There is a lot involved in working with and taking care of the elderly, especially those with Dementia and Alzheimer’s. When an applicant seeks employment at our memory care community, we review all that is expected of them and the specialized training they will receive before they can start working with our residents.

There are over 45 computerized on-line training topics, all available to every staff member, that will keep the staff and residents safe. They cover a myriad of information and techniques such as proper bathing, acceptable approaches, and how to lift properly, as well as many other learning courses.

Each caregiver learns early warning signs of health issues and illness as well as how to check basic vital signs. In addition to learning about each resident by exploring their “care plan”, they also learn how to meet the physical and emotional needs of the person being cared for. There is also training on treatments such as oxygen use, mobility aids, understanding nutritional needs and guidelines, and many others.

Every month we have training for each staff member with testing and score review. Topics such as Hoyer lift safety, fire safety, resident rights, Heimlich maneuver, individualized activities for the resident with dementias, death and dying, and plenty more. We continually strive to train staff so they understand those they care for and how to keep the residents safe and happy in their home here at Bridgecreek.

—Bev Lewis, Executive Director

The Chef’s Corner

SPINACH AND ORZO SALAD

INGREDIENTS
16 ounces uncooked Orzo Pasta
1 (10-ounce) package baby spinach leaves, finely chopped
½ lb. crumbled Feta cheese
¼ cup pine nuts
½ teaspoon dried basil
¼ teaspoon white pepper
¼ cup olive oil
¼ cup balsamic vinegar

DIRECTIONS
1. Bring a large pot of lightly salted water to a boil. Add orzo and cook for 8 to 10 minutes or until al dente; drain and rinse with cold water. Transfer to a large bowl and stir in spinach, feta, onion, pine nuts, basil and white pepper. Toss with olive oil and balsamic vinegar. Refrigerate and serve cold.

A warm welcome to our newest residents!

Elwayne U.  Robert B.
Nina R  James E.
Lizzy S.  Myrna K.
Maxine I.  Linda T.

Connect with us on

www.facebook.com/Bridgecreek

VETERAN AID AND ATTENDANCE BENEFIT

Information available at Bridgecreek

Learn about your benefit program available for Veterans to help pay for assisted living costs.

Call us today and set a time for a personal visit. 541.259.1779

BRIDGECREEK
MEMORY CARE NEWS

3rd Quarter 2015

Executive Director’s Notes

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—Bev Lewis, Executive Director
Life Enrichment Coordinator’s Notes:

Sometimes I get asked from families and friends about how our activity calendar is put together and how we go about knowing what to do and when. There are many different things that we do to help improve quality of life. The best way to help dementia patients cope effectively is to maintain a structured daily schedule while having some as needed activities available to be added in a moment’s notice. Our activity calendar helps to create the best environment for each resident, taking into consideration each level of assistance required.

In general, without some kind of incentive, people can become depressed, feeling as though they have nothing of value to offer society. This holds true for memory care residents. At the basic level, everyone needs a purpose for simply getting out of bed each morning. Putting an activity schedule together helps to reduce excessive change and creates the structure that these individuals need.

Nurse’s Notes:

Medications—we take them because our doctor tells us to, right? A recent survey of 17,000 Medicare beneficiaries found that 2 out of 5 patients reported taking five or more prescription medications (this does not include vitamins or other over the counter supplements). As we age, chronic conditions such as diabetes, high blood pressure, and arthritis become more common and the number of pills taken in a day can increase dramatically.

So how do you know which medications you should take, at which time? For many of us, the doctor’s prescription will have instructions for example, “take one tab by mouth once a day,” leaving you to decipher what time of the day you should take it. It’s important to consult with your pharmacist to determine a daily regimen for each pill you take. For example, should your diabetes medication be taken with food? Without food? At bedtime? Taking this pill at a “convenient” time for you might not be the best way for the medication to work. It’s also important to keep in mind whether one medication will counteract with another. Many prescription bottle labels say “take on an empty stomach,” but if you have 2 prescriptions that say that, is it ok to take them both at the same time? Your doctor and/or pharmacist will be able to help you manage your medications so each one is working most effectively.

When thinking about how to organize each day, we consider which types of activities work best (and which don’t and why)—are there times of the day that have too much going on or are in need of more things to do—are there any spontaneous activities, and are they effective, and more. Keep in mind that the success of any activity can change from day to day, week to week, month to month, and so on.

When planning the individual activities, we focus on the basics such as personal care, chores, meal times, and then add in creative activities that stimulate intellectual, physical, social, and spiritual elements. An important part of the process that we look at is not to be too concerned about filling every minute with an activity. Memory care residents need a healthy balance of activities and rest, and some may need more frequent breaks and varied tasks during the day.

If you have any specific questions and/or suggestions for activities, feel free to contact me. Thank you once again for allowing me to be a part of your family with our wonderful residents here at Bridgecreek Memory Care.

—Terry McMillen, Life Enrichment Coordinator

Director of Marketing’s Notes

COMMON QUESTIONS ASKED WHEN LOOKING FOR CARE

Is it time for you or someone you know to make a decision to find a good support for your senior family member? Somewhere that provides a caregiver that will take care of every need, 24 hours a day.

Families always have the same questions. What are the options? How much does it cost? What will life be like? How can you make the transition easy? There is no love like the love family has for one another. Here are some questions below that have been asked by many families I have talked with over the past few years:

1. Is there assistance with personal care available?
   A: We have a plan to encourage personal care available?

2. Is there assistance with medications? Both giving and ordering?
   A: Our RN works with our residents’ doctors to ensure the medications are correctly scheduled and re-ordered.

3. I would like my loved one to join in activities. Can you encourage specific activities my loved one would like to do?
   A: Our program for interaction and activity starts with a meeting with you and your loved one to find out what would be interest. There are reminders and escorts available to help ensure our residents get to their favorite activities.

4. How often can I visit?
   A: We have an open door policy. You may visit at any time.

5. My loved one has dementia and does not remember how or when to complete tasks. Can your staff help?
   A: We offer reminders and cueing to all residents as often as they need it.

6. Is there ongoing training and meetings for families to learn more about Dementia?
   A: We have monthly meetings that help with day-to-day interaction with loved ones with Dementia. Look for invites to monthly meetings on our Facebook page as well as on the calendar at the Senior Center.

There are never too many questions when it comes time to taking care of your loved one. Call me at any time. I am here to help answer any of your questions, and help your loved one get to the proper care they need.

—James Nikolas, Director of Marketing

Happy Birthdays

JULY
Mary S. ............ 8
Pam S. ............ 15
Allene C. .......... 22
Pearl H. .......... 27
Mildred T. ........ 28

AUGUST
Lizzy S. .......... 8
Mae E. .......... 12
Winifred K. .... 13
Larry P. ........ 19
Betty O. .......... 22
Patricia D. .... 24
Warren C. .... 28
Nina R. .......... 28

SEPTEMBER
Edward R. .... 6
Annabelle 1. .... 6
Helen O. ......... 16
Robert B. ....... 23
Lloyd D. ....... 28