

7108 Marine Rd.
Edwardsville, IL 62025



(618) 659-9112

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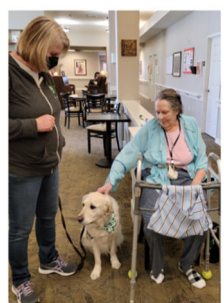


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Resident Activities



Painting Terra Cotta
Flower Pots



Visiting with the
Therapy Dogs



Dancing with Ribbon Wands



Making Gummy Shamrocks



Making Gummy Shamrocks

***Our activities are always
open to the public!***

New Residents

David A.
Doris W.



Resident Birthdays

April 9th - David A.
April 13th - Doris W.
April 24th - Pat W.

Staff Birthdays

April 14th - Sadie
April 19th - Amanda

Staff Spotlight



Gwen

Gwen is a fairly recent addition to the Addington Place care staff. She is always eager to learn new things or lend a helping hand. In her short time here, she has shown great compassion for and understanding toward the residents.

In her free time, she enjoys spending time with her family, her friends, and her cat, Poppy.



**Celebrate
APRIL Birthdays
April 28th at 3:00**

Addington Place Gazette

Contact Information

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Healthcare Coordinator:

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Culinary Coordinator:

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Life Enrichment Coordinator:

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Maintenance Coordinator:

PATRICK MARTIN
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Resident Spotlight



Lyn L.

Lyn is an amazing and talented woman.

Lyn grew up on her family's farm in Hillsboro. She helped her dad with milking the cows and other chores every day before and after school.

The family farm is where she developed her love of animals. She has had many pets in her life including dogs, cats, birds and fish.

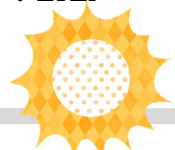
Lyn is still able to sing in Latin, a skill she learned in high school. She also speaks Latin fluently.

In addition to her skill as a linguist, she is also an accomplished author. She regularly wrote a column in her hometown newspaper. Lyn self-published a her own book titled "Configurations."

Next time you see Lyn, please take a little time to get to know her better.



**Happy April: May you see
spring all around you**



Special Days in April



COMMUNITY OUTREACH-In April, we have two Community Outreach programs planned. We will be taking a small group to drop off treats to the Edwardsville school librarians on National School Librarian Day (April 4th). We will again take a small group to drop off apples and carrots to a local horse rescue group on Help a Horse Day (April 26th). Be sure to follow Addington Place on Facebook to be one the first to check out the pictures on these days.

RESIDENT OUTINGS-Fridays in April we will be taking groups of residents on several outings. We will take a group of residents on an all day outing to a small farm and petting zoo on April 8th. Friday April 15th we will NOT have an outing. On April 22nd, we will take a small group of residents out for lunch. On April 29th, we will take a small group of residents out for lunch and then on a scenic drive to The Gardens at SIUE for Arbor Day.

DRESS-UP DAYS-We also have several dress-up days planned. We encourage all residents and staff to dress up on these days. April dress-up days are Safari Dress-Up Day on the 6th, Baseball Dress-Up Day on the 13th, and Yellow Dress-Up Day on the 21st.

SPECIAL EVENTS-Don't miss our annual Family Easter Event. This event is scheduled on April 15th from 1-3 p.m. The Easter Bunny will make a short visit and take pictures. There will be petting zoo with a variety of animals for the little ones to see and pet. We also want to invite all family members to join us on April 27th at lunchtime for an impromptu flash mob for our residents. If you are interested, contact Life Enrichment for the dance step tutorial and more information. We will be presenting a slideshow for the residents on National Pet Day. If you would like us to include pictures of your loved one with their pet, please send the picture to Life Enrichment no later than April 6th.

If you have any questions, comments, or concerns about any of the upcoming special days or activities, please contact Life Enrichment.

April at a Glance

Holidays

- 1 April Fool's Day
- 10 Palm Sunday
- 15 Good Friday
- 17 Easter Sunday
- 22 Earth Day
- 29 Arbor Day

Upcoming Entertainment

- 3 Champs Pet Therapy
- 5 Got Your 6 Therapy Dogs
- 7 Larry Gwaltney
- 12 Ed Settle
- 14 The Piano Man
- 19 Got Your 6 Therapy Dogs
- 21 Jukebox Duo
- 22 Vitality Ballet
- 28 Tommy Tunes

Special Days

- 4 Community Outreach
- 6 Safari Dress-Up Day
- 8 All Day Outing
- 13 Baseball Dress-Up Day
- 14 Resident/Family Council
- 15 Family Easter Event
- 21 Yellow Dress-Up Day
- 22 Lunch Outing
- 26 Community Outreach
- 27 Dance, Dance, Dance (Flash Mob)
- 29 Lunch Outing



When a Loved One with Alzheimer's Doesn't Recognize You

In early-stage dementia or Alzheimer's disease, intermittent symptoms of mild cognitive decline—such as word searching, forgetfulness, and trouble concentrating and problem-solving—are visible. As the disease advances, lapses in people's memories become even more apparent. Such lapses can cause an inability to remember—or recognize—family members. As a result, some family relationships diminish, leaving the person with Alzheimer's isolated and lonely. It's normal to feel sad, hurt, or abandoned, but it's not personal. These are simply effects of the disease. What can you do?

First, remember that even when memory is gone, emotions remain. Your loved one might still be able to pick up on vibes and read body language. Proceed with the conversation even if the person appears unresponsive. To encourage engagement, the Alzheimer's Foundation of America recommends using the 4S's for communicating: *simple*, *slow*, *show*, and *smile*. "Simple sentences are much appreciated by someone with Alzheimer's. Say it slow to allow enough time to capture words or questions. Show what you're saying, using facial expressions, body language, and gesturing. And smile—it goes a long way."

Next, avoid peppering your loved one with the question "Do you know who I am?" Instead, introduce yourself by name and relationship, such as "I'm Josephine, your daughter" and "Here's my husband, Mike." Instead of figuring out what the person remembers, be reassuring by maintaining eye contact, addressing them by name, smiling, and holding their hand as you remind them who you are. You might have to introduce yourself several times. Try to resist the urge to speak louder to make it easier for the person to understand. Slow down and provide time for understanding and processing what you've said.

It might seem pointless to stay in contact with a loved one who cannot recognize the faces of family and friends. However, numerous benefits come from visiting with people who have advanced dementia. Social wellness—making and keeping genuine, nurturing connections with others—is critical to physical and psychological health and might help delay cognitive impairment.

By Ava Stinnett



Eight Davids showed up for Employee Spirit Day on March 18th.