't understand, wait a few minutes and rephrase the question. Use the names of people and places instead of pronouns (he, she, they) or abbreviations.
4. **Ask simple, answerable questions.** Ask one question at a time; those with yes or no answers work best. Refrain from asking open-ended questions or giving too many choices. For example, ask, "*Would you like to wear your white shirt or your blue shirt?*" Better still, show her the choices—visual prompts and cues also help clarify your question and can guide her response.
5. **Listen with your ears, eyes, and heart.** Be patient in waiting for your loved one's reply. If she is struggling for an answer, it's okay to suggest words. Watch for nonverbal cues and body language and respond appropriately. *Always strive to listen for the meaning and feelings that underlie the words.*

October Birthdays

In astrology, those born from October 1–23 balance the scales of Libra. Libras are peaceful and fair, and value balance and symmetry. For this reason, they often champion justice and equality. Those born from October 24–31 are Scorpions of Scorpio. Scorpions are passionate, dedicated, and resourceful. Scorpions may seem intimidating, but they are just no-nonsense people who value honesty and loyalty above all else.

Chubby Checker (singer) – Oct. 3, 1941
Chevy Chase (comedian) – Oct. 8, 1943
Marie Osmond (entertainer) – Oct. 13, 1959
Penny Marshall (director) – Oct. 15, 1943
Naomi Osaka (tennis star) – Oct. 16, 1997
Pele (soccer player) – Oct. 23, 1940
John Candy (comedian) – Oct. 31, 1950

Be on the lookout in November:
Fall back party
Veteran's Day festivities
Thanksgiving

We will be adding more and more new things to our activity calendar in the coming months. If there is something you would like to see, please let us know!

We would like to welcome two new employees! Misty Hustedde and Olivia Kerwath. Misty is a day attendant, and Olivia is a Life Enrichment assistant. We are so happy to have them! They fit right in!

You can find our monthly newsletter in the foyer at Reflections! Be sure to grab a copy and share with your family!

Questions or comments about what you are reading? Email me!
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